

# AUGUST 2022

**OPEN: Mon. – Fri. 9AM – 4PM**



**Safe Haven Wellness & Recovery Center**  
124 E. Webster Street – Colusa, CA 95932  
(530) 458 – 0799

| Monday                                                                                                    | Tuesday                                                                                                       | Wednesday                                                                                                                                                | Thursday                                                                                      | Friday                                                                       |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 1<br>9AM – COFFEE SOCIAL<br>9:30AM – LOVING MOVEMENTS<br>10AM – LIFES JOURNEY                             | 2<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10:30AM – TEAM BUILDING<br>11:30AM – HEALTHY HABITS  | 3<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:00AM – WELLNESS & RECOVERY SUPPORT                                                           | 4<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:30AM – ANIMAL FACTS (member led)  | 5<br>9AM – COFFEE SOCIAL<br>10AM – ARTS & CRAFTS<br>1PM – SENIOR CONNECTION  |
| 8<br>9AM – COFFEE SOCIAL<br>9:30AM – LOVING MOVEMENTS<br>10AM – LIFES JOURNEY                             | 9<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10:30AM – TEAM BUILDING<br>11:30AM – HEALTHY HABITS  | 10<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:00AM – WELLNESS & RECOVERY SUPPORT<br>12PM – MODIFIED YOGA<br>2PM – S.H. LEADERSHIP MEETING | 11<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10AM – CULTURAL EXPLORATION         | 12<br>9AM – COFFEE SOCIAL<br>10AM – ARTS & CRAFTS<br>1PM – SENIOR CONNECTION |
| 15<br>9AM – COFFEE SOCIAL<br>9:30AM – LOVING MOVEMENTS<br>10AM – LIFES JOURNEY<br>11AM – MONEY MANAGEMENT | 16<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10:30AM – TEAM BUILDING<br>11:30AM – HEALTHY HABITS | 17<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:00AM – WELLNESS & RECOVERY SUPPORT                                                          | 18<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:30AM – ANIMAL FACTS (member led) | 19<br>9AM – COFFEE SOCIAL<br>10AM – ARTS & CRAFTS<br>1PM – SENIOR CONNECTION |
| 22<br>9AM – COFFEE SOCIAL<br>9:30AM – LOVING MOVEMENTS<br>10AM – LIFES JOURNEY                            | 23<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10:30AM – TEAM BUILDING<br>11:30AM – HEALTHY HABITS | 24<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:00AM – WELLNESS & RECOVERY SUPPORT<br>12PM – MODIFIED YOGA                                  | 25<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10AM – CULTURAL EXPLORATION         | 26<br>9AM – COFFEE SOCIAL<br>10AM – ARTS & CRAFTS<br>1PM – SENIOR CONNECTION |
| 29<br>9AM – COFFEE SOCIAL<br>9:30AM – LOVING MOVEMENTS<br>10AM – LIFES JOURNEY                            | 30<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>10:30AM – TEAM BUILDING<br>11:30AM – HEALTHY HABITS | 31<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE<br>11:00AM – WELLNESS & RECOVERY SUPPORT                                                          | 1<br>9AM – COFFEE SOCIAL<br>9:30AM – SETTING THE TONE                                         | 2<br>9AM – COFFEE SOCIAL<br>10AM – ARTS & CRAFTS<br>1PM – SENIOR CONNECTION  |