


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

* National Slavery and Human Trafficking Prevention Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for Holiday Happy New Year!	3 10:30 AM Topic Chat 11:00 AM Processing Change 12:30 PM Meditation 1:30 PM Games	4	5 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie *Twelfth Night/Harbin Ice Festival*	6 *Day of Los Reyes/Armenian Christmas/Armenian Christmas/Epiphany/Three Kings Day*
9	10 10:30 AM Topic Chat 11:00 AM Processing Change 12:30 PM Meditation 1:30 PM Games	11	12 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie	13 *Calennig/Lohri*
16 Closed for Holiday Martin Luther King Jr. Day 	17 10:30 AM Topic Chat 11:00 AM Processing Change 12:30 PM Meditation 1:30 PM Games	18	19 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Member's Meeting 1:30 PM Movie	20 *Guru Gobind Singh Jayanti*
23 *Parakram Diwas*	24 10:30 AM Topic Chat 11:00 AM Processing Change 12:30 PM Meditation 1:30 PM Games *Unification Day*	25 *Vasant Panchami*	26 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie	27 *International Holocaust Remembrance Day*
30 *Martyrs' Day*	31 10:30 AM Topic Chat 11:00 AM Processing Change 12:30 PM Meditation 1:30 PM Games			