


SUN	MON	TUES	Wed	THUR	FRI	SAT
						1 Wildflower Hike/Topaz Lane 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m.
2	3	4	5	6	7	8
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m. Just Kidding Around Yoga 11:30- 12:30 a.m.	Game Time/Drop In 9:30 a.m.-4:30 p.m. Ice Cream Social 3-4:30 p.m. North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Wildflower Hike/Little Antelope Valley 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m.
9	10	11	12	13	14	15
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 11:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m. Just Kidding Around Yoga 11:30- 12:30 a.m.	Game Time/Drop In 9:30 a.m.-4:30 p.m. Ice Cream Social 3-4:30 p.m. North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Wildflower Hike/Little Antelope Pack Station 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m.
16	17	18	19	20	21	22
		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m. Just Kidding Around Yoga 11:30- 12:30 a.m.	Game Time/Drop In 9:30 a.m.-4:30 p.m. Ice Cream Social 3-4:30 p.m. North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	Wildflower Hike/Molybdenite Creek 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m.
23	24	25	26	27	28	29
A service of Mono County Behavioral Health and Proposition 63		Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	Clinician 11:00 a.m.-3:00 p.m.* *Please call 760-924-1740 for an appointment AA Open Meeting 5:00-6:00 p.m.	Healthy Choices/Family Brunch Group 9:30- 11:00 a.m. Just Kidding Around Yoga 11:30- 12:30 a.m.	Game Time/Drop In 11:30 a.m.-5:30 p.m. Walker Social 5:30-7:30 p.m.	Wildflower Hike/Burt Canyon 8:30-9:30 a.m. Mindfulness Group 10:00-11:00 a.m. Lunch 11:30 a.m.-12:30 a.m.

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

Morning Joe Chat

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

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 HIKES

Join us for a short morning hike to beautiful local wildflower spots followed by a light lunch.

Just Kidding Around Yoga

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

Community Garden

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

Game Time/Drop In

Drop by and play cards or a board game. Or just hang out and have some coffee and home made pasties. Bring the kids.

Clinician Wednesdays:

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

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.

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.