


SUN	MON	TUES	Wed	THUR	FRI	SAT
1	2	3	4	5	6	7
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m	No Clinician Today	Game Time/Drop In 9:30 a.m.-11:30 a.m. Just Kidding Around Yoga 11:30 a.m.- 12:30 p.m Ice Cream Social 1:00-2:00 p.m.	Family YOGA at the Park 11:30 a.m.-12:30 p.m. Lunch + Arts & Crafts 12:30 -3:30 p.m. North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Hike, Mindfulness Group, & Lunch: St. Mary's Pass 8:30-12:30 p.m. (Meet at the Wellness Center)
8	9	10	11	12	13	14
		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.	Game Time/Drop In 9:30 a.m.-11:30 a.m.  Ice Cream Social 1:00-2:00 p.m.	Family YOGA at the Park 11:30 a.m. -12:30 p.m. Picnic in the Park 12:30-2:00 p.m. North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Hike, Mindfulness Group, & Lunch: Blue Canyon 8:30-12:30 p.m. (Meet at the Wellness Center)
15	16	17	18	19	20	21
		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.	Game Time/Drop In 9:30 a.m.-11:30 a.m.  Ice Cream Social 1:00-2:00 p.m.	Family YOGA at the Park 11:30 a.m.-12:30 p.m. Lunch + Arts & Crafts 12:30 -3:30 p.m. Harvest Party 12:30-2:00 p.m North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Hike, Mindfulness Group, & Lunch: Leavitt Meadows 8:30-12:30 p.m. (Meet at the Wellness Center)
22	23	24	25	26	27	28
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 10:00 a.m.-4:00 p.m.*  *Please call 760-924-1740 for an appointment.	Game Time/Drop In 9:30 a.m.-11:30 a.m.  Ice Cream Social 1:00-2:00 p.m.	Family YOGA at the Park 11:30 a.m.-12:30 p.m. North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m Walker Social 5:30-7:30 p.m.	Fall Colors Hike, Mindfulness Group, & Lunch: Sonora Peak 8:30-12:30 p.m. (Meet at the Wellness Center)
29	30					

**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 ages!

**Ice Cream Social**

Join us for some summer fun! All ages welcome!

**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 & Summer Hikes**

Join us for a short morning hike to beautiful local wildflower spots followed by a light lunch. Bring Water and sunscreen and if you like bug spray Everyone is welcome.

**Garden Party**

Community Gardeners: let's celebrate the harvest. Bring your friends and family. We will provide food.

**Game Time/Drop In**

Drop by and play cards or a board game or just hang out and have some coffee and homemade pasties. All ages!

**Clinician Wednesdays:**

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

**Just Kidding Around Yoga & Family Yoga at the Park**

A fun way to learn and share Yoga Nidra (deep relaxation) and fun with children and families. We have mats! Join us at the Wellness Center Thursdays and meet us in Walker community Park on Fridays.

**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.