











WALKER WELLNESS CENTER

MAY 2013

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
	Encaustic Art 9:30am-10:30am Open Studio 10:30am-12:00pm	Open Studio 9:00am-10:00am Encaustic Art 10:00pm-11:00am	Iris Folding Cards 9:00am-10:30am Walking for Wellness 10:30am – 12:30pm Kid's Art Corner 3:30pm-5:00pm Produce Power 5:30pm-6:30pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
5	6	7	8	9	10	11
	Open Studio 9:00am-10:30am Iris Folding Cards 10:30am-12:00pm	Iris Folding Cards 9:00am-10:00am Open Studio 10:00pm-11:00am	Open Studio 9:00am – 10:30am Walking for Wellness 10:30am – 12:30pm Kid's Art Corner 3:30pm-5:00pm			
12	13	14	15	16	17	18
	Iris Folding Cards 9:30am-10:30am Bird Houses 10:30am-12:00pm	Open Studio 9:00am-10:00am Encaustic Art 10:00pm-11:00am	Encaustic Art 9:00am – 10:30am Seedling Steward Day 11:30am-1:30pm Walking for Wellness 10:30am – 12:30pm Kid's Movie Corner 3:30pm-5:00pm			
19	20	21	22	23	24	25
	Encaustic Art 9:30am-10:30am Open Studio 10:30am-12:00pm	Encaustic Art 9:00am-10:00am Open Studio 10:00pm-11:00am	Open Studio 9:00am – 10:30am Walking for Wellness 10:30am – 12:30pm Healthy Cooking, Demo & Lunch 11:30am-1:30pm Kid's Art Corner 3:30pm-5:00pm			
26	27	28	29	30	31	
A service of Mono County Behavioral Health and Proposition 63.	Wellness Center Closed  Memorial Day	Open Studio 9:00am-10:00am Iris Folding Cards 10:00pm-11:00am	Wellness Center Closed Due to a Special Project			

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. On May 15th, we will be featuring; **Surf's Up**. This movie is about the annual Penguin World Surfing Championship and it's newest up and coming competitor; Cody Maverick. Please join us!! Snacks to go with the movie will be provided!

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.

Walking For Wellness: Please come out and join us every Wednesday from 10:30am – 12:30pm, or for as long as you can dedicate to a walk. We meet on Cunningham, in front of the Curti Ranch (a little ways down Cunningham, before you reach the big curve. Look for # 951). All levels of walkers welcome. Gives you a chance to get some exercise and chat with other local walkers.

Produce Power: Key steps to healthy eating. Public Health Department's Nutritionist; Marta Smith will be facilitating this Garden Project Workshop. We look forward to seeing you!

Seedling Steward Day: Time to start another batch of seedlings! If you're available to help foster seedlings, or if you missed our workshops last month, join us for our hands-on seed planting introduction to 'do-it-yourself' seed starting pots.

Healthy Cooking, Demo & Lunch: Learn how to prepare healthy, easy recipes. This month, we're cooking spicy chili kale chips, spinach and Jerusalem artichoke fettuccini with broccoli rabe pesto, and grapefruit salad.

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

Iris Folding 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.