



MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

DECEMBER 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
	4 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie		6 10:00 Check-in 11:00 Nutrition + Birthday & Award Celebration 12:00 Illness Management Recovery 1:00 Member's Meeting 1:30 Bingo 2:30 Food Distribution*	
	11 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie		13 10:00 Illness Management Recovery 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food Distribution*	
	18 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art – Holiday 12:00 Movie		20 10:00 Illness Management Recovery 11:30 Nutrition 12:00 Meditation 1:00 Member's Meeting 1:30 Bingo 2:30 Food Distribution*	
	25 CENTER CLOSED 		27 10:00 Illness Management Recovery 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food Distribution*	
	1 CENTER CLOSED 		3 10:00 Illness Management Recovery 11:30 Nutrition 12:00 Meditation 1:00 Member's Meeting 1:30 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.