

October 2022



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

OPEN: Mon. – Fri. 9AM – 4PM

Monday	Tuesday	Wednesday	Thursday	Friday
3 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY	4 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	5 9AM – COFFEE SOCIAL 11:00AM – WELLNESS & RECOVERY SUPPORT	6 9AM – COFFEE SOCIAL 10:30AM – ANIMAL FACTS (member led)	7 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION
10 HOLIDAY - CLOSED	11 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	12 9AM – COFFEE SOCIAL 11:00AM – WELLNESS & RECOVERY SUPPORT 12PM – MODIFIED YOGA 2PM – S.H. LEADERSHIP MEETING	13 9AM – COFFEE SOCIAL 10AM – CULTURAL EXPLORATION 11AM – TECH 101 12:30PM – OCT. BIRTHDAY BASH	14 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION
17 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – MONEY MANAGEMENT	18 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	19 9AM – COFFEE SOCIAL 11:00AM – WELLNESS & RECOVERY SUPPORT	20 CLOSED	21 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION
24 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY	25 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	26 9AM – COFFEE SOCIAL 11:00AM – WELLNESS & RECOVERY SUPPORT 12PM – MODIFIED YOGA	27 9AM – COFFEE SOCIAL 10AM – CULTURAL EXPLORATION 11AM – TECH 101	28 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION
31 9AM – COFFEE SOCIAL 10AM – LIFES JOURNEY 11AM – PUMPKIN DECORATING	1 9AM – COFFEE SOCIAL 10:30AM – TEAM BUILDING 11:30AM – HEALTHY HABITS	2 9AM – COFFEE SOCIAL 11:00AM – WELLNESS & RECOVERY SUPPORT	3 9AM – COFFEE SOCIAL 10:30AM – ANIMAL FACTS (member led)	4 9AM – COFFEE SOCIAL 10AM – ARTS & CRAFTS 1PM – SENIOR CONNECTION