



FEBRUARY 2020



TUOLUMNE COUNTY ENRICHMENT CENTER
 101 HOSPITAL ROAD
 SONORA, CA 95370

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8-9 Social Hour & News 3 9 Check-In & GM Group 9:30 Balloons & Balls 10 Pride: Handling Grief 11-12 Recreation, Music, Games & <i>Making Valentines</i> 12-3 Recovery Films 12:30-1:30 Depression Group	8-1 LAUNDRY 4 8-3 Recovery Films 8 Bridges of Madison County 8:30-12 Artistic Impressions NEW!!! 12:30-1:30 AA 1:45-2:30 Bipolar Support 6-7 Prostate Cancer Support Group	8-9 Social Hour & News 5 8-12 Student Nurses 9 Check-In & GM Group 10 Pride: Insomnia 11-12 HEALTHY EATING 12-3 Recovery Films 12:30-2 Working w/Emotions 2-3 Adult Education	8-9 Social Time & News 6 8-3 Recreation 8:30 Stretching: Let's Move 9:30-11 Art Room ~Reserved ~ 11 Inspirational Open Mic 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD	8-9 Social Hour & News 7 9 Check-In 9-12 Smile Keepers 9:15 Bingo 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis
8-9 Social Hour & News 5 9 Check-In & GM Group 9:30 Stretching: Let's Move 10 Pride: Loving Yourself 11-12 Recreation, Music, Games & <i>Making Valentines</i> 12-3 Recovery Films 12:30-1:30 Depression Group	8-1 LAUNDRY 11 8-3 Recovery Films 8 Mr. Holland's Opus 8:30-12 Artistic Impressions NEW!!! 12:30-1:30 AA 1:45-2:30 Bipolar Support	8-9 Social Hour & News 12 8-12 Student Nurses 9 Check-In & GM Group 10 Pride: Stress Mgmt. 11-11:30 Positive Lifestyles 12-3 Recovery Films 12:30-2 Working w/Emotions 2-3 Adult Education	8-9 Social Time & News 13 8-3 Recreation 8:30 Stretching: Let's Move 9:30-11 Art Room ~Reserved ~ 11 Inspirational Open Mic 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD	8-9 Social Hour & News 14 9 Check-In 9:30 VALENTINE'S PARTY & KARAOKE 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis
EC CLOSED 17 	8-1 LAUNDRY 18 8-3 Recovery Films 8 Secret Life of Walter Mitty 8:30-12 Artistic Impressions NEW!!! 12:30-1:30 AA 1:45-2:30 Bipolar Support	EC OPENS @ 9:30 19 9:30-10 Social Time 9:30-12 Student Nurses 10-11 Pride: Calendar 11-12 HEALTHY EATING 12:30-2 Working w/Emotions 12-3 Recovery Films 2-3 Adult Education	8-9 Social Time & News 20 8-3 Recreation 8:30 Stretching: Let's Move 9:30-11 Art Room ~Reserved ~ 11 Inspirational Open Mic 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD	8-9 Social Hour & News 21 9 Check-In 9-12 Smile Keepers 9:15 Bingo 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis
8-9 Social Hour & News 24 9 Check-In & GM Group 9:30 Pictionary 10-11:30 Pride: Art & Wellness with Jenn S. 11-12 Recreation & Music 12-3 Recovery Films	8-1 LAUNDRY 25 8-3 Recovery Films 8 Perks of Being a Wallflower 8:30-12 Artistic Impressions NEW!!! 12:30-1:30 AA 1:45-2:30 Bipolar Support 6:30-8 NAMI-TC Family Support	8-9 Social Hour & News 26 8-12 Student Nurses 9 Check-In & GM Group 10 Pride: Humor as a Tool 11-11:30 Positive Lifestyles 12-3 Recovery Films 12:30-2 Working w/Emotions 2-3 Adult Education	EC CLOSED 27 	8-9 Social Hour & News 28 9 Check-In 9-12 Smile Keepers 9:15 Karaoke 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis
SHOWER HOURS: Mondays: 11 a.m. to 2 p.m. Wednesday: 11 a.m. to 2 p.m. Thursday: 8 a.m. to 1 p.m. Friday: 11 a.m. to 2 p.m. *UNLESS NOTED 		HAPPY <i>Valentine's Day</i>		COMPUTER HOURS: Monday through Friday: 8 a.m. to 3 p.m. NEW!!! *UNLESS NOTED



Phone: 533-7114

EC HOURS:
Unless noted

Monday through
Friday
8 a.m. to 3 p.m.

*Community Center
for Wellness and
Recovery funded by
Prop 63*

*Reducing Stigma
by Becoming a
Visible and Valued
Part of the
Community*

