

# CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.  
Sacramento, CA 95821

(916) 480-1801  
extension 2090

## April 2026



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00am</b>	<ul style="list-style-type: none"> <li>9:30 am -11:30 am: Marconi OP county walk-ins (first six that qualify)</li> <li>10am shower transportation</li> <li>11:30: Orientation; follow-up appointments will be scheduled following orientation</li> </ul>	<ul style="list-style-type: none"> <li>See Don for bike repair tools</li> </ul>	<ul style="list-style-type: none"> <li>9:30am -11:30am Marconi OP walk-ins (first 6 that qualify)</li> <li>10am: DMV/DHA support with Henry</li> <li>10 am Shower transportation with Kathryn &amp; Christopher</li> </ul>	<ul style="list-style-type: none"> <li>9a-10a Painting Rocks with Ray , Kamyah, and Lance</li> </ul>	<ul style="list-style-type: none"> <li>9;30am to 10:30am Marconi Walk ins (first six that qualify)</li> </ul>
<b>10:30am</b>		<ul style="list-style-type: none"> <li>10:30 am: Walking to the foodbank with Deane</li> </ul>			<ul style="list-style-type: none"> <li>10:30am: Literacy with Alison/Deane</li> </ul>
<b>10:00am</b>	<ul style="list-style-type: none"> <li>10-10:30am: Morning Meeting with Loni</li> </ul>	<ul style="list-style-type: none"> <li>10-10:30am: Morning Meeting with Loni</li> </ul>	<ul style="list-style-type: none"> <li>10-10:30am: Morning Meeting with Loni</li> </ul>	<ul style="list-style-type: none"> <li>10-10:30am: Morning Meeting with Loni</li> </ul>	<ul style="list-style-type: none"> <li>10-10:30am: Morning Meeting with Loni</li> </ul>
<b>11:00am</b>	<ul style="list-style-type: none"> <li>Womens Group every 2<sup>nd</sup> Monday at 10:30</li> <li>Mens Group every 3<sup>rd</sup> Monday at 10:30</li> </ul>	<ul style="list-style-type: none"> <li>10:30 - 11:30 Scrapbooking Group with Kamaya</li> </ul>		<ul style="list-style-type: none"> <li>11am Flower arranging with Kamyah</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Journaling with Henry</li> </ul>
<b>11:30am</b>	<ul style="list-style-type: none"> <li>11:30 am: Marconi OP Orientation</li> <li>11:30 am: Beading with Brenda / Kamyah</li> </ul>	<ul style="list-style-type: none"> <li>10:30am - 11:30am Moving toward Recovery with Lance</li> </ul>	<ul style="list-style-type: none"> <li>11:30 am: Marconi OP Orientation</li> </ul>	<ul style="list-style-type: none"> <li>!!am to 12pm BHBH referral group with Henry and Lani</li> </ul>	<ul style="list-style-type: none"> <li>11:15 am: Skill Building with Allison</li> <li>11:30 am Marconi OP Orientation</li> </ul>
<b>12:00pm</b>	<ul style="list-style-type: none"> <li>12pm: Lunch</li> </ul>	<ul style="list-style-type: none"> <li>12pm: Lunch</li> </ul>	<ul style="list-style-type: none"> <li>12pm: Lunch</li> </ul>	<ul style="list-style-type: none"> <li>12pm: Lunch</li> </ul>	<ul style="list-style-type: none"> <li>12pm: Lunch</li> </ul>
<b>12:30pm</b>	<ul style="list-style-type: none"> <li>12:30pm: Mid-day announcements</li> </ul>	<ul style="list-style-type: none"> <li>12:30pm: Mid-day announcements</li> </ul>	<ul style="list-style-type: none"> <li>12:30pm: Mid-day announcements</li> </ul>	<ul style="list-style-type: none"> <li>12:30pm: Mid-day announcements</li> </ul>	<ul style="list-style-type: none"> <li>12:30pm: Mid-day announcements</li> </ul>
<b>1:00pm</b>	<ul style="list-style-type: none"> <li>1:00-2:00 Coaching with Allison</li> </ul>		<ul style="list-style-type: none"> <li>1pm Walking with Deane</li> <li>1:30 Art with Loni &amp; Kamaya</li> </ul>	<ul style="list-style-type: none"> <li>1pm Anger Management/ emotional regulation with Alison and Henry</li> </ul>	<ul style="list-style-type: none"> <li>1;30 Sonder Awareness with Loni</li> <li>1pm Karaoke with Deane</li> </ul>
<b>2:00pm</b>	<ul style="list-style-type: none"> <li>2-3p Bingo with Henry</li> </ul>	<ul style="list-style-type: none"> <li>2pm Trivia with Alison</li> </ul>	<ul style="list-style-type: none"> <li>2:30-3:30pm: Dungeons and Dragons with Henry</li> </ul>	<ul style="list-style-type: none"> <li>2:30-3pm Processing Anxiety with Lani</li> </ul>	<ul style="list-style-type: none"> <li>We will close at 1:30 on the last Friday of the Month for team meeting</li> </ul>
<b>3:00pm</b>	<ul style="list-style-type: none"> <li>3-4:30pm: Movies</li> </ul>	<ul style="list-style-type: none"> <li>3-4:30pm: Movies</li> </ul>	<ul style="list-style-type: none"> <li>3-4:30pm: Movies</li> </ul>	<ul style="list-style-type: none"> <li>3-4:30 Movies</li> </ul>	<ul style="list-style-type: none"> <li>3-4:30pm: Movies</li> </ul>

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

Dates to Remember: April 10<sup>th</sup> Swansen  
Park Picnic Day begins at noon