



# JULY 2024

**Address:**  
629 Oakland Ave  
Oakland, CA 94611

**Contact:**  
Phone: 510-658-9480  
Www.bayareacs.org

**Hours:**  
Monday—Friday:  
8:30am—5pm

**Drop in hours:**  
Mon-Thurs: 9AM-12PM  
No CE on Fridays

**Care Coordinators:**  
Denise Valencia  
Amanda Gearhart  
Janice Bobbs  
Monique Farrar  
Nyra Mitchell  
Dazie Grego  
Jonathan Medina

**Program Manager:**  
Valeria Corona

**Associate Director:**  
Clarise Burton

**Director:**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>1</u> Breakfast 8:30-10am <b>Meditation Monday Group:</b>10am-11pm Lunch 12pm-1pm Drop-Ins: 9am– 12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>2</u> Food 4 Mood 8:30-10am <b>Creative Arts Tuesday:</b> 10am-11am Lunch 12pm-1pm Drop-Ins :9am– 12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>3</u> Breakfast 8:30-10am <b>Therapeutic Time:</b> 10:00-11aM Lunch 12pm-1pm Drop-Ins :9am– 12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>4</u>  <b>CLOSED</b></p>	<p><u>5</u> Breakfast 8:30-10am <b>Wellness Walk</b> 10am-11am Lunch 12pm-1pm <b>NO C.E TODAY</b> <b>Group</b> 1:30-2:30pm <b>Mangoneadas Friday:</b> 3PM-4PM Music &amp; Mind 4pm-5pm</p> 
<p><u>8</u> Breakfast 8:30-10am <b>Meditation Monday Group:</b>10am-11am Lunch 12pm-1pm Drop-Ins :9am– 12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>9</u> Breakfast 8:30-10am <b>Creative Arts Tuesday</b> 10am-11am Lunch 12pm-1pm Drop-Ins:9:00– 12:00pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>10</u> Breakfast 8:30-10am <b>Therapeutic Time:</b> 10:00am-11:00am Lunch 12pm-1pm Drop-Ins :9am– 12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>11</u> Breakfast 8:30-10am <b>Board Game Thursday Group:</b>10am-11am Lunch 12pm-1pm Drop-Ins :9am– 12pm Music &amp; Mind 2-3pm <b>CLOSED : 3PM</b></p>	<p><u>12</u> Breakfast 8:30-10am <b>Wellness Walk COMMUNITY</b> 10am-11am Lunch 12pm-1pm <b>NO C.E TODAY</b> <b>Group</b> 1:30-2:30pm <b>Popsicle Friday:</b> 3PM-4PM Music &amp; Mind 4pm-5pm</p> 
<p><u>15</u> Breakfast 8:30-10am <b>Meditation Monday Group:</b>10am-11am Lunch 12pm-1pm Drop-Ins :9:00am– 12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>16</u> Breakfast 8:30-10am <b>Creative Arts Tuesday</b> 10am-11am Lunch 12pm-1pm Drop-Ins :9am-12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>17</u> Breakfast 8:30-10am <b>Therapeutic Time:</b> 10:00am-11:00am Lunch &amp; <b>Birthday's at TH/Cake:</b> 1:30-2:00 <b>Group</b> 1:30-2:30pm Drop-Ins: 9am-1pm Music &amp; Mind 4pm-5pm</p> 	<p><u>18</u> Breakfast 8:30-10am <b>Board Game Thursday Group:</b>10am-11am Lunch 12pm-1pm Drop-Ins: 9am-12pm Music &amp; Mind 2-3pm <b>CLOSED : 3PM</b></p>	<p><u>19</u> Food 4 Mood 8:30-10am Community Connect 11-3</p> 
<p><u>22</u> Breakfast 8:30-10am <b>Meditation Monday Group:</b>10am-11am Lunch 12pm-1pm Drop-Ins :9am-12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>23</u> Breakfast 8:30-10am <b>Creative Arts Tuesday</b> 10am-11am Lunch 12pm-1pm Drop-Ins: 9am-12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>24</u> Breakfast 8:30-10am <b>Therapeutic Time:</b> 10:00am-11:00am Lunch 12pm-1pm Drop-Ins: 9am-12pm <b>Group</b> 1:30-2:30pm Music &amp; Mind 4pm-5pm</p>	<p><u>25</u> Breakfast 8:30-10am <b>Board Game Thursday Group:</b>10am-11am Lunch 12pm-1pm Drop-Ins: 9am-12pm Music &amp; Mind 2-3pm <b>CLOSED: 3 PM</b></p>	<p><u>26</u> Breakfast 8:30-10am <b>Wellness Walk</b> 10a.m-11am Lunch 12pm-1pm <b>Group</b> 1:30-2:30pm <b>NO C.E TODAY</b> <b>Mangoneadas Friday:</b> 3PM-4PM <b>Community Check-In:</b> 4pm-5pm</p> 
<u>29</u>	<u>30</u>	<u>31</u>		

# TOWNE HOUSE WELLNESS CENTER

*Supporting people, supporting community by doing whatever it takes!*



## Group Description

### WEEKLY EVENTS

**Breakfast:** Ease into the day by reaffirming community relationships through small talk and kind gestures, all while enjoying a morning breakfast and a cup of hot coffee.

**Drop-Ins:** Drop in during the hours of 9:00am-12PM to sit with a Care Coordinator on problem solving, conflict resolution, setting/working on/achieving personal goals and housing.

**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.

**Therapeutic Time:** Purposeful activities to improve and maintain social skills through creative expression, board games, art and other activities to lift your mood.

**Wellness Walk :** What's not to like about walking? It's free and it's easy on the joints. And there's no question that walking is good for you. Join in a nice scenic walk the local garden.

**Game Board Thursdays:** Put your competitive skills to the test! Join along as we play board games, card games or trivial interactive games at Towne house.

### MONTHLY EVENTS

**Cultural Awareness Group:** Exploring and celebrating cultural awareness and diversity within our community **Every last Monday of the month!**

**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**

**Birthdays at Towne House:** Celebrate your birthday every **3rd Wednesday** of every month.

### SEASONAL EVENTS

**Community Connect:** We have collaborated with food truck gourmets from around the Bay Area to bring their cooking's right to you at Townhouse. Located in the back parking lot every Friday throughout spring and summer. This is a time to mingle with your community of peers and staff at Townhouse. Live music DJ's will also be present for your musical and dancing enjoyment.

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