














OXNARD CLUB HOUSE SCHEDULE

OPEN MON - FRI 9:00AM - 2:00PM



426 W. 5th St
Oxnard CA,
Phone 805 - 247 - 0750

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>02</p> <p>10:00 Anger Management 10:00 Lunch Prep 12:30 Symptom Management 1:30 Store</p>	<p>03</p> <p>09:30 Community Meeting 10:00 Healthy Habits 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>04</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>05</p> <p>10:00 Wellness Group 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Communication Group</p>
<p>08</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>09</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Shopping and Lunch</p>	<p>10</p> <p>09:30 Community Meeting 10:00 Healthy Habits 10:00 Lunch Prep Group 10:00 Self Care Outing 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>11</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>12</p> <p>10:00 Wellness Group 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Communication Group</p>
<p>15</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>16</p> <p>10:00 Anger Management 10:00 Lunch Prep 12:30 Symptom Management 1:30 Store</p>	<p>17</p> <p>09:30 Community Meeting 10:00 Healthy Habits 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>18</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>19</p> <p>10:00 Wellness Group 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Communication Group</p>
<p>22</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>23</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Movies</p>	<p>24</p> <p>09:30 Community Meeting 10:00 Healthy Habits 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>25</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>26</p> <p>10:00 Wellness Group 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Communication Group</p>
<p>29</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>30</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store</p>	<p>COLOR KEY</p> <p>Jesse Taylor Mariel Stephanie Alex Maya</p>	<p>LUNCH IS SERVED APPROXIMATELY AT 11:00 EVERY DAY Store every Tuesday and 1:30</p>	

