HOPE COOPERATIVE
Resilience. Connection. Transformation.

CORE Howe Wellness Center Activities Calendar

650 Howe Ave, Building 300
Sacramento, CA 95825
(916) 485-6500

November 2026

LAUNDRY
Mon & Wed
*1 load per person- Last load 2:00PM

SHOWERS
Mon through Fri
*Last shower 1:00PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00am	Musical Expressions with Jocelyn 9:00am-10:00am	Current Events Cafe with Ryan 9:00am-10:00am BHBH Referrals with Jocelyn & Sandy 9:00am-11:00am	Coffee & Conversation with Kelasia 9:00am-10:00am	Musical Expressions with Sandy 9:00am-10:00am	Musical Expressions with Jocelyn 9:00am-10:00am DMV/DHA Support with Daniel 9:00am-12:00pm BHBH Referrals with Ryan & Kelasia 9:00am-11:00am
10:00am	Morning Inspirations with Sandy 10:00am-11:00am	Mindfulness & Meditation with Jocelyn 10:00am-11:00am	Morning Inspirations with Ryan 10:00am-11:00am	Celebrating Success with Kelasia 10:00am-11:00am	Morning Inspirations with Kelasia 10:00am-11:00am
11:00am	Her Care, Her Confidence with Kelasia 11:00pm-12:00pm	Goal Setting Group with Sandy 11:00am-12:00pm	Bingo with Jocelyn 11:00am-12:00pm	Creative Expressions with Sandy 11:00am-12:00pm	Journaling with Jocelyn 11:00am-12:00pm
11:45am	Lunch	Lunch	Lunch	Lunch	Lunch
12:30pm	Mid-Day Announcements with Ryan 12:30pm-1:00pm	Mid-Day Announcements with Sandy 12:30pm-1:00pm	Walk-In Outpatient Orientation *Check in at front desk 12:30pm-1:00pm Mid-Day Announcements with Ryan 12:30pm-1:00pm	Walk-In Outpatient Orientation *Check in at front desk 12:30-1:00pm Mid-Day Announcements with Sandy 12:30pm-1:00pm	Mid-Day Announcements with Ryan 12:30pm-1:00pm
1:00pm	HMIS Support Group with Kelasia 1:00pm-2:00pm	Men's Group with Ryan 1:00pm-2:00pm	Flower Arrangements with Kelasia 1:00pm-2:00pm	Wellness Kitchen with Jocelyn 1:00pm-2:00pm	Games with Sandy 1:00pm-2:00pm
2:00pm	Cinema Club with Jocelyn 2:00pm-3:30pm	Cinema Club with Sandy 2:00pm-3:30pm	Cinema Club with Jocelyn 2:00pm-3:30pm	Karaoke with Ryan 2:00pm-3:30pm	Cinema Club with Kelasia 2:00pm-3:00pm
3:30PM	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