


MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

FEBRUARY 2020

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

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

African American/Black History Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie	5	6 10:30 Check in 11:30 Monthly Celebration, Incentive Raffle & Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	7
10	11 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 1:00 Movie Outing: Bowling @ 12pm**	12	13 10:30 Check in 11:30 Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	14
17 WOODLAND CENTER CLOSED 	18 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie	19	20 10:30 Check in 11:30 Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	21
24	25 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie	26	27 10:30 Check in 11:30 Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	28

*Free to Choose is by referral only.

** For HHSA clients only.