


MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

MAY 2024

Wellness Center Hours 10:00 am – 3:00 pm

500-B Jefferson Blvd. W Sacramento, CA 95605 916-375-6340

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Stretch/Walk 1:30 Bingo	2 10:30 News Topics 11:30 Travel Group 12:30 Movie	3 10:30 Weekend Planning 11:30 Positivity 12:30 Cooking with Wellness 1:30 Heightened Emotional Control
6 10:30 Breakfast-Weekend wrap-up 11:30 WRAP Group 12:30 Art 2:00 Mindfulness Monday	7 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition 2:00 Reflections	8 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Stretch/Walk 1:30 Bingo	9 10:30 News Topics 11:30 Travel Group 12:30 Movie	10 10:30 Weekend Planning 11:30 Positivity 12:30 Cooking with Wellness 1:30 Heightened Emotional Control
13 10:30 Breakfast-weekend wrap-up 11:30 WRAP Group 12:30 Art 2:00 Mindfulness Monday	14 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition 2:00 Reflections	15 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Stretch/Walk 1:30 Bingo	16 10:30 News Topics 11:30 Travel Group 12:30 Movie	17 10:30 Weekend Planning 11:30 Positivity 12:30 Cooking with Wellness 1:30 Heightened Emotional Control
20 10:30 Breakfast-weekend wrap-up 11:30 WRAP Group 12:30 Art 2:00 Mindfulness Monday	21 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition 2:00 Reflections	22 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Stretch/Walk 1:30 Bingo	23 10:30 News Topics 11:30 Travel Group 12:30 Movie	24 10:30 Weekend Planning 11:30 Positivity 12:30 Cooking with Wellness 1:30 Mental Health Awareness Event
27 CLOSED MEMORIAL DAY	28 10:30 Self-Care 11:00 Men's Group 12:00 Computer Literacy 1:00 Nutrition 2:00 Reflections	29 10:30 Check-In 11:00 Women's Group 12:00 Share a Song 12:30 Stretch/Walk 1:30 Bingo	30 YOLO COUNTY WELLNESS PICNIC @ Fern's Park 11-2:00	31 10:30 Weekend Planning 11:30 Positivity 12:30 Cooking with Wellness 1:30 Heightened Emotional Control

