



CORE X Street Wellness Center Activities Calendar

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

***Showers & Laundry
Mon, Wed, Fri
See Schedule Below**

April 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM			Outpatient screenings 8am-11am		
8:30AM	Coffee and Breakfast 8:30am-10am Showers begin	Coffee and Breakfast 8:30am-10am	Coffee and Breakfast 8:30am-10am Showers begin	Coffee and Breakfast 8:30am-10am	Coffee and Breakfast 8:30am-10am Showers begin
10:00AM	Laundry Begins		Laundry Begins	Name that Tune with Rie 10:00am-10:30am	Laundry Begins
11:00AM	Outpatient orientation 11:30am-12:30pm	Recovery book study with Luis 11am-11:45am	Resource exploration with Decemeil 11am-12pm	Outpatient orientation 11:30am-12:30pm	Bike repairs with Rie 11:00am-12:00pm
12:00PM	Lunch Time				
1:00PM		Meditation with Luis 1:00pm-1:30pm			
2:00PM	Artistic Movement with Zeina 2pm-2:45pm	Employment soft skills with Haley 2pm-3pm	Stress management with Portia 2:00pm-3:00pm	Art with Portia 2:00pm-3:00pm	Building Confidence with Haley 2pm-3pm
3:00PM	Self-Advocacy with Bret 3pm-3:30pm	Movies with Bret 3pm-4:30pm		Movies with Bret 3pm-4:30pm	Karaoke with Bret 3pm-3:30pm
3:30PM			Board games with Christina 3:30pm-4:30pm	Bingo with Christina 3:30p-4:15p	

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