





	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Address: 629 Oakland Ave Oakland, CA 94611</p> <p>Phone: 510-247-8235 Website: www.bayareacs.org</p> <p>Hours: Monday—Friday 8:30am—5pm</p> <p>THWC Drop in hours: Mon-Fri 12pm-3pm</p> <p>Care Coordinators: Amanda Gearhart Denise Valencia Dazie Grego Janice Bobbs Jonathan Medina Monique Farrar Nyra Mitchell</p> <p>Program Manager: Valeria Corona</p> <p>Associate Director: Clarise Burton</p> <p>Director: Jimisha Baker</p>	<p>1</p> <p>8:30-10am - Breakfast 11am-12pm - Spiritual Wellness: <i>Peaceful Walk in the Community</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Zumba</i> 4pm-5pm - Music & Mind</p>	<p>2</p> <p>8:30-10am - Breakfast 11am-1pm - Creative Arts: <i>Sip (Punch) and Paint Community</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Guided Meditation</i> 4pm-5pm - Music & Mind</p>	<p>3</p> <p>8:30-10am - Breakfast 11am-12pm - Board games: <i>Giant Uno (Social Wellness)</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Book Club</i> 4pm-5pm - Music & Mind</p>	<p>4</p> <p>8:30-10am - Breakfast 11am-12pm - Culture Awareness: <i>Social Justice Challenge</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Music & Mind <u>***THWC Closed @ 3pm for professional development***</u></p>	<p>5</p> <p>8:30-10am - Hot Breakfast 11am-12pm - Meditation: <i>Reflection</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 3pm - 3:30pm - <i>Banana Split</i> 4pm-5pm - <i>Movie Day</i></p> 
	<p>8</p> <p>8:30-10am - Breakfast 11am-12pm - Spiritual Wellness: <i>Peaceful Walk in the Community</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Zumba</i> 4pm-5pm - Music & Mind</p>	<p>9</p> <p>8:30-10am - Breakfast 11am-1pm - Creative Arts: <i>Self Love Work Book</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Guided Meditation</i> 4pm-5pm - Music & Mind</p>	<p>10</p> <p>8:30-10am - Breakfast 11am-12pm - Board games: <i>Giant Tic Tac Toe (Social Wellness)</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Book Club</i> 4pm-5pm - Music & Mind</p>	<p>11</p> <p>8:30-10am - Breakfast 11am-12pm - Culture Awareness: <i>Diversity Deck of Card</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Music & Mind <u>***THWC Closed @ 3pm for professional development***</u></p>	<p>12</p> <p>8:30-10am - Hot Breakfast 11am-12pm - Meditation: <i>Reflection</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 3pm - 3:30pm - <i>Banana Split</i> 4pm-5pm - <i>Movie Day</i></p> 
	<p>15</p> <p>8:30-10am - Breakfast 11am-12pm - Spiritual Wellness: <i>Gardening</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Zumba</i> 4pm-5pm - Music & Mind</p>	<p>16</p> <p>8:30-10am - Breakfast 11am-1pm - Creative Arts: <i>Create More Confidence</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Guided Meditation</i> 4pm-5pm - Music & Mind</p>	<p>17</p> <p>8:30-10am - Breakfast 11am-12pm - Board games: <i>Jenga (Social Wellness)</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Book Club</i> 4pm-5pm - Music & Mind</p>	<p>18</p> <p>8:30-10am - Breakfast 11am-12pm - Culture Awareness: <i>My Heritage</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Music & Mind <u>***THWC Closed @ 3pm for professional development***</u></p>	<p>19</p> <p>8:30-10am - Hot Breakfast 11am-12pm - Meditation: <i>Reflection</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 3pm - 3:30pm - <i>Banana Split</i> 4pm-5pm - <i>Movie Day</i></p> 
	<p>22</p> <p>8:30-10am - Breakfast 11am-12pm - Spiritual Wellness: <i>Gardening</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Zumba</i> 4pm-5pm - Music & Mind</p>	<p>23</p> <p>8:30-10am - Breakfast 11am-1pm - Creative Arts: <i>Make a Power Bracelet</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Guided Meditation</i> 4pm-5pm - Music & Mind</p>	<p>24</p> <p>8:30-10am - Breakfast 11am-12pm - Board gam <i>Giant Connect Four (Social Wellness)</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Book Club</i> 4pm-5pm - Music & Mind</p>	<p>25</p> <p>8:30-10am - Breakfast 11am-12pm - Culture Awareness: <i>Multi Cultural Music Fest (Social Wellness)</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Music & Mind <u>***THWC Closed @ 3pm for professional development***</u></p>	<p>26</p> <p>8:30-10am - Hot Breakfast 11am-12pm - Meditation: <i>Reflection</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 3pm - 3:30pm - <i>Banana Split</i> 4pm-5pm - <i>Movie Day</i> Community Check-in</p> 
	<p>29</p> <p>8:30-10am - Breakfast 11am-12pm - Spiritual Wellness: <i>Gardening</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Zumba</i></p>	<p>30</p> <p>8:30-10am - Breakfast 11am-1pm - Creative Arts: <i>Make a Power Bracelet</i> 12pm-1pm - Lunch 12pm-3pm - HRC Drop In 2:30 - 3pm - Group: <i>Guided Meditation</i></p>			

TOWNE HOUSE WELLNESS CENTER

Our mission is to uplift individuals, families, and communities by doing “whatever it takes”



Group Description

WEEKLY EVENTS

Breakfast: Continental breakfast M-Th, Hot Breakfast every Friday.

Drop-In: Work individually with a Care Coordinator on problem solving, conflict resolution, setting/working on/achieving personal goals and housing. No appointments, just walk-in services.

Fun Friday Activity: A weekly activity that promotes understanding your emotions, behaviors, and feelings. Learn coping skill to resolve issues, reduce stress, and awareness through various activities that are subject to change every week. This month we are having Banana Splits.

Wellness groups: Join us for one hour a day for a selection of activities to support the development of our inner and outer selves through activities such as mindfulness meditation, breathing exercises, physical exercise, self-care awareness, therapeutic art activities, overall wellness and community.

Music & Mind : Relax at the end of the day through the sound of music while enjoying small talk and community togetherness.

Cultural Awareness Group: Exploring and celebrating cultural awareness and diversity within our community

Community Check-in: A time reserved for community members and staff to address wellness center matters such as planning future activities, groups, and outings. This time is also reserved for Restorative Justice circles when needed and appropriate **Last Friday of every month**

If there is a group missing that you would like to see started, please share your thoughts with us!