

MHSA ADULT WELLNESS CENTER - WOODLAND


JANUARY 2023

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
<p>2</p> <p>Closed for Holiday</p> <p>Happy New Year!</p>	<p>3</p> <p>10:00 AM Choose 2 Recover 11:30 AM Meditation 12:00 PM Walking 12:30 PM Stretching 1:00 PM Movie</p>	<p>4</p> <p>10:00 AM Choose 2 Recover 11:00 AM Processing Change 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p>	<p>5</p> <p>*West Sac Center Open Only*</p> <p>10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie</p> <p>*Twelfth Night/Harbin Ice Festival*</p>	<p>6</p> <p>10:00 AM Weekend Planning 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p>*Day of Los Reyes/Armenian Christmas/Armenian Christmas/Epiphany/Three Kings Day*</p>
<p>9</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Gratitude 2:00 PM Wii Games</p>	<p>10</p> <p>10:00 AM Choose 2 Recover 11:30 AM Meditation 12:00 PM Walking 12:30 PM Stretching 1:00 PM Movie</p>	<p>11</p> <p>10:00 AM Choose 2 Recover 11:00 AM Processing Change 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p>	<p>12</p> <p>*West Sac Center Open Only*</p> <p>10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie</p>	<p>13</p> <p>10:00 AM Weekend Planning 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p>*Calennig/Lohri*</p>
<p>16</p> <p>Closed for Holiday</p> <p>Martin Luther King Jr. Day</p> 	<p>17</p> <p>10:00 AM Choose 2 Recover 11:30 AM Meditation 12:00 PM Walking 12:30 PM Stretching 1:00 PM Movie</p>	<p>18</p> <p>10:00 AM Choose 2 Recover 11:00 AM Processing Change 12:00 PM Women's Group 1:00 Member's Meeting 2:00 PM Art</p>	<p>19</p> <p>*West Sac Center Open Only*</p> <p>10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie</p>	<p>20</p> <p>10:00 AM Weekend Planning 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p>*Guru Gobind Singh Jayanti*</p>
<p>23</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Gratitude 2:00 PM Wii Games</p> <p>*Parakram Diwas*</p>	<p>24</p> <p>10:00 AM Choose 2 Recover 11:30 AM Meditation 12:00 PM Walking 12:30 PM Stretching 1:00 PM Movie</p> <p>*Unification Day*</p>	<p>25</p> <p>10:00 AM Choose 2 Recover 11:00 AM Processing Change 12:00 PM Women's Group 1:00 Reflections 2:00 PM Art</p> <p>*Vasant Panchami*</p>	<p>26</p> <p>*West Sac Center Open Only*</p> <p>10:30 AM Check-in 11:00 AM Processing Change 12:00 PM Stretching 1:00 PM Movie</p>	<p>27</p> <p>10:00 AM Weekend Planning 11:00 AM Walking 12:00 PM Meditation 1:30 PM Bingo</p> <p>*International Holocaust Remembrance Day*</p>
<p>30</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Gratitude 2:00 PM Wii Games</p> <p>*Martyrs' Day*</p>	<p>31</p> <p>10:00 AM Choose 2 Recover 11:30 AM Meditation 12:00 PM Walking 12:30 PM Stretching 1:00 PM Movie</p>	