

SUN	MON	TUES	Wed	THUR	FRI	SAT
					1	2
					<a href="#">Mommy &amp; Me Yoga</a> 9:30-10:00 am <a href="#">Peapod Playgroup</a> 10:00-11:00 a.m. <a href="#">Lunch: 11:00 a.m.-12:15 p.m.</a> NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	<a href="#">Fall Colors Hike &amp; Lunch: Silver Creek</a> 8:30-12:30 p.m. (Meet at the Wellness Center)
3	4	5	6	7	8	9
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<a href="#">Clinician</a> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. <a href="#">4-H Meeting</a> Call Tajia for time	<a href="#">Mindfulness, Coffee, &amp; Snacks</a> 1:00-2:00  <a href="#">Family Arts &amp; Crafts</a> 2:30-4:30 p.m.	<a href="#">Mommy &amp; Me Yoga</a> 9:30-10:00 am <a href="#">Peapod Playgroup</a> 10:00-11:00 a.m. <a href="#">Lunch: 11:00 a.m.-12:15 p.m.</a> NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	<a href="#">Fall Colors Hike &amp; Lunch: Leavitt Meadows</a> 8:30-12:30 p.m. (Meet at the Wellness Center)
10	11	12	13	14	15	16
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<a href="#">Clinician</a> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. <a href="#">4-H Meeting</a> Call Tajia for time	<a href="#">Mindfulness, Coffee, &amp; Snacks</a> 1:00-2:00  <a href="#">Family Arts &amp; Crafts</a> 2:30-4:30 p.m.	<a href="#">Mommy &amp; Me Yoga</a> 9:30-10:00 am <a href="#">Peapod Playgroup</a> 10:00-11:00 a.m. <a href="#">Lunch: 11:00 a.m.-12:15 p.m.</a> NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	<a href="#">Fall Colors Hike &amp; Lunch: Upper Mill Creek</a> 8:30-12:30 p.m. (Meet at the Wellness Center)
17	18	19	20	21	22	23
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<a href="#">Clinician</a> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. <a href="#">4-H Meeting</a> Call Tajia for time	<a href="#">Mindfulness, Coffee, &amp; Snacks</a> 1:00-2:00  <a href="#">Family Arts &amp; Crafts</a> 2:30-4:30 p.m.	<a href="#">Mommy &amp; Me Yoga</a> 9:30-10:00 am <a href="#">Peapod Playgroup</a> 10:00-11:00 a.m. <a href="#">Lunch: 11:00 a.m.-12:15 p.m.</a> NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m. <a href="#">Walker Social</a> 5:30-7:30 p.m.	<a href="#">Fall Colors Hike &amp; Lunch: Lower Mill Creek</a> 8:30-12:30 p.m. (Meet at the Wellness Center)
24	25	26	27	28	29	30
<a href="#">A service of Mono County Behavioral Health and Proposition 63</a>		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<a href="#">Clinician</a> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. <a href="#">4-H Meeting</a> Call Tajia for time	<a href="#">Closed Today</a>  <a href="#">Happy Thanksgiving!</a>	<a href="#">Closed Today</a>  <a href="#">Happy Thanksgiving!</a>	<a href="#">Closed Today</a>  <a href="#">Happy Thanksgiving!</a>

**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/)

**Walker Socials:**

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

**Mindfulness**

Join us and reduce your stress all ages welcome!

**Peapod Playgroup**

Join the Walker/Coleville Peapod Playgroup hosted by First 5! Connect with parents and children in your area. All Mono County expecting parents and families with children birth to five are invited to participate!

**Fall Colors Hikes**

Join us for a short morning hike to beautiful local fall colors spots followed by a light lunch. Bring water and sunscreen. Everyone is welcome – meet at the Wellness Center.

**Youth 4-H Meeting**

Meeting of local 4-H group. Call Tajia at 760-648-3173 for times.

**Family Arts & Crafts from Pinterest**

Drop by, bring your kids, or just hang out and have some coffee/juice and homemade pasties. All ages!

**Clinician Wednesdays:**

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

**Mommy & Me Yoga**

A fun way to learn and share Yoga Nidra (deep relaxation) and fun with children and families. We have mats!

**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.