



MHSA ADULT WELLNESS CENTER  
WEST SACRAMENTO

**FEBRUARY 2019**

Wellness Center Hours: 10:00am– 3:00 pm  
Tuesday & Thursday

500-B Jefferson Boulevard, West Sacramento, CA 95605 / Phone (916) 375-6340

*\*African American/Black History Month\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose		7 10:00 Check-in 10:30 Member's Meeting 11:00 Nutrition 11:30 <b>Celebration &amp; Raffle Drawing</b> 12:00 Illness Management Recovery <b>1:00 Food Distribution*</b> 2:30 Board Games	8          <i>Parinirvana or Nirvana Day</i>
	12 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose		14 10:00 Check-in 11:30 Nutrition 12:00 Illness Management Recovery <b>1:00 Food Distribution*</b> 2:30 Valentine's Day Art  	
18  <b>WOODLAND CENTER CLOSED</b>	19 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose		21 10:00 Check-in 10:30 Member's Meeting 11:00 Nutrition 12:00 Illness Management Recovery <b>1:00 Food Distribution*</b> 2:30 Board Games	
	26 10:00 Walk n' Talk with Lynn 11:00 Breakfast Chat 11:30 Art 12:00 Movie 2:00 Free to Choose		28 10:00 Check-in 11:30 Nutrition 12:00 Illness Management Recovery <b>1:00 Food Distribution*</b> 2:30 Board Games	

*\*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.**