

SEP

Senior Breakfast Club

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

September 6: Looney Bean
September 13: Stellar Brew
September 20: Black Velvet
No meeting September 30.

Meet Up Groups

Let's go on an adventure! Explore Mammoth Lakes and try new activities while meeting some new people. All adventures meet at the Sierra Wellness Center.

No meeting September 30.

Game Night

Join us for an evening of games and community. Sierra Wellness Center
No meeting September 30.

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

MONDAY

Schedule varies Sept 30, program description on left

Senior Breakfast Club

8:00-9:00 am

Meet-up groups

3:00-4:00 pm - Open to all

4:00-5:00pm - LBGTQ+

Clubhouse Live

3:30-5:00 pm

Sierra Wellness Center

Game Night

5:00-8:00 pm

Sierra Wellness Center

TUESDAY

Yoga & Guided Meditation

1:30-3:00 pm

Sierra Wellness Center

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

WEDNESDAY

THURSDAY

Yoga & Guided Meditation

1:30-3:00 pm

Sierra Wellness Center

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

Clubhouse Live

3:30-5:00 pm

Sierra Wellness Center

FRIDAY

Clubhouse Live

3:30-5:00 pm

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

