


SUN	MON	TUES	WED	THUR	FRI	SAT
	2	3	4	5	6	7
<p><b>Description of each activity is on the back</b></p>	<p><u>Twin Lakes Wildflower Walking Group:</u> 9:00-11:00 am <u>Twin Lakes Picnic:</u> 11:00 a.m.-2:00 p.m. <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm</p>	<p><u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm</p>	<p><u>No Clinician Today</u>  <u>Happy Fourth of July!</u></p>	<p><u>Wildflower Walking Group</u> 9:00-11:00 a.m. <u>Mindfulness Group</u> 11:30-12:30. <u>Ice Cream Social</u> 1:00-2:30 p.m.</p>	<p><u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm</p>	
	8	9	10	11	12	13
	<p><u>Wildflower Walking Group:</u> 9:00-11:00 am <u>Mindfulness Group</u> 11:30-12:30 p.m. <u>Art for Adults Group</u> 1:00-2:00 pm <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm</p>	<p><u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm</p>	<p><u>No Clinician Today</u></p>	<p><u>Wildflower Walking Group</u> 9:00-11:00 am <u>Mindfulness Group</u> 11:30-12:30 <u>Game Time/ Drop-in</u> 1:00-2:30 p.m.</p>	<p><u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm</p>	
15	16	17	18	19	20	21
	<p><u>Virginia Lakes Wildflower Walking Group:</u> 9:00-11:00 am <u>Virginia Lakes Picnic:</u> 11:00 a.m.-2:00 p.m. <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm</p>	<p><u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm</p>	<p><u>Clinician</u> 10:30-5:00 pm*  *Please call 760-924-1740 for an appointment</p>	<p><u>Wildflower Walking Group</u> 9:00-11:00 am <u>Mindfulness Group</u> 11:30-12:30 <u>Ice Cream Social</u> 1:00-2:00 p.m..</p>	<p><u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm</p>	
22	23	24	25	26	27	28
	<p><u>Wildflower Walking Group:</u> 9:00-11:00 am <u>Mindfulness Group</u> 11:30-12:30 p.m. <u>Art for Adults Group</u> 1:00-2:00 pm <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm</p>	<p><u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm</p>	<p><u>Clinician</u> 10:30-5:00 pm*  *Please call 760-924-1740 for an appointment</p>	<p><u>Wildflower Walking Group</u> 9:00-11:00 am <u>Mindfulness Group</u> 11:30-12:30 a.m. <u>Game Time/ Drop-in</u> 1:00-2:30 p.m.</p>	<p><u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm  <u>Walker Social</u> 5:30 p.m.-7:30 p.m.</p>	
29	30	31				4
	<p><u>Sonora Bridge Wildflower Walking Group:</u> 9:00-11:00 am <u>Sonora Bridge Picnic</u> 11:00 am - 2:00 pm <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm</p>	<p><u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm</p>				<p><b>A service of Mono County Behavioral Health and Proposition 63</b></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](http://monocounty.ca.gov/behavioral-health/page/wellness-centers)

Find us on Social Media: [facebook.com/Mono-County-Behavioral-Health-246837372097549/](https://facebook.com/Mono-County-Behavioral-Health-246837372097549/)

**Wildflower Walking Group**

July is Wildflower Month in the High Sierra. Join us for a short walk and a view of some of the most beautiful scenery ever! Walks will meet at the Walker Wellness Center. Every other Monday, this walk will also include a "location picnic." Participants are encouraged to bring water and wear appropriate footwear.

**Mindfulness Group**

Group will learn and exercise/practice principles of meditation and mindfulness. Approximately one hour. Mats and material provided.

**Location Picnics**

Join us for a picnic at a beautiful Mono County location. We will provide lunch and good company. You can meet us at the location listed at 11 am or join us early for the Wildflower Walking Group at 9 am and we can carpool together.

**Ice Cream Social**

A fun, free events for all ages!

**Community Garden**

Reserve a bed in our Community Garden for the summer! Contact David at 530-495-2363 or [dhathaway@mono.ca.gov](mailto:dhathaway@mono.ca.gov)

**Art for All**

Tap into your creative side and use supplies on hand at the Wellness Center to engage in Art or Craftwork of your choosing. All ages are welcome. Approximately 1-1 ½ hours.

**Clinician Wednesdays**

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

**Game Time/Drop-In**

Join us to play games of your choice or just spend time at the Wellness Center!

**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.

**Walker Social**

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