MHSA ADULT WELLNESS CENTER – WEST SACRAMENTO

MAY 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
Asian American & Pacific Islander Heritage/American Indian & Alaska Native Heritage/Mental Health Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Beltane*	2 10:30 AM Topic Chat 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art *The Twelfth Day of Ridvan*	3	4 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Budget 12:00 PM Art 12:30 PM Games 1:00 PM Movie *God of Medicine's Birthday/Pesach Sheni*	5 *Buddha Purnima/Vesak/Indian Arrival Day/Cinco de Mayo*
8	9 10:30 AM Topic Chat 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art *Lag BaOmer*	10	11 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Journaling 12:00 PM Art 12:30 PM Games 1:00 PM Movie	12 *Mother's Day Observed*
15	16 10:30 AM Topic Chat 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Member's Meeting *Martyrdom of Imam Sadeq*	17	18 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Journaling 12:00 PM Art **1:00 PM CENTER CLOSED** *Ascencion Day*	19
22	23 10:30 AM Topic Chat 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Art *Martyrdom Day of Sri Guru Arjun Dev Ji*	24 **OUTING: Mental Health Matters Day**	25 *West Sac Center Open Only* 10:30 AM Check-in 11:00 AM Journaling 12:00 PM Art 12:30 PM Games 1:00 PM Movie *African Liberation Day/Erev Shavuot*	26
29 	30 10:30 AM Topic Chat 11:00 AM Processing Change 12:00 PM Meditation 12:30 PM Positivity **1:00 PM May Celebration** 	31		