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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am – 10:30am  “Move, Motivate and Maintain”  *-All* | 9:30am – 10:30am  “Remaining Present”    *-Danny/Ralph* | 9:30am – 10:30am  “Life Management Skills”  *-Leah/Ralph* | 9:30am-10:30am  “Moments of Tranquility”  *-Leah/Danny* | 9:30am-10:30am  “ Health Boundaries”    *-Danny/Ralph* |  |
|  |  |  |  |  |  |
| 11:00am-12:00pm  “Creating Balance”  *-Leah/Danny* | 11:00am-12:00pm  “I am Enough”    *-Ralph/Danny* | **COMMUNITY FORUM**  **EVERY 3RD WEDNSDAY @ 12:30PM** | 11:00am-12:30pm  “Listen to Your Art”    *-Danny/Leah* | 11:00am-12:00pm  “Joyful Longevity”  *-Ralph/Leah* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pm  “Keeping your cool”  *-Danny/Leah* | 1:30pm-2:30pm  “Supporting Sobriety” *-Ralph/Danny* | 1:30pm-2:30pm  “Bingo”    *-All* | 1:30pm-2:30pm  “Mending Our Hearts”  *-Danny/Leah* | 2:30pm-3:30pm  Lounge Jam    -All |  |

**SPECIAL ANNOUNCEMENTS:**

* Community forum every 3rd Wednesday.Join us for discussions about YOUR wellness! We want your ongoing feedback.

**Next Forum is 10/18/2023 @ 12:30pm**

* Come Join us for our Halloween movie day on **Tuesday 10/31/2023 from 1:00PM-3:00PM.** Snacks and drinks will be provided.

*(Mentor of the Day = MOD)*

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| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *Ralph/Danny* | *Armin/Ralph* | *Danny/Leah* | *Ralph/Leah* | *Leah/Danny* | Closed |

**COMMUNITY WELLNESS CENTERS**

• Peer to Peer Individual Support

• Social Room/Activities

• Access to Computers/Internet

• Self Help Groups

• Learn more about community resources in your area

**CORE ELK GROVE** **CORE MADISON**  **CORE ROSIN**

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