


## 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
<p>1</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Art 2:00 PM Wii Games</p> <p><i>*Beltane*</i></p>	<p>2</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><i>*The Twelfth Day of Ridvan*</i></p>	<p>3</p> <p>10:00 AM Choose 2 Recover 11:00 AM Journaling 12:00 PM Women's Group 1:00 PM Reflections 2:00 PM Art</p>	<p>4</p> <p><i>*West Sac Center Open Only*</i></p> <p>10:30 AM Check-in 11:00 AM Budget 12:00 PM Art 12:30 PM Games 1:00 PM Movie</p> <p><i>*God of Medicine's Birthday/Pesach Sheni*</i></p>	<p>5</p> <p>10:00 AM Weekend Planning 11:00 AM Dual Diagnosis 12:00 PM Walking 1:00 Gratitude 1:30 PM Bingo</p> <p><i>*Buddha Purnima/Vesak/Indian Arrival Day/Cinco de Mayo*</i></p>
<p>8</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Art <b>2:00 PM CENTER CLOSED</b></p>	<p>9</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><i>*Lag BaOmer*</i></p>	<p>10</p> <p>10:00 AM Choose 2 Recover 11:00 AM Journaling 12:00 PM Women's Group 1:00 PM Reflections 2:00 PM Art</p>	<p>11</p> <p><i>*West Sac Center Open Only*</i></p> <p>10:30 AM Check-in 11:00 AM Journaling 12:00 PM Art 12:30 PM Games 1:00 PM Movie</p>	<p>12</p> <p>10:00 AM Weekend Planning 11:00 AM Dual Diagnosis 12:00 PM Walking 1:00 Gratitude 1:30 PM Bingo</p> <p><i>*Mother's Day Observed*</i></p>
<p>15</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Art 2:00 PM Wii Games</p>	<p>16</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><i>*Martyrdom of Imam Sadeq*</i></p>	<p>17</p> <p>10:00 AM Choose 2 Recover 11:00 AM Journaling 12:00 PM Women's Group 1:00 PM <b>Member's Meeting</b> 2:00 PM Art</p>	<p>18</p> <p><i>*West Sac Center Open Only*</i></p> <p>10:30 AM Check-in 11:00 AM Journaling 12:00 PM Art <b>1:00 PM CENTER CLOSED</b></p> <p><i>*Ascension Day*</i></p>	<p>19</p> <p>10:00 AM Weekend Planning 11:00 AM Dual Diagnosis 12:00 PM Walking 1:00 Gratitude 1:30 PM Bingo</p>
<p>22</p> <p>10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Art 2:00 PM Wii Games</p>	<p>23</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><i>*Martyrdom Day of Sri Guru Arjun Dev Ji*</i></p>	<p>24</p> <p>10:00 AM Choose 2 Recover 11:00 AM Journaling 12:00 PM Women's Group 1:00 PM Reflections 2:00 PM Art</p> <p><b>OUTING: Mental Health Matters Day</b></p>	<p>25</p> <p><i>*West Sac Center Open Only*</i></p> <p>10:30 AM Check-in 11:00 AM Journaling 12:00 PM Art 12:30 PM Games 1:00 PM Movie</p> <p><i>*African Liberation Day/Erev Shavuot*</i></p>	<p>26</p> <p>10:00 AM Weekend Planning 11:00 AM Dual Diagnosis 12:00 PM Walking 1:00 Gratitude 1:30 PM Bingo</p> <p><i>*Buddha Day*</i></p>
<p>29</p>  <p><b>CENTER CLOSED</b> <i>*Ascension of Bahau'llah/Whit Monday*</i></p>	<p>30</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>31</p> <p>10:00 AM Choose 2 Recover 11:00 AM Journaling 12:00 PM Women's Group <b>1:00 PM May Celebration</b></p> 