


Monday	Tuesday	Wednesday	Thursday	Friday
 Hours of Operation: Monday –Friday 8:30-4:00 Saturday / Sunday Closed 1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001	1. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Burritos) 12:00 Bingo 1:00 Music Appreciation 2:00 Self-Esteem 3:00 Zumba	2. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 W.R.A.P. <i>VWC Closed at 12 pm for Staff Training</i>	3. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Omelets) 12:00 Bingocize 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga 3:00 TAY	4. 9:00 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Photography 12:00 Free Time 1:00 Depression Support 2:00 W.R.A.P Activities 3:00 Zumba
7. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 2:00 Anxiety Support 3:00 W.R.A.P.	8. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Green Enchiladas) 12:00 Bingo 1:00 Music Appreciation 2:00 Self-Esteem 3:00 Zumba	9. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 W.R.A.P. 12:00 Free Time 1:00 Bipolar Support 2:00 Photography 3:00 Journaling	10. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Cake) 12:00 Bingocize 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga 3:00 TAY	11. 9:00 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Photography 12:00 <i>Fun in the Sun Drive- Thru</i> 1:00 Free Time 2:00 W.R.A.P Activities 3:00 Zumba
14. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Peer Advisory Council (OPEN) 2:00 Anxiety Support 3:00 W.R.A.P.	15. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Spaghetti W/Meatballs) 12:00 Bingo 1:00 Music Appreciation 2:00 Self-Esteem 3:00 Zumba	16. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 W.R.A.P. 12:00 Free Time 1:00 Bipolar Support 2:00 Photography 3:00 Journaling	17. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Cookies) 12:00 Bingocize 1:00 Art 2:00 Job Readiness /Computer Skills 3:00 Chair Yoga 3:00 TAY	18. 9:00 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Photography 12:00 Free Time 1:00 Depression Support 2:00 W.R.A.P Activities 3:00 Zumba
21. 9:00 Coffee & Gardening 10:00 Wellness Walk 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 Anxiety Support <i>VWC closes at 3 pm</i>	22. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Salisbury Steak) 12:00 Bingo 1:00 Music Appreciation 2:00 Self-Esteem 3:00 Zumba	23. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 W.R.A.P. 12:00 Free Time 1:00 Bipolar Support 2:00 Photography 3:00 Journaling	24. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Egg Salad Sandwiches) 12:00 Bingocize 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga 3:00 TAY	25. Show Your Pride Day! 9:00 Coffee , Gardening & Pastries 10:00 Qi Gong 11:00 LGBTQ+ 101 12:00 <i>Rep Your Pride</i> 1:00 Cookie Contest 2:00 Fashion Show 3:00 Zumba
28. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 2:00 Anxiety Support 3:00 W.R.A.P.	29. 9:00 Coffee & Gardening 10:00 Depression Support 11:00 Cooking (Pizza) 12:00 Bingo 1:00 Music Appreciation 2:00 Self-Esteem 3:00 Zumba	30. 9:00 Coffee & Gardening 10:00 Wellness Walk 11:00 W.R.A.P. 12:00 Free Time 1:00 Bipolar Support 2:00 Photography 3:00 Journaling	