



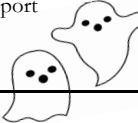
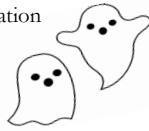




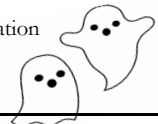
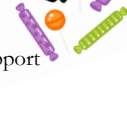





# Visalia Wellness Center



## October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Hours of Operation:</b> Monday –Saturday 8:30-4:00 Sunday Closed</p> <p>1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001</p> 			<p>1. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<b>Bat Wings</b>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p>	<p>2. 9:00 Gardening 10:00 Depression Support 11:00 WRAP Activities 12:00 <b>Fun Frightening Friday</b> 1:00 Poetry 2:00 PTSD Support 3:00 Self-Care</p>	<p>3. 9:00 Gardening 10:00 Anxiety Support 11:00 Movie <b>(Coco)</b> 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p> 
<p>5. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p>	<p>6. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<b>Blood &amp; Guts</b>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 <b>L.G.B.T.Q</b> 3:00 Qi Gong</p>	<p>7. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Schizophrenia Support 2:00 Depression Support 3:00 Art</p> 	<p>8. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<b>Sloppy Road Kill</b>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p>	<p>9. 9:00 Gardening 10:00 Depression Support 11:00 WRAP Activities 12:00 <b>Fun Frightening Friday</b> 1:00 Poetry 2:00 PTSD Support 3:00 Self-Care</p> 	<p>10. 9:00 Gardening 10:00 Anxiety Support 11:00 Movie <b>(Ghost Busters)</b> 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p>
<p>12. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p> 	<p>13. <b>VWC OPENS AT 12PM</b>  12:00 Bingo 1:00 Next Steps 2:00 Journaling 2:00 <b>PAC Comm. – OPEN</b> 3:00 <b>L.G.B.T.Q</b> 3:00 Qi Gong</p>	<p>14. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Schizophrenia Support 2:00 Depression Support 3:00 Art</p> 	<p>15. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<b>Hocus Pocus Brownies</b>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p>	<p>16. 9:00 Gardening 10:00 Depression Support 11:00 WRAP Activities 12:00 <b>Fun Frightening Friday</b> 1:00 Poetry 2:00 PTSD Support 3:00 Self-Care</p>	<p>17. 9:00 Gardening 10:00 Anxiety Support 11:00 Movie <b>(Adams Family)</b> 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p>
<p>19. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p> 	<p>20. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<b>Ghost Pizza Bagels</b>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 2:00 <b>PAC Comm. – CLOSED</b> 3:00 <b>L.G.B.T.Q</b> 3:00 Qi Gong</p>	<p>21. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Schizophrenia Support 2:00 Depression Support 3:00 Art</p> 	<p>22. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<b>Poisoned Pumpkin Bread</b>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p>	<p>23. 9:00 Gardening 10:00 Depression Support 11:00 WRAP Activities 12:00 <b>Fun Frightening Friday</b> 1:00 Poetry 2:00 PTSD Support 3:00 Self-Care</p> 	<p>24. 9:00 Gardening 10:00 Anxiety Support 11:00 Movie <b>(Edward Scissorhands)</b> 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p> 
<p>26. 9:00 Gardening 10:00 Self-Esteem Support 11:00 Meditation 12:00 Karaoke 1:00 Anxiety Support 2:00 W.R.A.P. 3:00 Music Appreciation</p> 	<p>27. 9:00 Gardening 10:00 Women's Group 10:00 Men's Group 11:00 Cooking (<b>Severed Fingers</b>) 12:00 Bingo 1:00 Next Steps 2:00 Journaling 3:00 <b>L.G.B.T.Q</b> 3:00 Qi Gong</p>	<p>28. 9:00 Gardening 10:00 Photography 11:00 W.R.A.P 12:00 Tell your Story (Write) 1:00 Schizophrenia Support 2:00 Depression Support 3:00 Art</p>	<p>29. 9:00 Gardening 10:00 Bipolar Support 11:00 Cooking (<b>Graveyard Pudding Cups</b>) 12:00 Bingo 1:00 Photography 2:00 Managing Emotions 3:00 TAY 3:00 DIY Scrapbook</p>	<p>30. 9:00 Witches Brew &amp; Muffins 10:00 Paint Pumpkins 11:00 DIY Face Mask 12:00 Trunk- Or-Treat Drive-Thru 1:00 Games 2:00 Poisoned Apple 3:00 Cake Walk</p> <p><b>HAPPY HALLOWEEN!</b></p> 	<p>31. 9:00 Gardening 10:00 Anxiety Support 11:00 Movie <b>(Winchester Mystery)</b> 1:00 Self-Esteem Support 2:00 Art 3:00 Meditation</p>