


MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

JANUARY 2019

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
	<p>1</p> <p>CENTER CLOSED</p> 		<p>3</p> <p>10:00 Check-in 11:00 Nutrition + Birthdays & Awards Celebration 12:00 Illness Management Recovery 1:00 Member's Meeting 2:30 Food Distribution*</p>	
	<p>8</p> <p>10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose</p>		<p>10</p> <p>10:00 Check-in 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food Distribution*</p>	
	<p>15</p> <p>10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose</p>		<p>17</p> <p>10:00 Check-in 10:30 Member's Meeting 11:30 Nutrition 12:00 Illness Management Recovery 1:00 Bingo 2:30 Food Distribution*</p>	
	<p>22</p> <p>10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose</p>		<p>24</p> <p>10:00 Check-in 11:30 Nutrition 12:00 Meditation 1:00 Bingo 2:30 Food Distribution*</p>	

*Free to Choose is 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.

