

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

OCTOBER 2019

Wellness Center Hours: 9:00 a.m. – 4:00 p.m.

137 North Cottonwood Street, Room 1506, Woodland, CA 95695 / Phone: (530) 666-8630

* Global Diversity Awareness Month / National Disability Employment Awareness Month / Breast Cancer Awareness Month / National Italian American Heritage Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Effective Communication 3:00 Bingo *Rosh Hashana ends* *International Day for Older Persons*	2 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness, Celebration & Incentive Raffle! 1:30 Member's Meeting 2:30 Art *Mahatma Gandhi's Birthday/National Custodial Worker's Recognition Day* TAY 4:30-6:00pm	3 9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie	4 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
7 9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Positivity 3:00 Pictionary	8 9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Effective Communication 3:00 Bingo *Yom Kippur begins*	9 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Medication Education** 2:30 Art *Yom Kippur ends* TAY 4:30-6:00pm	10 9:30 Topic Chat 10:00 Reflections 11:00 Journaling 12:00 Self-Care 1:00 Movie	11 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
14 9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Baking 12:00 Wii Games 1:00 Stretching 2:00 Positivity 3:00 Pictionary *Indigenous People's Day*	15 9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Self- Esteem 2:00 Effective Communication 3:00 Bingo	16 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 2:30 Art TAY 4:30-6:00pm	17 9:30 Topic Chat 10:00 Self-Care 11:00 Journaling 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 1:00 Movie	18 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
21 9:30 Breakfast Chat 12:00 Group Games 2:00 Positivity 3:00 Pictionary	22 9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Self- Esteem 2:00 Effective Communication 3:00 Bingo	23 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Member's Meeting 2:30 Art TAY 4:30-6:00pm	24 9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Self-Care 1:00 Movie Outing: Apple Hill** *United Nations Day*	25 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
28 9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Baking 12:00 Wii Games 1:00 Stretching 2:00 Positivity 3:00 Pictionary	29 9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Self- Esteem 2:00 Effective Communication 3:00 Bingo *Winternights begins*	30 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness & Spooky Costume Party 2:30 Art TAY 4:30-6:00pm	31 9:30 Topic Chat 10:00 Reflections 11:00 Journaling 12:00 Self-Care 1:00 Movie *Halloween*	1 

*Free to Choose is by referral only. / ** For HHSA clients only.