



SEPTEMBER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TUOLUMNE COUNTY ENRICHMENT CENTER
101 HOSPITAL ROAD
SONORA, CA 95370



Phone: (209) 533-7114

[EC Main Room & Patio Hours:](#)
[8 a.m. to 12 p.m. Monday through Friday.](#)

The EC is a peer-run Community Center for Wellness and Recovery funded by Prop 63



We encourage you to call to book a shower or laundry spot in advance by calling (209) 533-7114. Walk-in requests accommodated based on the availability.
***Showers: MWF only, 8-11:30 a.m.**
***Laundry: Tuesday only, 8 & 10 a.m.**



1
8-12 Computer Center
8:45 Check-in
9 Bingo
9-11 Public Health Info Table
9-12 Smile Keepers
10-11 Journaling

4 ~ EC CLOSED



5
8-12 Computer Center
8-12 Games & Recreation
8-11 Recovery Library
9-11 Karaoke
10-11 Garden

6
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
9-10 Wellness Wednesdays:
Donna Bach Tapping
[4-6 Tuolumne County Behavioral Health Advisory Board](#)

7
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
9-11 iThrive Thursdays

8
8-12 Computer Center
8:45 Check-in
9 Bingo
9-11 Public Health Info Table
9-12 Smile Keepers
10-11 Journaling
11-12 Mind Over Matters

11
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
10-11 Women's Group

12
8-12 Computer Center
8-12 Games & Recreation
8-11 Recovery Library
9-11 Karaoke
10-11 Garden
10-11 Adult Education

13
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
8:30-9 Mathieson Memorial Health Clinic, Narcan
9-10 Wellness Wednesdays

14
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
9-11 iThrive Thursdays

15
8-12 Computer Center
8:45 Check-in
9 Bingo
9-11 Public Health Info Table
10-11 Journaling
11-12 Mind Over Matters

18
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
10-11 Quality Improvement Council—Zoom
10-11 Women's Group

19
8-12 Computer Center
8-12 Games & Recreation
8-11 Recovery Library
9-11 Karaoke
10-11 Garden
10-11 Adult Education
1-2 CCC

20
9-12 Computer Center
9-12 Games & Recreation
9-12 Recovery Library
9-10 Wellness Wednesdays
LATE START—OPEN AT 9

21
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
9-11 iThrive Thursdays

22
8-12 Computer Center
8:45 Check-in
9 Bingo
9-11 Public Health Info Table
9-12 Smile Keepers
10-11 Journaling
11-12 Mind Over Matters

25
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
10-11 Women's Group

26
8-12 Computer Center
8-12 Games & Recreation
8-11 Recovery Library
9-11 Karaoke
10-11 Garden
10-11 Adult Education

27
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
9-10 Wellness Wednesdays
9-10 Tai Chi Chih

28
8-12 Computer Center
8-12 Games & Recreation
8-12 Recovery Library
9-11 iThrive Thursdays

29
8-10 Mental Health Coffee Talk
8-12 Computer Center
8:45 Check-in
9-11 Public Health Info Table
10-11 Journaling
11-12 Mind Over Matters