



CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

September 2025

Lunch Served Daily!

We continue to co-habitate
with Howe Ave. So look for
Howe run groups

ember

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM			Phones are available at 10 am DMV/DHA support 10 am		
10:00AM	Morning Meeting with Leslie and Ryan 10am to 10:30am	Morning Meeting with Leslie and Ryan 10am to 10:30am	Morning Meeting with Leslie and Ryan 10am to 10:30am	Morning Meeting with Leslie and Ryan 10am to 10:30am	Morning Meeting with Leslie and Ryan 10am to 10:30am
10:30AM		Walking with Deane for a foodbank run at Arcade church 10:30am	County OP walk-ins 1pm The first 4 people will be seen for walk in and orientation will follow	Emotional regulation with crystal 10:30am	Op orination for Howe 10:30 to 11am
11:00AM	Dude group 1st and 4th Monday 11:30 to 12PM	Expressive art with crystal 11am	Beading with Leslie 10:30am	Flower Arrangements with Leslie 11:00am	Literacy with Deane 10;30
11:30am		Moving Toward Recovery with Monroe 11:30am-12:30pm	Trivia with Mathew 11:30am to 12pm	Anger Management with Monroe 11:30am	CBT with Monroe 11:30am-12:30pm
12:00PM	Lunch	Lunch	lunch	Lunch	Lunch
12:30PM	Mid day announcements	Trivia and mid day announcements with BJ 12:30pm	Mid day announcements	Mid day announcements	Mid day announcements
1:00PM	Sonder awareness with Lani 1pm to 2pm	Moving Toward Recovery with Monroe 1:00pm-2:00pm	Art Group with Iani and Ryan 1:30	Anger Managment with Monroe 1pm	Motivational Interview with Monroe 1:00pm-2:00pm
2:00PM	Bingo 2pm to 3pm with Ryan		Dungeons and Dragons with Monroe & Raghav 2:30pm to 3:30 pm	Processing anxiety with Crystal & Lani 2pm to 2:30pm	Closed last Friday of the month at 2pm for staff meeting
3:00PM	Movies and popcorn 3pm to 4:30pm	Movies and popcorn 3pm to 4:30pm	Movies and popcorn 3pm to 4:30pm	Movies and popcorn 3pm to 4:30pm	Movies and popcorn 3pm to 4:30pm
Events this month					

Wellness Center open Monday thru Friday 8:30AM-4:30PM - come join us!