JANUARY

Cedar Wellness Center -Monthly Calendar



Address: 4600 47th Avenue Ste. 111 Sacramento, CA 95824

			Monthly Calendar	Bay Area Community Services	
Monday	Tuesday		Wednesday	Thursday	Friday
01		02	03	04	05
CLOSED FOR THE NEW YEAR HOLIDAY	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2pm) Outreach Activities - Movie Time (2pm-2:30pm) Housing Academy (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time & Clean up (4pm) Wellness Center Closes	02	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2:30pm) Center Activities - Resource Corner (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time and Clean Up (4pm) Wellness Center Closes	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2:30pm) Outreach Activities - Movie Time (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time and Clean Up (4pm) Wellness Center Closes	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2pm) Center Activities - Year's Resolution (2pm-2:30pm) Employment Readiness (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time & Clean up (4pm) Wellness Center closes
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CLOSED FOR THE MARTIN LUTHER KING JR. HOLIDAY	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2pm) Outreach Activities - Movie Time (2pm-2:30pm) Housing Academy (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time & Clean up (4pm) Wellness Center Closes		(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2:30pm) Center Activities - Resource Corner (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time and Clean Up (4pm) Wellness Center Closes	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2:30pm) Outreach Activities - Movie Time (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time and Clean Up (4pm) Wellness Center Closes	(8-10am) Coffee, Breakfast, Meet and Greet (10:00-11:00am) AM Group (11am-12pm) Center Activity and Movie (12pm-12:30pm) Lunch (12:30pm-1pm) Free Time & Clean up (1pm-2pm) Center Activities - Karaoke (2pm-2:30pm) Employment Readiness (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time & Clean up (4pm) Wellness Center closes
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January 2024 Weekly Group Schedule

Schedule is Subject to Change

MON	AM Group @ 10:00a – Harnessing Positive Thinking
	PM Group @ 2:30p – Meditation/Music Leads to Happiness
TUE	AM Group @ 10:00a – Anger Management & Emotional Regulation
	PM Group @ 2:30p – Building Self-Esteem
WED	AM Group @ 10:00a – Financial Wellness
	PM Group @ 2:30p – Mindfulness Being Aware of Mental Triggers
THU	AM Group @ 10:00a – Building Self Esteem
	PM Group @ 2:30p – Wellness Recovery Action Plan
FRI	AM Group @ 10:00a – The Way We Communicate
	PM Group @ 2:30p – Journaling

BACS C.O.R.E. Cedar Wellness Center Monday - Friday 8AM - 4PM

We'll Be Celebrating "The New Year" and "MLK"! We also have Daily Movie Events, Bingo, and Karaoke!!

