

Bridgeport Fall Schedule

FREE WELLNESS PROGRAMMING

September 13, 2021 - November 24, 2021

Tuesdays

SENIOR TEA

Bridgeport Park

2:00 PM - 3:00 PM

Let your worries go with a nice cup of tea and a light snack.

CLUBHOUSE LIVE*

Memorial Hall

3:30 PM - 5:00 PM

Free afterschool program for 6th-8th grade. Join Tajia at Memorial Hall for snacks, help with homework, games, and hang out with your friends.

Wednesdays

WALK & TALK

Bridgeport Park

10:00 AM - 11:00 AM

Let's get moving! Join Tajia for a quick walk and talk as much or as little as you like.

Thursdays

TAI CHI & MEDITATION

Bridgeport Park

5:00 PM - 6:00 PM

Destress and unwind with Tai Chi and a relaxing guided meditation.

Fridays

CLUBHOUSE LIVE*

Memorial Hall

1:30 PM - 5:00 PM

Free afterschool program for 6th-8th grade. Join Tajia at Memorial Hall for snacks, help with homework, games, and hang out with your friends.



*Limited capacity, registration required, call Tajia to register at 760-648-3173

www.mono.ca.gov/wellness

Brought to you by Mono County Behavioral Health and Prop 63