

*Bridgeport Winter  
Wellness Calendar  
Memorial Hall  
December 2021\* - March 2022  
\*(no sessions week of Dec 22 or Dec 29, 2021)*

**Mondays 10 am- 11am**

Tai Chi & Meditation

**Tuesdays 1pm- 2:45pm**

Afternoon Tea & Cards

**Wednesdays 10 am- 11 am**

Walk & Talk

**Thursdays 3 pm- 5 pm**

Clubhouse Live

**Fridays**

Trauma-Sensitive Yoga - 10:00 am - 11:00 am

Clubhouse Live - 1:30 pm- 3:30 pm

\*No meeting 12/24

All Groups meet upstairs in the  
Bridgeport Memorial Hall

Schedule subject to change.

Please see [www.mono.ca.gov/wellness](http://www.mono.ca.gov/wellness) for changes.

Please follow all current Covid-19 Protocols



# *Bridgeport Winter Wellness Calendar Memorial Hall December 2021\* - March 2022*

*\*(no sessions week of Dec 22 or Dec 29, 2021)*

## **Tai Chi & Guided Meditation**

Find your balance with Tai Chi! This gentle form of exercise can help maintain strength, flexibility, as well as both physical and mental health. Class followed by a guided mindful meditation.

## **Afternoon Tea**

Join this raucous group of characters for some hot tea and conversation.

## **Walk & Talk**

Get moving!

## **Clubhouse Live**

Clubhouse Live! is a safe space for middle school students to hang out. Play games, create, talk and learn. Snacks provided.

## **Trauma Sensitive Yoga**

Trauma-informed (sensitive) yoga is an approach to creating a safe, supportive space in which students can learn emotional regulation skills through connection with the breath and increased body awareness.



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Sponsored by Prop 63 and Mono County Behavioral Health

