



May 2026



Contact Information

Carmen - 916.960.6016
(Bingo)

Geovanny - 916.889.2305
(Chair Volleyball & Men's Group)

Jamie - 916.751.0766
(Men's Group)

Linda - 916.267.7219
(Let's Talk About It)

Mimee - 916.417.8258
(Hmong & Multi-Cultural Group)

Office - 916.369.7872
(Brain Health & Computer Lab)

Group Locations

SeniorLink Office
630 Bercut Dr. STE A
Sacramento, CA 95811

Eskaton Jefferson
5959 66th Avenue
Sacramento, CA, 95823



May 10, 2026

Need to RSVP?

Call the SeniorLink office at
916.369.7872 or facilitating
advocate.

* Dates and times are subject to
change.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>Happy International Workers' Day</p> <p>Office Closed 1:00 PM - 5:00 PM For SeniorLink Team Building Event</p> <p>1</p>
	<p>10:30 AM - 12:00 PM Bingo Facilitator: Carmen (SeniorLink Office)</p>			<p>11:00 AM - 1:00 PM Multi-Cultural Group (Eskaton Jefferson)</p> <p>10:00 A.M. - 11:30 A.M. Let's Talk About It with Judi (SeniorLink Office)</p> <p>8</p>
<p>10 AM - 12 PM / 1 PM - 3 PM Computer Room Hours (SeniorLink Office)</p> <p>(By Appointment Only)</p>	<p>1:30 PM - 2:30 PM Chair Volleyball Facilitator: Geovanny (Eskaton Jefferson)</p>	<p>Brain Health Series Sleep Well, Age Well Presented By: Michelle Ernster (Health Educator)</p> <p>11:00 AM - 12:30 PM (SeniorLink Office) R.S.V.P. by May 8th</p>	<p>11:00 A.M. - 2:00 P.M. Hmong Social Group Potluck Facilitator: Mimee 3901 Land Park Dr. Sacramento, CA 95822</p> <p>Contact Mimee for Details</p>	<p>Office Closed</p> <p>12:00 PM - 2:30 PM</p> <p>15</p>
<p>11:00 A.M. - 12:30 P.M. Grief & Loss Support Group Facilitator: Debra (SeniorLink Office)</p> <p>R.S.V.P by May 12th</p>	<p>10:30 AM - 12:00 PM Bingo Facilitator: Carmen (SeniorLink Office)</p>	<p>10:30 A.M. - 12:00 P.M. Men's Group Facilitator: Geo and Jamie (SeniorLink Office)</p>	<p>11:00 A.M. - 1:00 P.M. Hmong Social Group Facilitator: Mimee (SeniorLink Office)</p>	<p>10:00 A.M. - 11:30 A.M. Let's Talk About It with Judi Facilitator: Linda (SeniorLink Office)</p> <p>22</p>
<p>MEMORIAL DAY</p> <p>Office Closed</p> <p>25</p>	<p>1:30 PM - 2:30 PM Chair Volleyball Facilitator: Geovanny (Eskaton Jefferson)</p>	<p>GAME DAY! Athletics vs Mariners 400 Ballpark Dr. West Sacramento, CA 95691 (Arrive to Office by 10:30 AM for transport) R.S.V.P by May 5th</p>	<p>11:00 A.M. - 1:00 P.M. Hmong Social Group Facilitator: Mimee (SeniorLink Office)</p>	<p>CELEBRATE MAY BIRTHDAYS</p> <p>29</p>

CLOSED SATURDAYS & SUNDAYS