

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
Closed - Holiday			Creative Writing w/ Asher (10am-11am)			
	Brain Teaser Activities (2-2:30pm)	Peace of Mind Coloring/ Drawing in the Wellness Center (2- 2:30pm)		BINGO (1-2pm)		
9	10	11	12	13	14	15
Seeking Safety w/ Jessica (Clients Only: 11am-12pm)			Creative Writing w/ Asher (10am-11am)			
Art Collage 4 Wellness w/Shelly (1:30pm - 2:30pm)	Brain Teaser Activities (2-2:30pm)	Peace of Mind Coloring/ Drawing in the Wellness Center (2- 2:30pm)		BINGO (1-2pm)		
16	17	18	19	20	21	22
Closed - Holiday			Creative Writing w/ Asher (10am-11am)			
	Brain Teaser Activities (2-2:30pm)	Peace of Mind Coloring/ Drawing in the Wellness Center (2- 2:30pm)	Consumer Advisory Panel w/Craig (2- 3pm)	BINGO (1-2pm)		
23	24	25	26	27	28	29
Seeking Safety w/ Jessica (Clients Only: 11am-12pm)			Creative Writing w/ Asher (10am-11am)			
Art Collage 4 Wellness w/Shelly (1:30pm - 2:30pm)	Brain Teaser Activities (2-2:30pm)	Peace of Mind Coloring/ Drawing in the Wellness Center (2- 2:30pm)		BINGO (1-2pm)		
30	31	NOTES:				
Seeking Safety w/ Jessica (Clients Only: 11am-12pm)		Closed on Saturdays, Sundays, & major holidays. Dates & times are subject to change. Please call (916) 440-1500 to speak with a staff member/peer for the most up to date information. Thank you.				
Art Collage 4 Wellness w/Shelly (1:30pm - 2:30pm)	Brain Teaser Activities (2-2:30pm)					



Community Wellness Center

Hours of Operation:
Monday - Friday
(9am -3pm)

Location:

600 Bercut Drive,
Sacramento, CA
95811

PHONE: (916) 440-
1500

www.elhogarinc.org

