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

Breakfast & Lunch served daily

Important dates: grateful feast at Howe Ave 11/24/26, wellness center will be closed 11/11,11/26,& 11/27

CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

November 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 Sheila	• 10:30 am: Walking to the foodbank with Deane			• 10:30am: Literacy with Alison/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: BHBH group with Lani and 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			• 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