


Visalia Wellness Center

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<i>Sliders</i>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 L.G.B.T.Q	2. 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	3. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Mac & Cheese</i>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	4. 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	5. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
7. Happy Labor Day! VWC Closed	8. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<i>7 Layer Bean Dip</i>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 2:00 PAC Comm. – OPEN 3:00 L.G.B.T.Q	9. VWC Closed For Staff Training	10. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Street Corn</i>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	11. 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	12. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
14. 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	15. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<i>Wings</i>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 2:00 PAC Comm. – CLOSED 3:00 L.G.B.T.Q	16. 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	17. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Pigs In A Blanket</i>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	18. 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	19. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
21. 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	22. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<i>Chips & Salsa</i>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 L.G.B.T.Q	23. 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	24. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<i>Salad</i>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	25. 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	26. 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
28. 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	29. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<i>Baked Potato</i>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 L.G.B.T.Q	30. 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	Hours of Operation: Monday –Saturday 8:30-4:00 Sunday Closed 1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001		