

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 | 2 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie 2:00 Art | 3 | 4 10:30 Member's Meeting 11:30 Monthly Celebration & Raffle Drawing & Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games | 5 |
| 8 | 9 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie 2:00 Art | 10 | 11 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games | 12 |
| 15 | 16 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie 2:00 Art | 17 | 18 10:30 Member's Meeting 11:30 Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games | 19 |
| 22 | 23 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie 2:00 Art | 24 | 25 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery 1:00 Food Distribution 2:00 Group Games | 26 Outing: Sutter's Fort @ 9:30am |
| 29 | 30 10:00 Walk n' Talk with Lynn 11:00 Nutrition Chat 12:00 Movie 2:00 Art | | | |

*New groups are added frequently!

