


# MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

## MARCH 2024

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED
4 10:30 Weekend Wrap-Up 11:00 WRAP group 12:00 Art 1:00 Show and Share 1:30 Mindfulness Monday	5 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition/Healthy Eating 1:30 Recovery Success Highlight	6 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Walking 1:00 News Topics/ Current Events 2:00 Games	7 10:30 Weekend Planning 11:00 journaling 12:00 Travel Group 1:00 Movie	8 CLOSED
11 10:30 Weekend Wrap-Up 11:00 WRAP group 12:00 Art 1:00 Show and Share 1:30 Mindfulness Monday	12 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition/Healthy Eating 1:30 Recovery Success Highlight	13 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Walking 1:00 News Topics/ Current Events 2:00 Games	14 10:30 Weekend Planning 11:00 journaling 12:00 Travel Group 1:00 Movie <b>St Patrick's Day Event</b>	15 CLOSED
18 10:30 Weekend Wrap-Up 11:00 WRAP group 12:00 Art 1:00 Show and Share 1:30 Mindfulness Monday	19 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition/Healthy Eating 1:30 Recovery Success Highlight <b>Spring Equinox</b>	20 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Walking 1:00 News Topics/ Current Events 2:00 Games	21 10:30 Weekend Planning 11:00 journaling 12:00 Travel Group 1:00 Movie	22 CLOSED
25 10:30 Weekend Wrap-Up 11:00 WRAP group 12:00 Art 1:00 Show and Share 1:30 Mindfulness Monday	26 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition/Healthy Eating 1:30 Recovery Success Highlight <b>Gibson Mansion Outing 10:15am</b>	27 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Walking 1:00 News Topics/ Current Events 2:00 Games	28 10:30 Weekend Planning 11:00 journaling 12:00 Travel Group 1:00 Movie	29 CLOSED
