


MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

SEPTEMBER 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>2</p>  <p>WOODLAND WELLNESS CENTER CLOSED</p>	<p>3</p> <p>10:00 Walk n' Talk with Lynn** 11:00 Breakfast Chat 12:00 Meditation 1:00 Movie & Art</p>	<p>4</p>	<p>5</p> <p>10:30 Member's Meeting 11:30 Monthly Celebration, Incentive Raffle & Lunch 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games</p>	<p>6</p>
<p>9</p>	<p>10</p> <p>10:00 Walk n' Talk with Lynn** 11:00 Breakfast Chat 12:00 Meditation 1:00 Movie & Art</p>	<p>11</p> <p><i>*9/11 Remembrance Day*</i></p>	<p>12</p> <p>10:30 Check-in 11:30 Lunch 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games</p> <p><i>* Ethiopian New Year *</i></p>	<p>13</p> <p><i>* Mid-Autumn Festival *</i></p>
<p>16</p> <p><i>* Mexican Independence Day *</i></p>	<p>17</p> <p>10:00 Walk n' Talk with Lynn** 11:00 Breakfast Chat 12:00 Meditation 1:00 Movie & Art</p>	<p>18</p>	<p>19</p> <p>10:30 Member's Meeting 11:30 Lunch 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games</p>	<p>20</p> <p>ANNUAL PICNIC AT CAMPBELL PARK</p> <p>11:00 AM – 1:45 PM</p> <p>WOODLAND WELLNESS CENTER CLOSED</p>
<p>23</p>	<p>24</p> <p>10:00 Walk n' Talk with Lynn** 11:00 Breakfast Chat 12:00 Meditation 1:00 Movie & Art</p>	<p>25</p>	<p>26</p> <p>10:30 Check-in 11:30 Lunch 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games</p>	<p>27</p> <p><i>* Native American Day *</i></p>
<p>30</p> <p><i>* Rosh Hashanah *</i></p>				

** For HHSA clients only.