

MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

MARCH 2020

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

Tuesday & Thursday

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

* Women's History Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie	4	5 10:30 Check in 11:30 Monthly Celebration, Incentive Raffle & Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	6
9	10 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie * Holi *	11	12 10:30 Member's Meeting 11:30 Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	13
16	17 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie * St. Patrick's Day *	18	19 10:30 Check in 11:30 Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo * Start of Spring *	20
23 Outing: UC Davis Arboretum**	24 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie	25	26 10:30 Member's Meeting 11:30 Lunch Talk 12:00 Illness Management Recovery w/ Cheri** 1:00 Food Distribution 2:00 Bingo	27
30	31 10:00 Walk n' Talk with Lynn** 11:15 Breakfast Chat 12:00 Stretching 1:00 Free to Choose* 1:00 Movie * Caesar Chavez Day *			

*Free to Choose is by referral only.

** For HHS clients only.