

WALKER WELLNESS CENTER

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

APRIL 2012

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

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.

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. This month, we are celebrating championship horses! This month's featured movies will be: On **4/10**, we will be showing **Seabiscuit**, which is about a horse whose victories lifted the spirit of a Depression-era nation. On **4/24**, we will be showing **Secretariat**, which is about a horse that was the first to win the U.S. Triple Crown championship.

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!

Encaustic Art: Also known as hot wax painting. This style of art is free and flowing. We use an iron looking tool to heat blocks of wax to create original works of art. No two are the same. Have no fear, as you cannot make a mistake!

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