HOPE COOPERATIVE

Resilience. Connection. Transformation.



CORE X Street Wellness Center Activities Calendar

1400 X Street
Sacramento, CA 95818

(916) 738-7400

November 2026

Showers & Laundry
See Schedule Below
for Sign Ups

MONDAYS WEDNESDAYS THURSDAYS

FRIDAYS

8:30AM/9:00AM SIGN-UPS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM	Breakfast 8:00a-10:00a (Coffee will be available until 12:00p)	Breakfast 8:00a-10:00a (Coffee will be available until 12:00p)	Breakfast 8:00a-10:00a (Coffee will be available until 12:00p)	Breakfast 8:00a-10:00a (Coffee will be available until 12:00p)	Breakfast 8:00a-10:00a (Coffee will be available until 12:00p)
9:00AM	Walk-In Mental Health Assessments 9:00a-11:00a	SUPT [9:00a-11:00a]		Open hours Employment with Fred 9:00a-10:00a	DMV/DHA Support 9:00a-10:00a (Must be Scheduled)
	DMV/DHA (Medi-Cal) Support 9:00a-11:00a	Morning Check-ins 9:30a-10:00a		Morning Check-ins 9:30a-10:00a	Morning Check-ins 9:30a-10:00a
10:00AM	Rec & Leisure with Monica 10:00a-11:00a	Rec & Leisure with Monica 10:00a-11:00a	Grief Group 10:00a-11:00a	(Women's Group) 10:00a-11:00a	Rec & Leisure 10:00a-11:00a
11:00AM		Art 11:00a-12:30p (Junk Journals with Shelly 11/10/26)	Wellness Wednesdays 11:00a-12:00p	Writing Group 11:00a-12:00p	Benefit Support 11:00a- 12:00p
12:00PM	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p
1:00PM	Afternoon Check-ins 1:00p-1:30p	Movie Group 1:00p-2:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p
2:30PM	Recovery Support Group 2:00p-3:00p	"For The Fellas" (Men's Group) 2:30p-3:30p		"Learning To Live" (Mental Health Court Group) 2:30p-3:30p [2nd & 4th Thursday of the Month]	X Street Karaoke 2:30p-3:30p
REMINDER	CLOSING EARLY 1:30p 11/05/2026,	CLOSED Wednesday 11/11/2026 Thursday 11/26/2026 Friday 11/27/2026	"Music Group" 2:30p-3:30p 11/19/2026	"Work Readiness Group" Group [3rd Friday of the Month] 2:30p-3:30p	Anger Management Group 10:00a [2nd & 4th Friday of the Month]

Wellness Center is open Monday - Friday 8:00 AM - 3:30 PM