


SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
Description of each activity is on the back					North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	
3	4	5	6	7	8	9
	Walking Group: 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Art for All Group 1:00-2:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm Alcoholics Anonymous 7:00-8:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm	Clinician 10:30-5:00 pm* *Please call 760-924-1740 for an appointment	Walking Group 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Ice Cream Social 1:00 p.m.-2:30 p.m.	North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	
10	11	12	13	14	15	16
	Walking Group: 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Art for All Group 1:00-2:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm Alcoholics Anonymous 7:00-8:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm	Clinician 10:30-5:00 pm* *Please call 760-924-1740 for an appointment	Walking Group 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Art for All 1:00 p.m.-2:30 p.m.	North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	
17	18	19	20	21	22	23
	Walking Group: 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Art for All Group 1:00-2:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm Alcoholics Anonymous 7:00-8:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm	Clinician 10:30-5:00 pm* *Please call 760-924-1740 for an appointment	Walking Group 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Barbecue in the Backyard 1:00 p.m.-2:30 p.m.	North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	
24	25	26	27	28	29	30
	Walking Group: 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Art for All Group 1:00-2:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm Alcoholics Anonymous 7:00-8:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm	Clinician 10:30-5:00 pm* *Please call 760-924-1740 for an appointment	Walking Group 9:00-10:30 am Mindfulness Group 11:00 a.m.-12:00 p.m. Art for All 1:00 p.m.-2:30 p.m.	Walker Social 5:30 p.m.-7:30 p.m.	A service of Mono County Behavioral Health and Proposition 63

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

Find us on Social Media: facebook.com/Mono-County-Behavioral-Health-246837372097549/

Walking Group

This group will participate in a walk around Walker community or another designated site nearby. Participants are encouraged to bring water and wear appropriate footwear. Join us to enjoy the scenery and support!

Art for All

Tap into your creative side and use supplies on hand at the Wellness Center to engage in Art or Craftwork of your choosing. All ages are welcome. Approximately 1-1 ½ hours.

Mindfulness Group

Group will learn and exercise/practice principles of meditation and mindfulness. Approximately one hour. Mats and material provided.

Clinician Wednesdays

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

Alcoholics Anonymous

Open group discussion.

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.

Ice Cream Social & BBQ in the Backyard

These are fun, free events for all ages!

Community Garden

Reserve a bed in our Community Garden for the summer!
Contact David at 530-495-2363 or dhathaway@mono.ca.gov

Walker Social

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