

# ADULT WELLNESS CENTER WEEKLY EVENTS

## MONDAYS:

WELLBRIETY MEETING W/AMANDA RAE 12 PM - 1 PM

CO-ED WELLBRIETY SWEAT W/FARRON 6 PM

COMMUNITY BASKETBALL LEAGUE W/JORDAN 6 PM

## TUESDAYS:

OPEN GYM W/JORDAN 6:30 PM

## WEDNESDAYS:

WELLBRIETY GROUP W/FARRON 6 PM - 7 PM IN RECOVERY CAFE

## THURSDAYS:

FACILITY OPEN FOR WORKOUTS & LEISURE

LANGUAGE AND BEADING CLASS 5:30 PM - 7:30 PM IN RECOVERY CAFE

WITH NAIOMI, CATALINA & ERICA. SIGN UP WITH FARRON 360-455-5213

## FRIDAYS:

WELLBRIETY MEETING W/AMANDA RAE 12 PM - 1 PM IN RECOVERY CAFE

TALKING CIRCLE W/CHUCK 6:30 PM IN RECOVERY CAFE

## SATURDAYS & SUNDAYS.....

STAY TUNED, HOPING TO BE OPEN 7 DAYS A WEEK TO SUPPORT OUR PEOPLE AND COMMUNITY.

## NISQUALLY TRIBAL & COMMUNITY MEMBERS

### COME DOWN FOR ANY OF THESE EVENTS.

FOR QUESTIONS OR COMMENTS PLEASE CALL  
THE ADULT WELLNESS CENTER 360-455-5213

1937 LASHI ST. SE, OLYMPIA, WA 98513