

Calendar

Wellness & Recovery Center South

7000 Franklin Blvd Ste 110, Sacramento, CA 95823

Phone: (916) 394-9195 Fax: (916) 394-3361



August











2009

Revised: 7/31/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Matinee Saturday All Day Games All Day Karaoke Upon Request
3 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45 Movie/Social Time 2:45 – 6:00	4 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 New Member Orientation 9:30 – 12:30 Life Skills/Budgeting 10:15 – 11:15 Sac Port Recreation for Leisure 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00	5 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Symptom Management 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00 New Member Orientation 2:00 – 5:00	6 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Recreation for Leisure 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Crossroads Employment Ready for Work 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 	7 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Symptom Management 11:15 – 12:15 Performing Arts 1:00 – 2:00 Movie/Social Time 2:00 – 6:00 	8 Matinee Saturday All Day Games All Day Karaoke Upon Request

NEW GROUPS: SacPort Recreation for Leisure, Crossroads Employment Ready for Work

Membership & Registration FREE! Hours: Monday thru Friday 9 am – 6 pm, Saturday 9 am – 5 pm, Sunday Closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45  Movie/Social Time 2:45 – 6:00	11 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 New Member Orientation 9:30 – 12:30 Life Skills/Budgeting 10:15 – 11:15  Sac Port Recreation for Leisure 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00	12 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Symptom Management 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00 County Focus Group 3:00 – 5:00	13 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Recreation for Leisure 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Crossroads Employment 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 	14 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Symptom Management 11:15 – 12:15 Performing Arts 1:00 – 2:00 WRC South Closed at 2:30 for Staff Meeting 	15 Matinee Saturday All Day Games All Day Karaoke Upon Request Pool Tournament 2:15 – 4:15 
17/24/31 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45  Movie/Social Time 2:45 – 6:00	18/25 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 New Member Orientation 9:30 – 12:30 Life Skills/Budgeting 10:15 – 11:15  Sac Port Recreation for Leisure 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00	19/26 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Symptom Management 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00 New Member Orientation 2:00 – 5:00	20/27 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Recreation for Leisure 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Crossroads Employment Ready for Work on 19 th and Current Affairs on 26 th 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 	21/28 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Self Esteem 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Symptom Management 11:15 – 12:15 August Birthday Lunch and Celebration 12:15 – 2:15 Movies/Social Time 2:15 – 6:00 	22/29 Matinee Saturday All Day Games All Day Karaoke Upon Request 

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