



Resilience. Connection. Transformation.

CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

Lunch Served Daily!

JULY 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM				Current Events with Allison 9:00am-10:00am	
10:00AM	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am
10:30AM	OP Orientation with Allison 10:30am-11:00am Walking with Deane 10:30am-11:00am	Walking with Deane for a foodbank run at Arcade church 10:30am-11:30am	OP orientation with Deane 10:30am- 11:00am Trivia with Crystal 10:30am-11:00am	Art group with Lani 10:30-11:00am	OP Orientation with Monroe 10:30am-11:00am Literacy with Deane 10:30am-11:30am
11:00AM	Female group 2nd and 3rd Monday 11am to 12pm Dude group 1st and 4th Monday	Creative Communication wth Alison 11:00am-12:00pm	Beading with Leslie 11:00am-12:00pm	Flower Arrangements with Leslie 11:00am-12:00pm	
11:30am		Moving Toward Recovery with Monroe 11:30am-12:30pm		Anger Management with Monroe 11:30am-12:30pm	CBT with Monroe 11:30am-12:30pm
12:00PM	Lunch	Lunch	Lunch	Lunch	Lunch
12:30PM					
1:00PM	Sonder Awareness Group with Lani 1pm-2pm	Moving Toward Recovery with Monroe 1:00pm-2:00pm	Chair Yoga with Denise 12:30pm-1:00pm	Anger Management with Monroe 1:00pm-2:00pm	Motivational Interview with Monroe 1:00pm-2:00pm
1:30PM			Art Group with Hope and Traci 1:30pm-3:00pm		
2:00PM	Bingo 2:00pm-3:00pm	Trivia with Alison 1pm to 2pm		Processing Anxiety with Crystal and Lani 2:00pm-2:30pm	Poetry Project with Lani 2:00pm-2:30pm
2:30PM				Guided Meditation with Crystal 2:30pm-3:00pm	
3:00PM	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm

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