

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
	4 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie		6 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**	
	10 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie		13 10:00 WRAP 11:30 Nutrition 12:00 Meditation <b>1:00 Members Meeting</b> 1:30 Bingo 2:30 Food distribution**	
	17 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie		20 10:00 WRAP 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution**	
	24 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie		27 10:00 WRAP 11:30 Nutrition 12:00 Meditation <b>1:00 Members Meeting</b> 1:30 Bingo 2:30 Food distribution**	28 <b>ANNUAL PICNIC @ FERNS PARK WOODLAND 11AM-3PM</b>  CENTER CLOSED

*\*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.