





# MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

DECEMBER 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><i>*International Day for Abolition of Slavery*</i></p>	<p>3</p> <p>10:00 Walk n' Talk with Lynn**</p> <p>11:15 Breakfast Chat</p> <p>12:00 Stretching</p> <p>1:00 Free to Choose*</p> <p>1:00 Movie</p> <p><i>*International Day of Disabled Persons*</i></p>	<p>4</p>	<p>5</p> <p>10:30 Check in</p> <p>11:30 <b>Monthly Celebration, Incentive Raffle &amp; Lunch Talk</b></p> <p>12:00 <b>Illness Management Recovery**</b></p> <p>1:00 Food Distribution</p> <p>2:00 Bingo</p>	<p>6</p>
<p>9</p> <p><b>Outing: Vacaville Outlets</b></p>	<p>10</p> <p>10:00 Walk n' Talk with Lynn**</p> <p>11:15 Breakfast Chat</p> <p>12:00 Stretching</p> <p>1:00 Free to Choose*</p> <p>1:00 Movie</p>	<p>11</p>	<p>12</p> <p>10:30 Member's Meeting</p> <p>11:30 Lunch Talk</p> <p>12:00 <b>Illness Management Recovery**</b></p> <p>1:00 Food Distribution</p> <p>2:00 Bingo</p> <p><i>*Fiesta de Guadalupe*</i></p>	<p>13</p>
<p>16</p> <p><i>*Las Posadas begins*</i></p>	<p>17</p> <p>10:00 Walk n' Talk with Lynn**</p> <p>11:15 Breakfast Chat</p> <p>12:00 Stretching</p> <p>1:00 Free to Choose*</p> <p>1:00 Movie</p>	<p>18</p>	<p>19</p> <p>10:30 Member's Meeting</p> <p>11:30 Lunch Talk</p> <p>12:00 <b>Illness Management Recovery**</b></p> <p>1:00 Food Distribution</p> <p>2:00 Bingo</p>	<p>20</p> <p><i>*Yule begins*</i></p>
<p>23</p>	<p>24</p>  <p>Center Closed Christmas Eve <i>*Las Posadas end*</i></p>	<p>25</p> <p>Center Closed <i>*Christmas Day*</i></p>	<p>26</p> <p>10:30 Member's Meeting</p> <p>11:30 Lunch Talk</p> <p>12:00 <b>Illness Management Recovery**</b></p> <p>1:00 Food Distribution</p> <p>2:00 Bingo</p>  <p><i>*Kwanza begins*</i></p>	<p>27</p>
<p>30</p>  <p><i>*Rizal Day* / *Hanukkah ends*</i></p>	<p>31</p> <p>Center Closed Happy New Year!</p>  <p><i>*Yule ends*</i></p>			

\*Free to Choose is by referral only.  
\*\* For HSA clients only.