

# MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

## NOVEMBER 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
			1 10:00 Illness Management Recovery 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food distribution*	
	6 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie		8 10:00 Illness Management Recovery 11:30 Nutrition + <b>Birthday and Awards Celebration</b> 12:00 Meditation <b>1:00 Members Meeting</b> 1:30 Bingo 2:30 Food distribution*	
	13 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:30 Food distribution*		15 10:00 Illness Management Recovery  <b>THANKSGIVING LUNCH @ 12pm in the Woodland Center</b>	
	20 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:30 Food distribution*		22 <b>CENTER CLOSED</b>  	
	27 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:30 Food distribution*		29  <b>Outing: Jelly Belly Factory</b>  <b>CENTER CLOSED</b>	

\*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.