



MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

MAY 2019

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

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

* Asian Pacific American Heritage Month / Jewish American Heritage Month / Older Americans Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *Holocaust Remembrance Day*	2 CENTER CLOSED YUBA RALLY OUTING	3
6	7 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	8	9 10:30 Member's Meeting 11:30 Monthly Celebration & Incentive Raffle & Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	10
13	14 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	15	16 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	17
20	21 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	22 Mental Health Matter Day: State Capital @ 9:30 AM	23 10:30 Member's Meeting 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	24
27  MEMORIAL DAY WOODLAND WELLNESS CENTER CLOSED	28 10:00 Walk n' Talk with Lynn** 11:00 Nutrition Chat 12:00 Movie & Art 2:00 Healing with Music	29	30 10:30 Check-in 11:30 Nutrition 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games Wellness Center Art Show 11am-4pm	31 Art Show Celebrations in Woodland Wellness Center @ 1:00 PM

*Free to Choose is by referral only. **For HHSA clients only.