








**CORE Howe Wellness Center  
Activities Calendar**  
650 Howe Ave, Building 300  
Sacramento, CA 95825  
(916) 485-6500  
**March 2026**



**LAUNDRY**  
Mondays & Wednesday  
\*1 load per person  
**SHOWERS**  
Tuesdays & Thursday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30AM</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>10:00AM</b>	Morning Inspirations with Ryan 10:00am-10:15am 	Morning Inspirations with Jocelyn 10:00am-10:15am	Morning Inspirations with Kelasia 10:00am-10:15am	Morning Inspirations with Ryan 10:00am-10:15am	DMV/DHA Support with Daniel & Carissa 9:00am-12:00pm  Morning Inspirations with Kelasia 10:00am-10:15am
<b>10:15am</b>	Stretch & Meditation with Ryan 10:15am-11:00am	Stretch & Meditation with Jocelyn 10:15am-11:00am	Stretch & Meditation with Kelasia 10:15am-11:00am	Stretch & Meditation with Ryan 10:15am-11:00am	Stretch & Meditation with Kelasia 10:15am-11:00am
<b>11:00AM</b>	Behavioral Health Bridge Housing Referrals 11:00am-12:00pm	Coffee & Conversation with Kelasia 11:00am-11:45am	Bingo with Jocelyn 11:00am-11:45am 	Coping Skills with Kelasia 11:00am-11:45am	Journaling with Jocelyn 11:00am-11:45am
<b>11:45AM</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>12:30pm</b>	Mid-day Announcements with Jocelyn 12:30pm 	Mid-Day Announcements with Kelasia 12:30pm	Mid-Day Announcements with Kelasia 12:30pm	Mid-Day Announcements with Kelasia 12:30pm Floral Arrangement with Jocelyn 12:30pm-1:00pm	Mid-Day Announcements with Jocelyn 12:30pm 
<b>1:00PM</b>		Wellness Walk with Ryan 1:00pm-2:00pm	Walk-In Outpatient Orientation 1:00pm-3:00pm	Walk-In Outpatient Orientation 1:00pm-3:00pm The Wellness Kitchen with Jocelyn 1:00pm-2:00pm	Behavioral Health Bridge Housing Referrals 11:00am-12:00pm
<b>2:00PM</b>	Expressive Art with Carissa & Jocelyn 2:00pm-3:00pm	Games with Ryan 2:00pm-3:00pm	DIY Delights with Carissa 2:00pm-3:00pm	What do you Meme with Carissa 2:00pm-3:00pm	Movies & Popcorn 2:00pm-3:00pm
<b>3:30PM</b>	End of Day Cleanup & Prep	End of Day Cleanup & Prep	End of Day Cleanup & Prep	End of Day Cleanup & Prep	End of Day Cleanup & Prep
<b>IMPORTANT DATES &amp; ANNOUNCEMENTS</b>			<b>Accepting Volunteers</b> (See a wellness staff member)	<b>Reset Group Room Cleanup every 1<sup>st</sup> Thursday of the month</b>	<b>Closed Last Friday of the month at 2:00pm for Team Huddle</b>

**Wellness Center open Monday thru Friday 8:30AM-3:30pm- come join us!**