








WALKER WELLNESS CENTER

JUNE 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
30						1
						DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
2	3	4	5	6	7	8
	Walking for Wellness 9:30am – 11:30pm Bird Houses 1:30pm-3:00pm	Iris Folding Cards 9:00am-10:00am	Walking for Wellness 8:30am – 10:30pm Gardening in the Eastern Sierra & Organic Gardening 10:30am-12:30pm Kid's Art Corner 3:30pm-5:00pm			
9	10	11	12	13	14	15
	Walking for Wellness 9:30am – 11:30pm Iris Folding Cards 1:30pm-3:00pm	Open Studio 9:00am-10:00am Mommy's Time Out 7:00pm-8:00pm 	Walking for Wellness 9:30am – 11:30pm Kid's Art Corner 3:30pm-5:00pm			TENTATIVE: How To Build a Raised Bed 9:00-10:30am Raised Bed Building Party 10:30am-4:00pm
	17	18	19	20	21	22
	WELLNESS CENTER CLOSED	Encaustic Art 9:00am-10:00am	Walking for Wellness 9:30am – 11:30pm Kid's Movie Corner 3:30pm-5:00pm			
23	24	25	26	27	28	29
A service of Mono County Behavioral Health and Proposition 63.	Walking for Wellness 9:30am – 11:30pm Encaustic Art 1:30pm-3:00pm	Open Studio 9:00am-10:00am Iris Folding Cards 10:00pm-11:00am Mommy's Time Out 7:00pm-8:00pm	Walking for Wellness 9:30am – 11:30pm Healthy Cooking Demo 11:30am-1:30pm Kid's Art Corner 3:30pm-5:00pm			

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.

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 June 19th, we will be featuring; **The Odd Life of Timothy Green**. This movie is about a magical plant boy. 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.

The following classes are **tentative**, depending on garden construction completion: **How To Build A Raised Bed** and **Raised Bed Building Party**. Information will be emailed to all Antelope Valley Community Garden Volunteers.

Gardening in the Eastern Sierra & Organic Gardening: We are happy to announce that Dustin Blakey; Director and Farm Advisor of the University Of California Cooperative Extension – **Inyo-Mono Master Gardner** will be facilitating these very informative workshops. He will discuss the challenges, as well as tips for success in gardening here and will also educate the group on Organic Gardening.

Healthy Cooking, Demo & Lunch: Learn how to prepare healthy, easy recipes. This month, we're going to learn about the wonders of Kale.

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.

MOMMY TIME: This time is set aside for all the mom's of children of all ages. This is a time to come and talk about whatever is on your mind. You may want to vent or you may be feeling strong and just be there for someone else. You may want to share a funny story and fill the room with laughter. Please come and join us!!

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.