

# MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

## OCTOBER 2019



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

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

\* Global Diversity Awareness Month / National Disability Employment Awareness Month / Breast Cancer Awareness Month / National Italian American Heritage Month \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Walk n' Talk with * 11:15 Breakfast Chat 12:00 Meditation 1:00 Movie & Art  *Rosh Hashana ends* *International Day for Older Persons*	2  *Mahatma Gandhi's Birthday* *National Custodial Worker's Recognition Day*	3 10:30 Member's Meeting 11:30 Monthly Celebration, Incentive Raffle & Lunch Talk 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	4
7	8 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Meditation 1:00 Movie & Art  *Yom Kippur begins*	9  *Yom Kippur ends*	10 10:30 Check-in 11:30 Lunch Talk 12:00 Illness Management Recovery** 1:00 Food Distribution 2:00 Group Games	11
14  *Indigenous People's Day*	15 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Meditation 1:00 Movie & Art	16	17 10:30 Member's Meeting 11:30 Lunch Talk 12:00 Journaling 1:00 Food Distribution 2:00 Group Games	18
21	22 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Meditation 1:00 Movie & Art 1:00 Food Distribution	23	24  <b>Center Closed</b>  Outing: Apple Hill  *United Nations Day*	25
28	29 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Meditation 1:00 Movie & Art  *Winternights begins*	30	31 10:30 Check-in 11:30 Lunch Talk 12:00 Journaling 1:00 Food Distribution 2:00 Group Games  *Halloween*	1 

\*\* For HSA clients only.