



# Visalia Wellness Center

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1.</b> 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Depression Support 2:00 Open Discussion 3:00 Art	<b>2.</b> 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking <i>(Salsa Chicken)</i> 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	<b>3.</b> 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Karaoke 2:00 PTSD Support 3:00 Self-Care	<b>4.</b>  Happy of July VWC Closed
<b>6.</b> 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Bingo 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation	<b>7.</b> 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking <i>(Pork Chops)</i> 1:00 Schizophrenia Support 2:00 Art 3:00 <b>L.G.B.T.Q</b>	<b>8.</b> 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Depression Support 2:00 Open Discussion 3:00 Art	<b>9.</b> 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking <i>(Tostadas)</i> 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	<b>10.</b> 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Karaoke 2:00 PTSD Support 3:00 Self-Care	<b>11.</b> 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
<b>13.</b> 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Bingo 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation	<b>14.</b> 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking <i>(Breakfast Burrito)</i> 1:00 Schizophrenia Support 2:00 <b>PAC Comm.- OPEN</b> 3:00 <b>L.G.B.T.Q</b>	<b>15.</b> 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Depression Support 2:00 Open Discussion 3:00 Art	<b>16.</b> 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking <i>(Chili Cheese Dogs)</i> 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	<b>17.</b> 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Karaoke 2:00 PTSD Support 3:00 Self-Care	<b>18.</b> 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
<b>20.</b> 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Bingo 1:00 Anxiety Support 2:00 W.R.A.P. 3:00	<b>21.</b> 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking <i>(Chili Cheese Fries)</i> 1:00 Schizophrenia Support 2:00 <b>PAC Comm.- CLOSED</b> 2:00 Art 3:00 <b>L.G.B.T.Q</b>	<b>22.</b> 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Depression Support 2:00 Open Discussion 3:00 Art	<b>23.</b> 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking <i>(Steak Fajitas)</i> 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	<b>24.</b> 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Karaoke 2:00 PTSD Support 3:00 Self-Care	<b>25.</b> 9:00 Gardening 10:00 Anxiety Support 11:00 Karaoke 12:00 Bingo 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation
<b>27.</b> 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Bingo 1:00 Anxiety Support 2:00 W.R.A.P. 3:00	<b>28.</b> 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking <i>(Chicken &amp; Broccoli Alfredo)</i> 1:00 Schizophrenia Support 2:00 Art 3:00 <b>L.G.B.T.Q</b>	<b>29.</b> 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Depression Support 2:00 Open Discussion 3:00 Art	<b>30.</b> 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking <i>(Chicken Tenders)</i> 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook	<b>31.</b> 9:00 Gardening 10:00 Depression Support 11:00 Music Appreciation 12:00 WRAP Activities 1:00 Karaoke 2:00 PTSD Support 3:00 Self-Care	 <b>Hours of Operation:</b> Monday -Saturday 8:30-4:00 Sunday Closed  1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001