

Breakfast & Lunch served
daily

CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

July 2026



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	9:30 am -11:30 am: Marconi OP county walk-ins (first six that qualify) 10am shower transportation 11:30: Orientation; follow-up appointments will be scheduled following orientation	See Don for bike repair tools	9:30am -11:30am Marconi OP walk-ins (first 6 that qualify) 10am: DMV/DHA support with Henry 10 am Shower transportation with Kathryn & Christopher	9a-10a Painting Rocks with Ray	9;30am to 10:30am Marconi Walk ins (first six that qualify)
10:30am		10:30 am: Walking to the foodbank with Deane			10:30am: Literacy with Alison/Deane
10:00am	10-10:30am: Morning Meeting with Loni	10-10:30am: Morning Meeting with Loni	10-10:30am: Morning Meeting with Loni	10-10:30am: Morning Meeting with Loni	10-10:30am: Morning Meeting with Loni
11:00am	- Womens Group every 2nd Monday at 10:30 - Mens Group every 3rd Monday at 10:30		10:30am to 11:30am HMIS update group with Alison	11am Flower arranging with Loni	10:30 Journaling with Henry
11:30am	11:30 am: Marconi OP Orientation 11:30 am: Beading with Brenda / Kamyah	11:00 am - 12:00 PM Crafting with Kathryn	11:30 am: Marconi OP Orientation	11am to 12pm BHBH referral group with Henry and Lani	11:30am Marconi OP Orientation 11:30am Sonder awareness with Loni
12:00pm	12pm: Lunch	12pm: Lunch	12pm: Lunch	12pm: Lunch	12pm: Lunch
12:30pm	12:30pm: Mid-day announcements	12:30pm: Mid-day announcements	12:30pm: Mid-day announcements	12:30pm: Mid-day announcements	12:30pm: Mid-day announcements
1:00pm	1:00-2:00 Coaching with Alison	1pm Mind Forward with Lisa	1pm Walking with Deane 1:30 Art with Loni & Kamaya	1PM Anger Management / Emotional regulation with Henry and Chris	Karaoke with Deane
2:00pm	2-3p Bingo with Henry	2pm Trivia with Don	2:30-3:30pm: Dungeons and Dragons with Henry	2:30-3pm Processing Anxiety with Lani	We will close at 1:30 on the last Friday of the Month for team meeting
3:00pm	3-4:30pm: Movies	3-4:30pm: Movies	3-4:30pm: Movies	3-4:30 Movies	3-4:30pm: Movies

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