

# NOV

## Senior Breakfast Club

Join us for coffee, a light breakfast, community and conversation.

November 7: Loony Bean

November 14: Stellar Brew

November 21: Black Velvet

Nov. 28: Mammoth Coffee Roasters

## Game Night

Join us for an evening of games and community.

## Yoga & Guided Meditation

Bring a towel or yoga mat and relax your mind and body with Tess Coker.

## Clubhouse Live

Clubhouse Live, a drop-in youth program for middle school and high school students.

Play games, hang out, and get help with homework at the Sierra Wellness Center

## SUNDAY

### Senior Breakfast Club

8:00-9:30 am

Various Coffee Shops  
(see sidebar)

### Game Night

5:00-7:00 pm

Join us for an evening of games and community.

## MONDAY

### Clubhouse Live

3:30-5:00 pm

Clubhouse Live, a drop-in youth program for middle school and high school students. Play games, hang out, and get help with homework at the Sierra Wellness Center

## TUESDAY

### Yoga & Guided Meditation

1:30-3:00 pm

Bring a towel or yoga mat and relax your mind and body with Tess Coker.

### LBGTQ+ Potluck

2nd Tuesday, 6:00 -8:00 pm

### LBGTQ+ Parent Support

3rd Tuesday, 6:00-8:00 pm

## WEDNESDAY

### Game Night

6:00-8:00 pm

Join us for an evening of games and community.

## THURSDAY

### Yoga & Guided Meditation

1:30-3:00 pm

Bring a towel or yoga mat and relax your mind and body with Tess Coker.

No programming:  
November 11, 2021  
November 25, 2021

## FRIDAY

### Clubhouse Live

3:30-5:00 pm

Clubhouse Live, a drop-in youth program for middle school and high school students. Play games, hang out, and get help with homework at the Sierra Wellness Center

No programming:  
November 26, 2021

## Sierra Wellness Center

181 Sierra Manor Road #4  
Mammoth Lakes

[www.mono.ca.gov/wellness](http://www.mono.ca.gov/wellness)

Brought to you by Mono County Behavioral Health & Prop 63

