












* Dates and times are subject to change, please call (916) 369-7872 or speak with your Advocate for the most up to date information

Monday	Tuesday	Wednesday	Thursday	Friday
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				11am-12pm Grief Loss *Zoom Facilitator: Debra 
				1:30pm - 3pm Wellness & Relaxation Eskaton Jefferson
4	5	6	7	8
	11am-12pm Peer to Peer Eskaton Jefferson Facilitator: Mimeo 		11am—12:30pm Hmong Social Group Oak Park Community Center Facilitator: Yang 	11am-12pm Grief Loss *Zoom Facilitator: Debra
	1pm-2:30pm Arts & Crafts Eskaton Jefferson Facilitator: Laura			1:30pm - 3pm Wellness & Relaxation Eskaton Jefferson Facilitator: Linda 
11	12	13	14	15
	1pm-2:30pm Arts & Crafts Eskaton Jefferson Facilitator: Laura 	11am—12:30pm Games and Music Oak Park Community Center FAMILY FEUD Facilitator: Sanisha 		11am-12pm Grief Loss *Zoom Facilitator: Debra
				1:30pm - 3pm Wellness & Relaxation Eskaton Jefferson Facilitator: Linda
18	19	20	21	22
	11am-12pm Peer to Peer Eskaton Jefferson Facilitator: Mimeo 	11am—12:30pm MOVIE—Sister Act Oak Park Community Center Facilitator: Sanisha	11am—12:30pm Hmong Social Group Oak Park Community Center Facilitator: Yang 	
	1pm-2:30pm Arts & Crafts Eskaton Jefferson Facilitator: Laura	<u>RSVP - Friday 15th</u>		1:30pm - 3pm Wellness & Relaxation Eskaton Jefferson Facilitator: Linda 
25	26	27	28	29
	11am-12pm Peer to Peer Eskaton Jefferson Facilitator: Mimeo 	11am—12:30pm Crocker Art Museum 216 O Street, Sacramento	11am—12:30pm Crocker Art Museum 216 O Street, Sacramento	11am-12pm Grief Loss *Zoom Facilitator: Debra
	1pm-2:30pm Arts & Crafts Eskaton Jefferson Facilitator: Laura	<u>RSVP - Monday 18th</u>	<u>RSVP - Monday 18th</u>	1:30pm - 3pm Wellness & Relaxation Eskaton Jefferson Facilitator: Linda 

CONTACT INFORMATION

ADVOCATES:

Linda - 916.267.7219

Mimeo - 916.417.8258

Yang - 916.764.2048

Laura - 916.764.1930

Sanisha - 916.261.6053

Candice - 916.267.4663

GROUP LOCATIONS

Eskaton Jefferson
 5959 66th Avenue
 Sacramento, CA, 95823

Oak Park Community Center
 3425 Martin Luther King Jr.
 Blvd., Sacramento, CA 95817

SeniorLink Zoom
 Meeting ID: 819 903 3211
 Meeting Password: 705302
 Zoom Call-in Phone Number:
 1-669-900-6833

Need to RSVP? Call SeniorLink office at **916.369.7872** or Facilitating Advocate.

CLOSED SATURDAYS & SUNDAYS