


SUN	MON	TUES	Wed	THUR	FRI	SAT
	1 <u>Fall Colors Walking Group</u> 9:00-10:00 a.m. <u>Mindfulness Group</u> 10:00 a.m.-11:00 p.m. <u>Arts and Crafts Group</u> 3:00:-5:00 pm <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm	2 <u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm	3 <u>Clinician</u> 10:00-4:00 pm* *Please call 760-924-1740 for an appointment	4 <u>Game Time/Drop-in</u> 3:00-7:00 p.m.	5 <u>Peapod Playgroup</u> 10:00-11:00 am <u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm	6
7	8	9	10	11	12	13
	Holiday	<u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm	<u>Clinician</u> 10:00-4:00 pm* *Please call 760-924-1740 for an appointment	<u>Game Time/ Drop-in</u> 3:00-7:00 p.m. <u>Bingo Night</u> 5:30-7:00 p.m.	<u>Peapod Playgroup</u> 10:00-11:00 am <u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm	
14	15	16	17	18	19	20
	<u>Fall Colors Walking Group</u> 9:00-10:00 a.m. <u>Mindfulness Group</u> 10:00 a.m.-11:00 p.m. <u>Arts and Crafts Group</u> 3:00-5:00 pm <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm	<u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm <u>Clinician</u> 10:00-4:00 p.m.	<u>No Clinician Today</u>	<u>Game Time/ Drop-in</u> 3:00-7:00 p.m. <u>Ice Cream Social</u> 5:30-7:00 p.m.	<u>Peapod Playgroup</u> 10:00-11:00 am <u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm	
21	22	23	24	25	26	27
	<u>No Wellness Activities Today</u> <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm	<u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm <u>Grief Group</u> 6:00-7:30 p.m.	<u>Clinician</u> 10:00-4:00 pm* *Please call 760-924-1740 for an appointment	<u>Game Time/ Drop-in</u> 3:00-7:00 p.m. <u>Bingo Night</u> 5:30-7:00 p.m.	<u>Peapod Playgroup</u> 10:00-11:00 am <u>North Mono County Hospice Appt Hrs:</u> 11:00 am-1:00 pm <u>Walker Social</u> 5:30-7:30 pm	
28	29	30	31			
	<u>Walking Group</u> 9:00-10:00 a.m. <u>Mindfulness Group</u> 11:00 a.m.-12:00 p.m. <u>Art and Crafts Group</u> 3:00-5:00 pm <u>NMC Hospice Appt Hrs</u> 2:00-4:00 pm	<u>Closed Groups</u> 8:00-12:00 pm 1:00-3:00 pm	<u>Clinician</u> 10:00-4:00 pm* *Please call 760-924-1740 for an appointment Stop by for Trick or Treating! 4:30 pm & later			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/

Walking Group

Late September is the beginning of fall colors in the High Sierra. Join us for a short walk and a view of some of the most beautiful scenery ever! Walks meet at the Wellness Center.

Art and Crafts Group

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

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.

Clinician Wednesdays

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

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!

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 & Grief Group (New)

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.

Ice Cream Social & Bingo Night

These are fun, free events for all ages! Join us for Bingo and prizes. Bring the family.

The Grief Group will be an open support group beginning in mid-September and will be facilitated by NMC volunteers. All who are coping with grief are invited to attend. For questions, please call 760-809-1489.

Walker Social

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