

Wellness Center Hours: 10:00 a.m. – 3:00 p.m.

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

Woodland: 137 North Cottonwood Street, Room 1506, Woodland, CA 95695 / Phone: (530) 666-8630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00 AM Gardening 11:00 AM Check-in 12:00 PM Music Monday 1:00 PM Gratitude 2:00 Wii Games</p> <p><i>*Benin Independence Day/British Columbia Day/Civic Holiday/Drukpa Tsheshi*</i></p>	<p>2 10:00 AM Meditation 11:00 AM Walking 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Nag Panchami/Virgin of Los Angeles Day/Culturama Day*</i></p>	<p>3 10:00 AM Free to Choose* 11:00 AM Journaling 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p> <p><i>*Makira-Ulawa Province Day/Pidjiguiti Day*</i></p>	<p>4 <i>*West Sac Center Open Only*</i> 10:30 AM Check-in 11:30 AM Board Games 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Cook Islands Constitution Day*</i></p>	<p>5 10:00 AM Weekend Planning 11:30 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p><i>*Our Lady of Africa/Tisha B'Av/Burkina Faso Independence Day*</i></p>
<p>8 10:00 AM Gardening 11:00 AM Check-in 12:00 PM Music Monday 1:00 PM Gratitude 2:00 Wii Games</p> <p><i>*Peace Festival in Augsburg/US Victory Day*</i></p>	<p>9 10:00 AM Meditation 11:00 AM Walking 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Adivasi Divas/International Day of The World's Indigenous People/Singapore National Day*</i></p>	<p>10 10:00 AM Free to Choose* 11:00 AM Journaling 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p> <p><i>*Ascent of Saint Dominic/Ecuador Independence Day*</i></p>	<p>11 <i>*West Sac Center Open Only*</i> 10:30 AM Check-in 11:30 AM Board Games 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Chad Independence Day/Raksha Bandhan/Tu B'Av*</i></p>	<p>12 10:00 AM Weekend Planning 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p><i>*Spirit Festival*</i></p>
<p>15 10:00 AM Gardening 11:00 AM Check-in 12:00 PM Music Monday 1:00 PM Gratitude 2:00 Wii Games</p> <p><i>*Discovery Day/Feast of the Assumption/Indian Independence Day/Liberation Day*</i></p>	<p>16 10:00 AM Meditation 11:00 AM Walking 12:00 PM Stretching 1:00 PM Movie</p>	<p>17 10:00 AM Free to Choose* 11:00 AM Member's Meeting 12:00 PM Women's Group 1:00 PM Reflections 2:00 PM Art</p> <p><i>*Gabon Independence Day/Indonesia Independence Day*</i></p>	<p>18 <i>*West Sac Center Open Only*</i> 10:30 AM Check-in 11:30 AM Member's Meeting 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Ashura*</i></p>	<p>19 10:00 AM Medication Education 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p><i>*Afghanistan Independence Day/Janmashtami*</i></p>
<p>22</p> <p>Wellness Center Closed</p> <p>Clinical Services will remain open</p>	<p>23 10:00 AM Meditation 11:00 AM Walking 12:00 PM Stretching 1:00 PM Movie</p>	<p>24 10:00 AM Free to Choose* 11:00 AM Journaling 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p> <p><i>*Ukraine Independence Day*</i></p>	<p>25 <i>*West Sac Center Open Only*</i> 10:30 AM Check-in 11:30 AM Board Games 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Day of Songun*</i></p>	<p>26 10:00 AM Weekend Planning 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p><i>*National Day of Repentance*</i></p>
<p>29 10:00 AM Gardening 11:00 AM Check-in 12:00 PM Music Monday 1:00 PM Gratitude 2:00 Wii Games</p>	<p>30 10:00 AM Meditation 11:00 AM Walking 12:00 PM Stretching 1:00 PM Movie</p> <p><i>*Onam/Santa Rosa De Lima*</i></p>	<p>31 10:00 AM Free to Choose* 11:00 AM Journaling 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p> <p><i>*Ganesh Chaturthi/Kyrgyzstan Independence Day/Trinidad and Tobago Independence Day*</i></p>		

**Free to Choose is by referral only*

For NAMI Connection Visit: <https://namiyolo.org/events/>