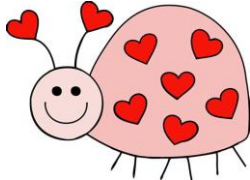


SUN	MON	TUES	Wed	THUR	FRI	SAT
					1 North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	2
3	4	5	6	7	8	9
	<u>Morning Joe Chat Group</u> 9:00-10:00 a.m. <u>Mindfulness Group</u> 10:00-11:00 a.m. <u>Arts and Crafts Group</u> 1:00-3:00 p.m. NMC Hospice Appt Hrs 2:00-4:00 p.m.	<u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<u>No Clinician Today</u> <u>AA Open Meeting</u> 5:00-6:00 p.m.	<u>Closed for Training</u>	<u>North Mono County Hospice Appt Hrs:</u> 11:00 a.m.-1:00 p.m.	
10	11	12	13	14	15	16
	<u>Morning Joe Chat Group</u> 9:00-10:00 a.m. <u>Mindfulness Group</u> 10:00-11:00 a.m. <u>Arts and Crafts Group</u> 1:00-3:00 p.m. NMC Hospice Appt Hrs 2:00-4:00 p.m.	<u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<u>Clinician</u> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment <u>AA Open Meeting</u> 5:00-6:00 p.m.	<u>Game Time/ Drop-in/Arts & Crafts</u> 9:00-4:00 p.m. <u>Family Brunch Group/ Healthy Choices</u> 9:00-11:00 a.m.	<u>North Mono County Hospice Appt Hrs:</u> 11:00 a.m.-1:00 p.m.	
17	18	19	20	21	22	23
	PRESIDENT'S DAY HOLIDAY	<u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<u>Clinician</u> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment <u>AA Open Meeting</u> 5:00-6:00 p.m.	<u>Game Time/Drop-in/Arts & Crafts</u> 9:00 a.m.-4:00 p.m. <u>Family Bingo</u> 2:30-4:00 p.m.	<u>North Mono County Hospice Appt Hrs:</u> 11:00 a.m.-1:00 p.m. <u>Walker Social</u> 5:30-7:30 p.m.	
24	25	26	27	28		
	<u>Morning Joe Chat Group</u> 9:00-10:00 a.m. <u>Mindfulness Group</u> 10:00-11:00 a.m. <u>Arts and Crafts Group</u> 1:00-3:00 p.m. NMC Hospice Appt Hrs 2:00-4:00 p.m.	<u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<u>Clinician</u> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment <u>AA Open Meeting</u> 5:00-6:00 p.m.	<u>Game Time/ Drop-in/Arts & Crafts</u> 9:00 a.m.-4:00 p.m. <u>Family Brunch Group/ Healthy Choices</u> 9:00-11:00 a.m.		A service of Mono County Behavioral Health and Proposition 63

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/

Walker Socials:

Join us for our monthly community dinner and social event. This is a fun, free event for all

Arts and Crafts Group

Create the crafts or art projects of your choice and relax at the Wellness Center while creating with friends.

Morning Joe Chat

Drop by for coffee, cocoa, or tea and shoot the breeze.

Clinician Wednesdays:

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

Mindfulness Group

Learn and practice the art of meditation and peaceful awareness. Some groups will be at the center and others at beautiful natural spots.

Family Brunch & Crock Pot Cooking Class:

Join us for coffee, tea and quiche on brunch dates. Crock pot cooking classes will feature homemade chili and enchiladas.

Game Time/Drop-In

Join us at the Wellness Center to hang out or play games of your choice.

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.

Bingo Night

Join us for Bingo and prizes. Bring the family.

Community Garden

Reserve a bed in our Community Garden for the summer! Contact David at 530-495-2363 or