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May 2021

Monday 	Tuesday	Wednesday	Thursday	Friday 
3. 9:00 Coffee & Gardening  10:00 Men's Group 10:00 Women's Group 11:00 Wellness Walk 12:00 Free Time  1:00 Journaling 2:00 Music Appreciation 3:00 W.R.A.P.	4. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Quesadillas) 12:00 Bingo 1:00 Bipolar Support 2:00 Self-Esteem  3:00 Zumba	5. 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Photography 12:00 Cinco De Mayo Drive-Thru 1:00 Anxiety Support 2:00 Art 3:00 Chair Yoga 	6. 9:00 Coffee & Gardening  10:00 PTSD Support 11:00 Cooking (Tostadas) 12:00 Wellness Walk  1:00 Bingo 2:00 Journaling 3:00 Job Readiness  3:00 TAY	7. 9:00 Coffee & Gardening  10:00 LGBTQ 10:00 Qi Gong 11:00 WRAP Activities 12:00 Free Time 1:00 Depression 2:00 Photography  3:00 Zumba
10. 9:00 Coffee & Gardening 10:00 Men's Group 10:00 Women's Group 11:00 Wellness Walk 12:00 Free Time 1:00 Peer Advisory Council (OPEN) 2:00 Music Appreciation 3:00 W.R.A.P. 	11. 9:00 Coffee & Gardening  10:00 Depression Support 11:00 Cooking (Cheeseburger Biscuits) 12:00 Bingo 1:00 Bipolar Support 2:00 Self-Esteem 3:00 Zumba 	12. 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Photography  12:00 Free Time 1:00 Anxiety Support 2:00 Art 3:00 Chair Yoga 	13. 9:00 Coffee & Gardening  10:00 PTSD Support 11:00 Cooking (BLT'S) Close at 12 PM for Staff Training	14. 9:00 Coffee & Gardening  10:00 LGBTQ 10:00 Qi Gong 11:00 WRAP Activities 12:00 Free Time (Cupcakes) 1:00 Depression  2:00 Photography 3:00 Zumba
17. (Tie Dye Day)  9:00 Coffee & Gardening 10:00 Men's Group 10:00 Women's Group 11:00 Wellness Walk 12:00 Free Time 1:00 Journaling 1:00 Peer Advisory Council (CLOSED) 2:00 Music Appreciation 3:00 W.R.A.P. 	18. (Sports Day) 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Cheeseburger Salad) 12:00 Bingo 1:00 Bipolar Support 2:00 Self-Esteem 3:00 Zumba 	19. (Disney Day) 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Photography  12:00 Free Time 1:00 Anxiety Support 2:00 Art 3:00 Chair Yoga 	20. (Throw Back Thursday) 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (French Toast)  12:00 Wellness Walk 1:00 Bingo 2:00 Journaling 3:00 Job Readiness  3:00 TAY	21. (Wear Green) 9:00 Coffee & Gardening 10:00 LGBTQ 10:00 Qi Gong 11:00 WRAP Activities 12:00 Free Time (Ice Cream Sundae) 1:00 Depression 2:00 Photography  3:00 Zumba 
24. 9:00 Coffee & Gardening 10:00 Men's Group 10:00 Women's Group 11:00 Wellness Walk  12:00 Free Time 1:00 Journaling 2:00 Music Appreciation 3:00 W.R.A.P.	25. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Chicken & Waffles) 12:00 Bingo 1:00 Bipolar Support 2:00 Self-Esteem 3:00 Zumba 	26. 9:00 Coffee & Gardening 10:00 W.R.A.P. 11:00 Photography  12:00 Free Time 1:00 Anxiety Support 2:00 Art 3:00 Chair Yoga	27. 9:00 Coffee & Gardening  10:00 PTSD Support 11:00 Cooking (Pasta Salad) 12:00 Wellness Walk 1:00 Bingo  2:00 Journaling 3:00 Job Readiness 3:00 TAY	28. 9:00 Coffee & Gardening 10:00 LGBTQ 10:00 Qi Gong 11:00 WRAP Activities 12:00 Free Time (Fruit Cups) 1:00 Depression  2:00 Photography 3:00 Zumba
31.  Closed for Memorial Day 	   	Hours of Operation: Monday –Friday 8:30-4:00 Saturday / Sunday Closed 1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001 