

WALKER WELLNESS CENTER

JANUARY 2012

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	6	7
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	COUNTY HOLIDAY		Open Studio 9:00am-10:30am Yarn & Company 10:30pm-12:00pm Kid's Art Corner 3:00pm-4:30pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
8	9	10	11	12	13	14
	Scrap Happy Quilters 9:00am –10:30am Yarn & Company 10:30am –Noon	Open Studio 9:00am –10:30am Iris Folding Cards 10:30pm-Noon	Open Studio 9:00am-10:30am Yarn & Company 10:30pm-12:00pm Kid's Art Corner 3:00pm-4:30pm			
15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31				
		Scrap Happy Quilters 9:00am –10:30am Open Studio 10:30pm-12:00pm				

Revised
1/09/12

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

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.

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.

Mosaic Tile Creations: Choose from a variety of items to decorate, such as terra cotta pots, frames, wooden boxes and decorate them with an endless supply of mosaic tiles. This is a fun and creative way to express yourself!

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.

YARN & COMPANY: 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