



CORE X Street Wellness Center Activities Calendar

1400 x Street
Sacramento, CA 95818 (916) 738-7400

February 2024

Showers & Laundry Available!
See Schedule Below for Sign Ups

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	Coffee and Breakfast 8:30am-9:30am	Coffee and Breakfast 8:30am-9:30am	Coffee and Breakfast 8:30am-9:30am	Coffee and Breakfast 8:30am-9:30am	Coffee and Breakfast 8:30am-9:30am
9:30AM	Laundry/Shower Sign up		Laundry/Shower Sign up		Laundry/Shower Sign up
10:00AM	Shower and laundry services 10am-2pm		Shower and laundry services 10am-2pm	Name that Tune with Rie 10:00am-10:30am	Shower and laundry services 10am-2pm
11:00AM	Outpatient orientation 11:30am-12:30pm	Recovery book study with Luis 11am-11:45a		Outpatient orientation 11:30am-12:30pm	Soft Skills Technology with Rie 11:00am-12:00pm
12:00PM	Lunch 12pm-1pm	Lunch 12pm-1pm	Lunch 12pm-1pm	Lunch 12pm-1pm	Lunch 12pm-1pm
1:00PM		Meditation with Luis 1:00pm-1:30pm	Emotional Regulation with Portia 1:00pm-2:00pm	Art with Portia 1:00pm-2:00pm	
2:00PM		Employment soft skills with Haley 2pm-3pm		Employment soft skills with Haley 2pm-3pm	Building Confidence in employment with Haley 2pm-3pm
3:00PM	Self-Advocacy with Bret 3pm-3:30pm	Movies with Bret 3pm-4:30pm		Bingo with Bret 3pm-4:30pm	karaoke with Bret 3pm-4:30pm

Wellness Center open Monday thru Friday 8:00AM-5:00PM - come join us!