



February

2017

The Wellness Center Calendar



The Wellness Center

2697 Saviers Rd.

Oxnard, CA. 93033

Phone: (805) 653-5045

Open: Tuesday, Wednesday, Friday and Saturday from 9 to 3pm & Thursday 2:30 to 5:30pm

	1	Wednesday	2	Thursday	3	Friday	4	Saturday	
	9:30-11:30 WRAP #5 11:30 Lunch 12:30 Dimensions of Wellness 1:30 Wellness Fun	3:00 Community Meeting 4:00 Wellness Talk 5:00 eXpresso Planning	9:30 W.R.A.P. for Addiction 10:30 Knitting in Recovery 11:30 Lunch 12:30 Wellness Café and Movie	9:30 Physical Wellness 10:30 Wellness Topic/DRA Meeting 11:30 Lunch 12:30 Recovery w/ Peer Staff 12:30-2:30 WRAP #3 1:30 Wellness Games					
7	Tuesday	8	Wednesday	9	Thursday	10	Friday	11	Saturday
9:30 Art & Wellness 10:30 Pathways to Recovery 11:30 Lunch 12:30 Recovery w/ Peer Staff 1:30 Pick an Activity	9:30-11:30 WRAP #6 11:30 Lunch 12:30 Dimensions of Wellness 1:30 Wellness Fun	3:00 Health Topic 4:00 Wellness Talk 5:00 Education Club	9:15 Client Network Webinar: Mental Illness and Loneliness 9:30 W.R.A.P. for Addiction 10:30 Knitting in Recovery 11:30 Lunch 12:30 Wellness Café and Movie	9:30 Physical Wellness 10:30 Wellness Topic/DRA Meeting 11:30 Lunch 12:30 Recovery w/ Peer Staff 12:30-2:30 WRAP #4 1:30 Wellness Games					
14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday
9:30 Art & Wellness 10:30 Pathways to Recovery 11:30 Lunch 12:30 Recovery w/ Peer Staff 1:30 Pick an Activity	9:30-11:30 WRAP #7 11:30 Lunch 12:30 Dimensions of Wellness 1:30 Wellness Fun	3:00 Community Meeting 4:00 Wellness Topic 5:00 eXpresso Planning	9:30 W.R.A.P. for Addiction 10:30 Knitting in Recovery 11:30 Lunch 12:30 Wellness Café and Movie	Center Closed for Presidents day 					
21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday
9:30 Art & Wellness 10:30 Pathways to Recovery 11:30 Lunch 12:30 Recovery w/ Peer Staff 1:00 Department of Rehab. 1:30 Pick an Activity	9:30-11:30 WRAP #8 11:30 Lunch 12:30 Dimensions of Wellness 1:30 Wellness Fun	3:00 Community Meeting 4:00 Wellness Topic 5:00 eXpresso Planning	Healthy Friendships eXpresso Day 9am-3pm	9:00 Reins of Hope Outing 9:30 Physical Wellness 10:30 Wellness Topic/DRA Meeting 11:30 Lunch 12:30 Recovery w/ Peer Staff 12:30-2:30 WRAP #5 1:30 Wellness Games					
28	Tuesday			DRA Meetings Saturday's At 10:30 am					

Healthy Friendships eXpresso day Friday, February 24th 9am-3pm - All members and guests are welcome! Join us for a fun filled day of games, food and self expression!