

# WALKER WELLNESS CENTER

## MARCH 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
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK						DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
4	5	6	7	8	9	10
	Yarn & Company 9:00am –10:30am Mosaic Tile Creations 10:30am –Noon	Open Studio 9:00am –10:30am Iris Folding Cards 10:30pm-Noon	Yarn & Company 9:00am-10:30am Open Studio 10:30pm-12:00pm Kid's Art Corner 3:00pm-4:30pm			
11	12	13	14	15	16	17
		Mosaic Tile Creations 9:00am –10:30am Open Studio 10:30pm-12:00pm Movie Time 2:00pm-3:30pm	Yarn & Company 9:00am-10:30am Open Studio 10:30pm-12:00pm Kid's Art Corner 3:00pm-4:30pm			
18	19	20	21	22	23	24
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25	26	27	28	29	30	31
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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!!

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.

**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.

**MOVIE TIME:** Come and join us for a movie. The movie will be a classic from the past. On 3/13 we will be showing, **His Private Secretary**. This is a John Wayne movie about romance and will he get the girl. The odds are not in his favor. On 3/27, we will be showing **Winds Of The Wasteland**. This too is a John Wayne classic. This classic western is about whether or not John Wayne's character John Blair and his partner can win a stagecoach race. Each film is about 60 minutes.

**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.

**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