2024 MAY

Cedar Wellness Center - Monthly Calendar

BACS Bay Area Community Services

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

Monday	Tuesday	Wednesday	Thursday	Friday
29	*30*	*01* (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	*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) Outreach Activities - Movie Time (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time and Clean Up (4pm) Wellness Center Closes	*03* (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
06 (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 & Clean up (4pm) Wellness Center Closes	*07* (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	*08* (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	*09* (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	*10* (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
13 (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 & Clean up (4pm) Wellness Center Closes	*14* (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	*15* (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	*16* (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	*17* (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
20 (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 & Clean up (4pm) Wellness Center Closes	*21* (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	*22* (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	*23* (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	*24* (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
27 (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) **Memorial Day Activity** (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time & Clean up (4pm) Wellness Center Closes	*28* (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	*29* (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-1:30pm) Housing Program Education** (1:30pm-2:30pm) Center Activities - Resource Corner (2:30pm-3:30pm) PM Group (3:30pm-4pm) Free Time and Clean Up (4pm) Wellness Center Closes	*30* (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	*31* (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