

MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

OCTOBER 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 10:00 Walk n' Talk 10:30 Breakfast Chat 11:00 Art 12:00 Movie		4 10:00 Check-in 11:30 Nutrition 12:00 Birthday & Award Celebration 12:30 Meditation 1:00 Bingo 2:30 Food distribution*	
	9 10:00 Walk n' Talk with Lynn 10:30 Breakfast Chat 11:00 Art 12:00 Movie		11 10:00 WRAP 11:30 Nutrition 12:00 Meditation 1:00 Members Meeting 1:30 Bingo 2:30 Food distribution*	
	16 10:00 Walk n' Talk with Lynn 10:30 Breakfast Chat 11:00 Art 12:00 Movie		18 10:00 WRAP 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution*	
	23 10:00 Walk n' Talk with Lynn 10:30 Breakfast Chat 11:00 Art 12:00 Movie		25 10:00 WRAP 11:30 Nutrition 12:00 Meditation 1:00 Members Meeting 1:30 Bingo 2:30 Food distribution*	
	30 10:00 Walk n' Talk with Lynn 10:30 Breakfast Chat 11:00 Art 12:00 Movie		1 10:00 Illness Management Recovery 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution*	

*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.

