

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
	31		2 10:00 Check-in 11:30 Nutrition <b>12:00 Birthday &amp; Award Celebration</b> 12:30 Meditation 1:00 Bingo 2:30 Food distribution**	
	7 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*		9 10:00 WRAP 11:30 Nutrition 12:00 Meditation <b>1:00 Members Meeting</b> 1:30 Bingo 2:30 Food distribution**	
	14 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*		16 2:30 Food distribution**  <b>OUTING: Yolo County Fair</b>	
	21 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*		23 10:00 WRAP 11:30 Nutrition 12:00 Meditation <b>1:00 Members Meeting</b> 1:30 Bingo 2:30 Food distribution**	
	28 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie 2:00 Free to Choose*		30 10:00 WRAP 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution**	

*\*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.