


SUN	MON	TUES	Wed	THUR	FRI	SAT
				1	2	3
				<p><u>Game Time/Drop In</u> 9:30 a.m.-1:00 p.m.</p> <p><u>Ice Cream Social</u> 1:00-2:00 p.m.</p>	<p><u>Lunch + Arts & Crafts</u> 12:30 -3:30 p.m.</p> <p>North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.</p>	<p><u>Wildflower Hike: St. Mary's Pass</u> 8:30-11:30 a.m.</p> <p><u>Mindfulness Group</u> 9:45-10:15 a.m.</p> <p><u>Lunch</u> 11:30 a.m.-12:30 p.m.</p>
4	5	6	7	8	9	10
		<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>	<p><u>Clinician</u> 10:00 a.m.-4:00 p.m.*</p> <p>*Please call 760-924-1740 for an appointment.</p>	<p><u>Game Time/Drop In</u> 9:30 a.m.-11:00 a.m.</p> <p><u>Ice Cream Social</u> 1:00-2:00 p.m.</p>	<p><u>Family YOGA at the Park</u> 11:30 a.m. -12:30 p.m.</p> <p>Picnic in the Park 12:30-2:00 p.m.</p> <p>North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.</p>	<p><u>Wildflower Hike: Blue Canyon</u> 8:30-11:30 a.m.</p> <p><u>Mindfulness Group</u> 9:45-10:15 a.m.</p> <p><u>Lunch</u> 11:30 a.m.-12:30 p.m.</p>
11	12	13	14	15	16	17
		<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>	<p><u>Clinician</u> 10:00 a.m.-4:00 p.m.*</p> <p>*Please call 760-924-1740 for an appointment.</p>	<p><u>Game Time/Drop In</u> 9:30 a.m.-11:00 a.m.</p> <p><u>Just Kidding Around</u> <u>Yoga</u> 11:30 a.m.- 12:30 p.m.</p> <p><u>Ice Cream Social</u> 1:00-2:00 p.m.</p>	<p><u>Family YOGA at the Park</u> 11:30 a.m.-12:30 p.m.</p> <p><u>Lunch and arts & crafts</u> 12:30 -3:30</p> <p>North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.</p>	<p><u>Summer Hike: Leavitt Meadows</u> 8:30-11:30 a.m.</p> <p><u>Mindfulness Group</u> 9:45-10:15 a.m.</p> <p><u>Lunch</u> 11:30 a.m.-12:30 p.m.</p>
18	19	20	21	22	23	24
		<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>	<p><u>Clinician</u> 10:00 a.m.-4:00 p.m.*</p> <p>*Please call 760-924-1740 for an appointment.</p>	<p><u>Game Time/Drop In</u> 9:30 a.m.-11:00 a.m.</p> <p><u>Just Kidding Around</u> <u>Yoga</u> 11:30 a.m.- 12:30 p.m.</p> <p><u>Ice Cream Social</u> 1:00-2:00 p.m.</p>	<p><u>Family YOGA at the Park</u> 11:30 a.m.-12:30 p.m.</p> <p><u>Garden Party</u> 12:30-2:00 p.m</p> <p>North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m</p>	<p><u>Summer Hike: Sonora Peak</u> 8:30-11:30 a.m.</p> <p><u>Mindfulness Group</u> 9:45-10:15 a.m.</p> <p><u>Lunch</u> 11:30 a.m.-12:30 p.m.</p>
25	26	27	28	29	30	31
<p>A service of Mono County Behavioral Health and Proposition 63</p>		<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>	<p><u>Clinician</u> 10:00 a.m.-4:00 p.m.*</p> <p>*Please call 760-924-1740 for an appointment.</p>	<p><u>Game Time/Drop In</u> 9:30 a.m.-11:00 a.m.</p> <p><u>Just Kidding Around</u> <u>Yoga</u> 11:30 a.m.- 12:30 p.m.</p> <p><u>Ice Cream Social</u> 1:00-2:00 p.m.</p>	<p><u>Family YOGA at the Park</u> 11:30 a.m.-12:30 p.m.</p> <p><u>Lunch + Arts & Crafts</u> 12:30 -5:30 p.m.</p> <p>Walker Social 5:30-7:30 p.m.</p>	<p><u>Summer Hike: Leavitt lake</u> 8:30-11:30 a.m.</p> <p><u>Mindfulness Group</u> 9:45-10:15 a.m.</p> <p><u>Lunch</u> 11:30 a.m.-12:30 p.m.</p>

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 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 Gardner's lets 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.