
























Visalia Wellness Center

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Hours of Operation: Monday -Thursday 8:30AM - 4:00PM Friday 9:00AM - 4:00 PM Saturday/ Sunday Closed 1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001 	<div>  <div> 988 </div> <div> SUICIDE & CRISIS LIFELINE </div>  </div>			1. 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Gardening 11:00 Bingo 12:00 Movie & Caramel Apples 2:00 W.R.A.P 3:00 Zumba 
4. <i>VWC Closed</i> <i>Happy Labor Day!</i>	5. 9:00 Coffee & Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Salisbury Steak</i>) 12:00 Active Living 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Social Hour 	6. 9:00 Coffee & Gardening 10:00 Photography 11:00 <i>Grief & Loss Support</i> 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba 	7. 9:00 Coffee & Gardening 10:00 Schizophrenia Support 11:00 Cooking (<i>Green Salad</i>) 12:00 Self-Esteem Support 1:00 Music Appreciation/Social Hour 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY	8. 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Gardening 11:00 Bingo 12:00 Movie & <i>Library</i> 2:00 W.R.A.P 3:00 Zumba 
11. 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Peer Advisory Council (OPEN) 2:00 Board Games 3:00 Art 	12. 9:00 Coffee & Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Pasta</i>) 12:00 Active Living 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Social Hour 	13. 9:00 Coffee & Gardening 10:00 Photography 11:00 PTSD Support 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba 	14. 9:00 Coffee & Gardening 10:00 Schizophrenia Support 11:00 Cooking (<i>Chili Dogs</i>) 12:00 Self-Esteem Support 1:00 Music Appreciation/Social Hour 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY 	15. <i>Suicide Prevention</i> <i>Awareness Month</i> <i>Wellness Resource Fair</i> <i>10:00 AM - 2:00 PM</i> 
18. 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 1:00 Peer Advisory Council (CLOSED) 2:00 Board Games 3:00 Art 	19. 9:00 Coffee & Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Cuban Sliders</i>) 12:00 Active Living 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Social Hour 	20. 9:00 Coffee & Gardening 10:00 Photography 11:00 <i>Grief & Loss Support</i> 12:00 Free Time <i>VWC closed at 1:00 PM</i> 	21. Bookmobile 9AM - 11AM 9:00 Coffee & Gardening 10:00 Schizophrenia Support 11:00 Cooking (<i>Tostadas</i>) 12:00 Self-Esteem Support 1:00 Music Appreciation/Social Hour 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY  STI Testing 1PM- 3PM 	22. 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Gardening 11:00 Bingo 12:00 Movie & <i>Birthday Bash</i> 2:00 W.R.A.P 3:00 Zumba 
25. 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 2:00 Board Games 3:00 Art 	26. 9:00 Coffee & Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Frito Boats</i>) 12:00 Active Living 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Social Hour 	27. <i>VWC opens at 12:00 PM</i> 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba 	28.  <i>VWC Closed</i> <i>For Staff Training</i> 	29. 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Gardening 11:00 Bingo 12:00 Movie & Caramel Apples 2:00 W.R.A.P 3:00 Zumba 