

OCT

Senior Breakfast Club

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

October 10: Loony Bean
October 17: Stellar Brew
October 24: Black Velvet
October 31: Mammoth Coffee Roasters

Game Night

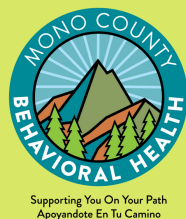
Join us for an evening of games and community.

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.

No programming October 4, 2021

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.

No programming October 11, 2021.

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.

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

Sierra Wellness Center

181 Sierra Manor Road #4

Mammoth Lakes

www.mono.ca.gov/wellness

Brought to you by Mono County Behavioral Health & Prop 63