

Open from 8:30am to 4:30 pm
Monday thru Friday

Breakfast & Lunch served daily

Join us for our Fall Festival
Friday October 30th

CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

October 2026

HOPE
COOPERATIVE

Resilience. Connection. Transformation.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	9:30 am-11:30 am: Marconi OP County walk-ins (first six that qualify) 9:30 am: Shower transportation with Kathryn 9:45 am: 15-minute meditation with Quinnan 11:30: Orientation; follow-up appointments will be scheduled following orientation	- See Don for bike repair tools 9:45 am: 15-minute meditation with Quinnan	9:30 am -11:30 am Marconi OP walk-ins (first 6 that qualify) 10 am: DMV/DHA support with Quinnan 9:30 am: Shower transportation with Kathryn 9:45 am: 15-minute meditation with Quinnan	9 am-945 am: Mahjong with Quinnan (If you have never played, now is your chance to learn) 9:45 am: 15-minute meditation with Quinnan	9:30 am to 10:30 am Marconi walk-ins (first six that qualify) 9:45 am: 15-minute meditation with Quinnan
10:30am	10:30 am-11:00 am: Grief and loss with Shella	10:30 am: Walking to the foodbank with Deane			10:30am: Literacy with Allison/Deane
10:00am	10am to 10:30 Morning Meeting with Lani	10am to 10:30 Morning Meeting with Lani	10am to 10:30 Morning Meeting with Lani	10am to 10:30: Morning Meeting with Lani	10am to 10:30: Morning Meeting with Lani
11:00am	- Womens Group every 2nd Monday at 10:30 - Mens Group every 3rd Monday at 10:30	10:45 am-11:45 am: Processing Anxiety with Lani and crew	11:00 am-12 pm: Sonder awareness with Loni and crew	11 am: flower arranging with April	10:30-11:30: Journaling with April
11:30am	11:30 am: Marconi OP Orientation 11:30 am: Beading with Brenda / April	11:00 am - 12:00 PM Crafting with April	11:30 am: Marconi OP Orientation	11 am to 12 pm: BHBH group referral with Lani	11:30 am: Marconi OP Orientation
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 pm-2 pm: Improv acting group with Sarah	Mind Forward TBD, look for the flyers to see when and where	1:30 pm Art with Loni	1 pm: Anger Management with Quinnan	1:30 pm-2:30 pm: Karaoke with Deane
2:00pm	2-3p Bingo with April	2pm Trivia with Don		2:30-3 pm: 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



CALLING ALL HOPE COOPERATIVE EMPLOYEES!

We invite you to consider hosting a booth at the Fall Festival!
A table will be provided for you to decorate, and your booth can be for:



FOOD



A GAME

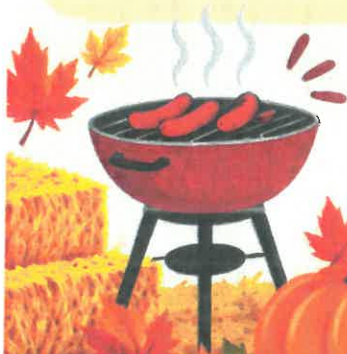


FACE PAINTING



OR...
GET CREATIVE!

SHARE
YOUR IDEAS
AND BRING
THE FUN!



BBQ LUNCH

will be available for everyone!

GOOD FOOD
GREAT PEOPLE
A STRONGER
HOPE COOPERATIVE

♥ Community ♥ Creativity ♥ Connection ♥