



CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

March 2026



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	<ul style="list-style-type: none"> 9:30 am -11:30 am: Marconi OP county walk-ins first six on the list will be seen 11:30: Orientation; follow-up appointments will be scheduled following orientation 		<ul style="list-style-type: none"> 9:30am -11:30am Marconi OP walk-ins 10am: DMV/DHA support with Henry 10 am Shower transportation with Kathryn & Christopher 	<ul style="list-style-type: none"> 9a-10a Painting Rocks with Ray 	<ul style="list-style-type: none"> 9;30am to 10;30am Marconi Walk ins
10:30am	<ul style="list-style-type: none"> 10:30am: Bike repair with Henry 	<ul style="list-style-type: none"> 10:30 am: Walking to the foodbank with Deane 		<ul style="list-style-type: none"> 10:30am: Emotion regulation with Deane 	<ul style="list-style-type: none"> 10:30am: Literacy with Alison/Deane
10:00am	<ul style="list-style-type: none"> 10-10:30am: Morning Meeting with Loni 	<ul style="list-style-type: none"> 10-10:30am: Morning Meeting with Loni 	<ul style="list-style-type: none"> 10-10:30am: Morning Meeting with Loni 	<ul style="list-style-type: none"> 10-10:30am: Morning Meeting with Loni 	<ul style="list-style-type: none"> 10-10:30am: Morning Meeting with Loni
11:00am	<ul style="list-style-type: none"> 2nd and 4th Mondays 11:00 am- 12 pm: Women's Group with Renee and Keisha 1st and 3rd Mondays 11:00 am-12 pm: Dude group with Henry and Lani 	<ul style="list-style-type: none"> 10:30 - 11:30 Craft Group with Kamaya 		<ul style="list-style-type: none"> 11am Flower arranging with Kamyah 	<ul style="list-style-type: none"> 10;30 Journaling with Henry
11:30am	<ul style="list-style-type: none"> 11:30 am: Marconi OP Orientation 11:30 am: Beading with Brenda 	<ul style="list-style-type: none"> 10:30am - 11:30am Moving toward Recvery with Lance 	<ul style="list-style-type: none"> 11:30 am: Marconi OP Orientation 		<ul style="list-style-type: none"> 11:30 am: Skill Building with Allison 11:30 am Marconi OP Orientation
12:00pm	<ul style="list-style-type: none"> 12pm: Lunch 	<ul style="list-style-type: none"> 12pm: Lunch 	<ul style="list-style-type: none"> 12pm: Lunch 	<ul style="list-style-type: none"> 12pm: Lunch 	<ul style="list-style-type: none"> 12pm: Lunch
12:30pm	<ul style="list-style-type: none"> 12:30pm: Mid-day announcements 	<ul style="list-style-type: none"> 12:30pm: Mid-day announcements 	<ul style="list-style-type: none"> 12:30pm: Mid-day announcements 	<ul style="list-style-type: none"> 12:30pm: Mid-day announcements 	<ul style="list-style-type: none"> 12:30pm: Mid-day announcements
1:00pm	<ul style="list-style-type: none"> 1:00-2:00 Coaching with Allison 		<ul style="list-style-type: none"> 1pm Walking with Deane 1:30 Art with Loni & Kamaya 	<ul style="list-style-type: none"> 1pm Anger Management/ emotional regulation with Alison and Henry 	<ul style="list-style-type: none"> 1;30 Sonder Awareness with Loni 1pm Karaoke with Deane
2:00pm	<ul style="list-style-type: none"> 2-3p Bingo with Henry 	<ul style="list-style-type: none"> 2pm Trivia with alison 	<ul style="list-style-type: none"> 2:30-3:30pm: Dungeons and Dragons with Henry 	<ul style="list-style-type: none"> 2:30-3pm Processing Anxiety with Lani 2:30 Hair with Samantha 	<ul style="list-style-type: none"> Last Fridat of Feurary on the 27th we will close at 2pm for all staff meeting.
3:00pm	<ul style="list-style-type: none"> 3-4:30pm: Movies 	<ul style="list-style-type: none"> 3-4:30pm: Movies 	<ul style="list-style-type: none"> 3-4:30pm: Movies 	<ul style="list-style-type: none"> 3:30pm Hair cuts with Samantha 	<ul style="list-style-type: none"> 3-4:30pm: Movies

**The Wellness Center is open Monday - Friday, 8:30AM - 4:30PM.
Come join us!**

Dates to Remember: