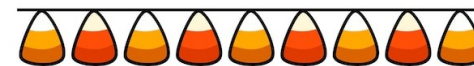


OCTOBER 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Showers: MWF 8 to 1.
Laundry: Tuesday and Thursday 8 & 10 a.m. & Showers 12:30 & 1 p.m.
Book a shower or laundry spot in advance by calling (209) 533-7114.



1
 8-2 Computer Center
 8-2 Games & Recreation
8:30 MH Trivia
10:30-11:30 PTSD/Trauma Recovery
11:30 Coping with Art

2
 8-2 Computer Center
 8-2 Games & Recreation
9-11 iThrive Thursdays
11 Garden



3
 8-2 Computer Center
 8:45 Check-in
9 Bingo
11-12 Mind Over Matter



6
 8-2 Computer Center
 8-2 Games & Recreation
9 MOVIE DAY!



7
 8-2 Computer Center
 8-2 Games & Recreation
9-10 Depression Group
 10 Adult Education
10 Karaoke



8
 8-2 Computer Center
 8-2 Games & Recreation
 8-12 Mathieson Street Med. Team
8:30 MH Trivia
10:30-11:30 PTSD/Trauma Recovery
11:30 Coping with Art

9
 8-2 Computer Center
 8-2 Games & Recreation
9-11 iThrive Thursdays
 9-12 PH HealthLinks
11 Garden

10
 8-2 Computer Center
 8:45 Check-in
9 Bingo
11-12 Mind Over Matter

13
 8-2 Computer Center
 8-2 Games & Recreation
 10 Mathieson Memorial Health Clinic, Narcan

14
 8-2 Computer Center
 8-2 Games & Recreation
9-10 Depression Group
 10 Adult Education
10 Karaoke
 1-2 Community Cultural Collaborative

15
 9:30-2 Computer Center
 9:30-2 Games & Recreation
9:30 MH Trivia
11:30 Coping with Art
Late Start ~ Open at 9:30

16
 8-2 Computer Center
 8-2 Games & Recreation
9-11 iThrive Thursdays
11 Garden



17
 8-2 Computer Center
 8:45 Check-in
9-12 Smile Keepers
9 Bingo
11-12 Mind Over Matter

20
 8-2 Computer Center
 8-2 Games & Recreation
9-10 Tobacco Learn & Chat
— SERVED WITH HOT BREAKFAST TODAY!!

21
 8-2 Computer Center
 8-2 Games & Recreation
9-10 Depression Group
 10 Adult Education
10 Karaoke



22
 8-2 Computer Center
 8-2 Games & Recreation
 8-12 Mathieson Street Med. Team
8:30 MH Trivia
10:30-11:30 PTSD/Trauma Recovery
11:30 Coping with Art

23
 8-2 Computer Center
 8-2 Games & Recreation
9-11 iThrive Thursdays
 9-12 PH HealthLinks
11 Garden

24
 8-2 Computer Center
 8:45 Check-in
10 Bingo
11-12 Mind Over Matter



27
 8-2 Computer Center
 8-2 Games & Recreation
9 MOVIE DAY!



28
 8-2 Computer Center
 8-2 Games & Recreation
9-10 Depression Group
 10 Adult Education
10 Karaoke

29
 8-2 Computer Center
 8-2 Games & Recreation
8:30 MH Trivia
10:30-11:30 PTSD/Trauma Recovery
11:30 Coping with Art

30
 8-2 Computer Center
 8-2 Games & Recreation
9-11 iThrive Thursdays
11 Garden



31
 8-2 Computer Center
8-10 Mental Health Coffee Talk
9-12 Smile Keepers
10 HALLOWEEN PARTY
11-12 Mind Over Matter

**TUOLUMNE
 COUNTY
 ENRICHMENT
 CENTER**
 101 HOSPITAL ROAD
 SONORA, CA 95370



Phone: (209)
 533-7114

**EC Main Room
 & Patio Hours:**
8 a.m. to
2 p.m. Monday
through Friday.

