

2026

OCTOBER

Cedar Wellness Center -
Monthly Calendar

Address: 4600 47th Suite #111
Sacramento, CA 95824
Laundry Services Available Daily 9am-2pm

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	01	02
			(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Keepin' It Real Recoery (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Meeting and Annoucments (11:30am-1:30pm) PM Snacks Served (2-3pm) Fun Friday! (4pm) Wellness Center Closes
05	06	07	08	09
(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Art Therapy (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Understanding Emotions (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Women's/Men's Healing Circle (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Keepin' It Real Recoery (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Meeting and Annoucments (11:30am-1:30pm) PM Snacks Served (2-3pm) Fun Friday! (4pm) Wellness Center Closes
12	13	14	15	16
(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Art Therapy (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Understanding Emotions (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Women's/Men's Healing Circle (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Keepin' It Real Recoery (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Meeting and Annoucments (11:30am-1:30pm) PM Snacks Served (2-3pm) Fun Friday! (4pm) Wellness Center Closes
19	20	21	22	23
(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Art Therapy (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Understanding Emotions (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Women's/Men's Healing Circle (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Keepin' It Real Recoery (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Meeting and Annoucments (11:30am-1:30pm) PM Snacks Served (2-3pm) Fun Friday! (4pm) Wellness Center Closes
26	27	28	29	30
(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Art Therapy (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Understanding Emotions (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Women's/Men's Healing Circle (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Morning Reflection (11:30am-1:30pm) PM Snacks Served (2-3pm) Keepin' It Real Recoery (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Meeting and Annoucments (11:30am-1:30pm) PM Snacks Served (2-3pm) Fun Friday! (4pm) Wellness Center Closes
02	03	04	05	06