

# HOPE COOPERATIVE

Resilience. Connection. Transformation.

## CORE Howe Wellness Center Activities Calendar

650 Howe Ave, Building 300  
Sacramento, CA 95825

(916) 485-6500

### July 2024

**\*LAUNDRY\***  
Mondays & Wednesday  
**\*SHOWERS\***  
Tuesdays & Thursday  
*times available on schedule below*

**\*Birthday Celebrations\***  
July 12th, 2024  
11:30pm-12:00pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30AM</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>9:30AM</b>	Laundry Available 9:30am-12:30pm	Showers Available 9:30am-12:30pm	Laundry Available 9:30am-12:30pm	Showers Available 9:30am-12:30pm	California ID/DMV Support with Shelly 9:00am-10:00am
<b>10:00AM</b>	Morning Inspirations with Ryan 10:00am-10:30am	Morning Inspirations with Ryan 10:00am-10:30am	Morning Inspirations with Ryan 10:00am-10:30am	Morning Inspirations with Ryan 10:00am-10:30am	Morning Inspirations with Ryan 10:00am-10:30am
<b>10:30AM</b>	Wellness Walk with Mathew 10:30am-11:00am	Wellness Walk with Lauryn 10:30am-11:00am	Wellness Walk with Mathew 10:30am-11:00am	Wellness Walk with Lauryn 10:30am-11:00am	Wellness Walk with Mathew 10:30am-11:00am
<b>11:00AM</b>	Bikes Repair with Mathew 11:00am-11:30am	Recreational Games with Mathew 11:00am-11:30am	Flower Arrangements 11:00am-11:30am	Recreational Games with Prentiss 11:00am-11:30am	BINGO with Mathew 11:00am-11:30am
<b>12:00PM</b>	Lunch Time!	Lunch Time!	Lunch Time!	Lunch Time!	Lunch Time!
<b>1:00PM</b>	Trivia with BJ 1:00pm-2:00pm	Mindfulness Movements with Lauren 1:00pm-1:30pm	Outpatient Orientation/Screenings 1:00pm-1:30pm		Diamond Art with Lorena & Lauryn 1:00pm-2:00pm
<b>1:30PM</b>	Laundry Available 1:30pm-3:30pm	Showers Available 1:30pm-3:30pm	Laundry Available 1:30pm-3:30pm	Showers Available 1:30pm-3:30pm	Trivia with BJ 1:30pm-2:00pm
<b>2:00PM</b>	Healing Through Art with Lauren 2:00pm-3:00pm	Art Group with Ryan 2:00pm-3:00pm	Dungeons & Dragons 2:00pm-3:00pm	Karaoke with Ryan 2:15pm-2:45pm	Movies & Popcorn 2:00pm-4:00pm
<b>3:00PM</b>		Crochet with Lauren & Sarah 3:00pm-3:30pm		Mindfulness Movements with Lauren 3:00pm-3:30pm	

**Wellness Center open Monday thru Friday 8:30AM-5:00PM - come join us!**