

# WALKER WELLNESS CENTER

## NOVEMBER 2011

The Wellness Center is OPEN TO EVERYONE in the community!!

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>			<b>Just Bead It!</b> 9:00am-10:30am <b>Holiday Creations</b> 10:30pm-12:00pm <b>Kid's Art Corner</b> 3:00pm-4:30pm			<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>
6	7	8	9	10	11	12
	<b>Scrap Happy Quilters</b> 9:00am –10:30am <b>Yarn &amp; Company</b> 10:30am –Noon	<b>Holiday Creations</b> 9:00am –10:30am <b>Iris Folding Cards</b> 10:30pm-Noon	<b>Just Bead It!</b> 9:00am-10:30am <b>Holiday Creations</b> 10:30pm-12:00pm <b>Kid's Art Corner</b> 3:00pm-4:30pm			
13	14	15	16	17	18	19
		<b>Scrap Happy Quilters</b> 9:00am –10:30am <b>Open Studio</b> 10:30pm-12:00pm	<b>Yarn &amp; Company</b> 9:00am-10:30am <b>Holiday Creations</b> 10:30pm-12:00pm <b>Kid's Art Corner</b> 3:00pm-4:30pm			
20	21	22	23	24	25	26
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27	28	29	30			
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The Walker Wellness Center is located at 107655 Hwy. 395 (Just across the Hwy. from the Country Store) Feel free to call us at (530) 495-2363!!

A service of Mono County Mental Health and Proposition 63.

## DESCRIPTION OF WELLNESS CENTER ACTIVITIES

**Knitting Circle:** Calling all knitters! No matter what type of knitting you like to do, you will be welcome into the circle. All skill levels are encouraged to join us. Please bring any projects you want to share or any current pieces to work on. We have some knitting needles and lots of yarn.

**Scrap Happy Quilters:** If you are interested in learning about classic quilt patterns or basic quilting techniques, then please join us. As you learn about quilting, you will be working on a group project. All levels of quilters are welcome to join this fun group! Materials/tools will be available, however if you have quilting tools/material please feel free to bring them.

**KID'S ART CORNER:** This activity is a perfect way to bond with your little one(s). For kids under 16, parents must be present to participate. We have a variety of arts and crafts for kids of all ages.

**HOLIDAY CREATIONS:** For the month of November, we will be working on Thanksgiving and Christmas Decorations to make your home more festive. Come out and see how creative you can be. It's lots of fun!

**OPEN STUDIO:** If you have a project you are working on, or if you want to learn a new craft, than this is the activity for you. This is a time to get together with others and share ideas and snacks.

**IRIS CARDS:** Iris folding is a paper folding technique using colored papers. The folded strips of paper are layered in a spiral pattern. This technique is called iris folding because the center of the design is typically finished with holographic paper and the result resembles the iris of an eye or camera. The technique originated in Holland.

**Beading Circle:** Please join us for a fun and creative time. It has been said that there are many people who like to bead in the Eastern Sierra. Whether you are experienced or someone who is looking to learn a new skill, you will enjoy our beading group. Feel free to bring current projects and any tools/materials you feel comfortable with.