



WELLNESS CENTER

September 2025 Schedule

ADULT HOURS:

Monday, Tuesday, Thursday and Friday 1:00pm to 4:00pm

MONDAY

1:30-2:30	Walking Group (Outdoors)	Laura
2:00-2:45	Current Events (Wellness Center)	Danny
3:00-4:00	Communication Group (Tahoe Room)	Danny/Shawn

TUESDAY

11:00am	Music (Wellness Center)	John J
1:30-3:00	Art (Wellness Center)	Jan
3:00-4:00	Health + Wellness	Laura/Staff

WEDNESDAY

WELLNESS CENTER CLOSED

THURSDAY

11:00am	Improv and Intro to Dried Mangos – New Members Welcome!	John J
2:00-3:00	Healthy/Sports Activities (Wellness Center/Outdoors)	Laura/Staff
3:00-4:00	Diversion Group (Motherlode Room)	Dede

FRIDAY

1:30-2:30	Men's Group (Motherlode Room)	Danny/Shawn
1:30-2:30	Women's Group	Staff
3:00-4:00	T Skills (Motherlode Room)	ICM Staff