SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
Description						
of each					North Mono County Hospice Appt Hrs:	
activity is					11:00 am-1:00 pm	
on the back					11.00 din 1.00 pin	
on the back						
				-	0	
3	Walking Group: 9:00-10:30 am	5	Clinician 6	Walking Group	8	9
	Mindfulness Group	Closed Groups	10:30-5:00 pm*	9:00-10:30 am	North Mono County	
	11:00 a.m12:00 p.m.	8:00-12:00 pm		0.00 .0.00 a	Hospice Appt Hrs:	
	Art for All Group	1:00-3:00 pm	*Please call	Mindfulness Group	11:00 am-1:00 pm	
	1:00-2:00 pm NMC Hospice Appt Hrs		760-924-1740 for an appointment	11:00 a.m12:p.m.		
	2:00-4:00 pm		арропшнени	Ice Cream Social		
	Alcoholics Anonymous			1:00 p.m2:30 p.m.		
	7:00-8:00 pm		4.2			
10	Malking Group: 9:00-10:30 am	12	Clinician 13	14	15	16
	Mindfulness Group	Closed Groups	Clinician 10:30-5:00 pm*	Walking Group 9:00-10:30 am	North Mono County	
	11:00 a.m12:00 p.m.	8:00-12:00 pm		0.00 10.00 4	Hospice Appt Hrs:	
	Art for All Group	1:00-3:00 pm	*Please call	Mindfulness Group	11:00 am-1:00 pm	
	1:00-2:00 pm NMC Hospice Appt Hrs		760-924-1740 for an appointment	11:00 a.m12:00 p.m.		
	2:00-4:00 pm		арронинени	Art for All		
	Alcoholics Anonymous			1:00 p.m2:30 p.m		
	7:00-8:00 pm			-		
17	18 Walking Crown, 0:00 10:20 am	19	Clinician 20	Walking Croup	22	23
AT THAT A	Walking Group: 9:00-10:30 am Mindfulness Group	Closed Groups	Clinician 10:30-5:00 pm*	Walking Group 9:00-10:30 am	North Mono County	
	11:00 a.m12:00 p.m.	8:00-12:00 pm	10.00 0.00 pm	0.00 10.00 am	Hospice Appt Hrs:	
*	Art for All Group	1:00-3:00 pm	*Please call	Mindfulness Group	11:00 am-1:00 pm	
	1:00-2:00 pm NMC Hospice Appt Hrs		760-924-1740 for an	11:00 a.m12:00 p.m.		
	2:00-4:00 pm		appointment	Barbecue in the		
	Alcoholics Anonymous			Backyard		
	7:00-8:00 pm			1:00 p.m2:30 p.m.		
24	25 Walking Group: 9:00-10:30 am	Closed Groups	27 Clinician	28 Walking Group	29	30
	<u>waiking Group:</u> 9:00-10:30 am Mindfulness Group	Closed Groups 8:00-12:00 pm	10:30-5:00 pm*	9:00-10:30 am	Walker Social	A service of Mono County
	11:00 a.m12:00 p.m.	1:00-3:00 pm	1 1 1 0 0 0 0 0 p 1 1 1		5:30 p.m7:30 p.m.	Behavioral
	Art for All Group	•	*Please call	Mindfulness Group	2.00 p 7.00 p	Health and
	1:00-2:00 pm NMC Hospice Appt Hrs		760-924-1740 for an	11:00 a.m12:00 p.m.		Proposition 63
	2:00-4:00 pm		appointment	Art for All		-
	Alcoholics Anonymous			1:00 p.m2:30 p.m		
	7:00-8:00 pm					

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.

Alcoholics Anonymous

Open group discussion.

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

Clinician Wednesdays

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

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.

Walker Social

Join us for our monthly community dinner and social event.

This is a fun, free event for all ages!