

MHSA ADULT WELLNESS CENTER WOODLAND

JULY 2018

Wellness Center Hours: 10:00am– 3:00 pm Tuesday & Thursday

500-B Jefferson Boulevard, West Sacramento, CA 95605 / Phone (916) 375-6340

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 10:00 Stretching 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*	4 	5 10:00 Walk n' Talk 11:00 Check-in 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution**	6
9	10 10:00 Stretching 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*	11	12 10:00 Walk n' Talk 11:00 Check-in 11:30 Nutrition 11:30 Awards & Celebrations 12:30 Meditation 1:00 Members Meeting 1:30 Bingo 2:30 Food distribution**	13
16	17 10:00 Stretching 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*	18	19 10:00 Walk n' Talk 11:00 Check-in 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution**	20
23	24 10:00 Stretching 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*	25	26 10:00 Walk n' Talk 11:00 Check-in 11:30 Nutrition 12:30 Meditation 1:00 Members Meeting 1:30 Bingo 2:30 Food distribution**	27
30	31 10:00 Stretching 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose* *MOVIE OUTING*			

**Free to Choose with Turning Point staff every Tuesday at 10am by referral only*

*We request that you attend at least two groups during the week to qualify for a food bag. Socialization does NOT count as a group.