




SUN	MON	TUES	Wed	THUR	FRI	SAT
	1 	2	3	4 	5 Family YOGA at the park 11:30 -12:30 Lunch and arts &crafts 12:30 -5:30 North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	6 Wildflower Hike/Burt Canyon 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m
7	8	9	10	11	12	13
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	AA Open Meeting 5:00-6:00 p.m.	Game Time/Drop In 9:30 a.m.-11:00 p.m. Just Kidding Around Yoga 11:30- 12:30 a.m. Ice Cream Social 1-2:00 p.m.	Family YOGA at the park 11:30 -12:30 Lunch and arts &crafts 12:30 -5:30 North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Wildflower Hike/Wolf Creek 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m
14	15	16	17	18	19	20
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 11:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment AA Open Meeting 5:00-6:00 p.m.	Game Time/Drop In 9:30 a.m.-11:00 p.m. Just Kidding Around Yoga 11:30- 12:30 a.m. Ice Cream Social 1-2:00 p.m.	Family YOGA at the park 11:30 -12:30 Lunch and arts &crafts 12:30 -5:30 North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Wildflower Hike/St. Mary's Pass 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m
21	22	23	24	25	26	27
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment AA Open Meeting 5:00-6:00 p.m.	Game Time/Drop In 9:30 a.m.-11:00 p.m. Just Kidding Around Yoga 11:30- 12:30 a.m. Ice Cream Social 1-2:00p.m.	Family YOGA at the park 11:30 -12:30 Lunch and arts &crafts 12:30 -5:30 Walker Social 5:30-7:30 p.m	WildflowerHike/Blue Canyon 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m
28	29	30	31			
A service of Mono County Behavioral Health and Proposition 63		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 11:00 a.m.-3:00 p.m.* *Please call 760-924-1740 for an appointment AA Open Meeting 5:00-6:00 p.m.			

**Walker Wellness Center Address: 107655 Hwy 395 | Phone: (530) 495-2363**

**Mammoth Main Office Phone: (760) 924-1740**

**Description of Wellness Center Activities**

Find us online: [monocounty.ca.gov/behavioral-health/page/wellness-centers](http://monocounty.ca.gov/behavioral-health/page/wellness-centers)

Find us on Social Media: [facebook.com/Mono-County-Behavioral-Health-246837372097549/](https://facebook.com/Mono-County-Behavioral-Health-246837372097549/)

**Walker Socials:**

Join us for our monthly community dinner and social event. This is a fun, free event for all

**Morning Joe Chat**

Drop by for coffee, cocoa, or tea and shoot the breeze.

**Mindfulness Group**

Learn and practice the art of meditation and peaceful awareness. Some groups will be held at the center and others at beautiful natural spots.

**WILDFLOWER HIKES**

Join us for a short morning hike to beautiful local wildflower spots followed by a light lunch.

**Just Kidding Around Yoga**

A fun way to learn and share Yoga Nidra ( deep relaxation) with children and families.

**Community Garden**

Reserve a bed in our Community Garden for the summer! Contact David at 530-495-2363 or

**Game Time/Drop In**

**Drop by and play cards or a board game. Or just hang out and have some coffee and home made pasties. Bring the kids.**

**Clinician Wednesdays:**

To make an appointment with our clinician, please call the main Mammoth office at 760-924-1740.

**Family Brunch & Crock Pot Cooking Class:**

Join us for coffee, tea and quiche on brunch dates. Crock pot cooking classes will feature homemade chili and enchiladas.

**North Mono County (NMC) Hospice Appointment Hours**

This volunteer, community-based hospice provides non-medical in-home respite care, emotional support, practical assistance, and comfort to individuals, their families, and caregivers who are coping with a life-limiting illness. Please call 760-809-1489 to schedule an appointment and discuss the volunteer or client application process.