

THE EMPOWERMENT CENTER

MAY 2025

OFFERINGS

We are located at 9925 Main St. Monte Rio Ca.

Our hours are 11am - 4pm Monday through Thursday

Monday:

11:00am Check In

11:30am Help Yourself

12:30pm Exercise for Life

2:00pm Open Art Studio

Wednesday;

11:00am Check In

11:30am Help Yourself

12:30pm Brain Games

1:00pm Writers Workshop

2:00pm Open Art Studio

Tuesday;

11:00am Check In

11:30am Help Yourself

12:30pm Exercise for Life

2:00pm Open Art Studio

Thursday;

11:00 Check In

11:30am Help Yourself

12:30pm Brain Games

1:00pm Open Art Studio