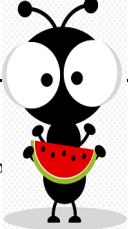





Visalia Wellness Center



August 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
| <p>Hours of Operation: Monday –Saturday 8:30–4:00 Sunday Closed 1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001</p> | | | | | <p>1. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p> |
| <p>3. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p> | <p>4. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (Pizza) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 L.G.B.T.Q</p> | <p>5. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Poetry 2:00 Depression Support 3:00 Art</p> | <p>6. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (Beef Bowl) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p> | <p>7. 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Schizophrenia Support 2:00 PTSD Support 3:00 Self –Care</p> | <p>18. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p>  |
| <p>10. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p> | <p>11. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (Corn Bread Chili) 12:00 Bingo 1:00 Next Steps 2:00 PAC Comm. – OPEN 2:00 Journaling 3:00 L.G.B.T.Q</p> | <p>12. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Poetry 2:00 Depression Support 3:00 Art</p> | <p>13. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (Baked Pasta Dish) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p> | <p>14. 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Schizophrenia Support 2:00 PTSD Support 3:00 Self –Care</p> | <p>15. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p> |
| <p>17. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p>  | <p>18. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (Nachos) 12:00 Bingo 1:00 Next Steps 2:00 PAC Comm. – CLOSED 2:00 Journaling 3:00 L.G.B.T.Q</p> | <p>19. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Poetry 2:00 Depression Support 3:00 Art</p> | <p>20. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (Quesadillas) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p> | <p>21. Happy 1 Year! 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Schizophrenia Support 2:00 PTSD Support 3:00 Self –Care Picnic To Go 11 AM-2 PM</p> | <p>22. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p> |
| <p>24./31. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p> | <p>25. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (Pasta Dish) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 L.G.B.T.Q</p> | <p>26. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Poetry 2:00 Depression Support 3:00 Art</p> | <p>27. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (Chicken Bowl) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p> | <p>28. 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Schizophrenia Support 2:00 PTSD Support 3:00 Self –Care</p> | <p>29. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p> |