







WALKER WELLNESS CENTER

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

September 2013

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	 Happy LABOR DAY The Wellness Center Closed	Open Studio 9:00am-10:00am Iris Folding Cards 10:00pm-11:00am	Walking for Wellness 8:30am – 10:00am Produce Power for Kids 12:30pm-1:30pm Kid's Art Corner 3:30pm-5:00pm Work Out Wednesday 6:00pm-7:00pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
8	9	10	11	12	13	14
	Breakfast Club 8:30am-10:00am Encaustic Art 2:00pm – 3:30pm	Iris Folding Cards 9:00am-10:00am Fall Wreaths 10:00pm-11:30am	Walking for Wellness 8:30am – 10:00am Kid's Art Corner 3:30pm-5:00pm Work Out Wednesday 6:00pm-7:00pm			
15	16	17	18	19	20	21
	Walking for Wellness 8:30am – 10:00am Iris Folding Cards 1:30pm-3:00pm	Open Studio 9:00am-10:00am	Buiding a Raised Bed Hoop House 11:00am-12:30pm Kid's Art Corner 3:30pm-5:00pm Work Out Wednesday 6:00pm-7:00pm			
22	23	24	25	26	27	28
	Breakfast Club 8:30am-10:00am Encaustic Art 1:30pm-3:00pm Mommy Moment 7:00pm-8:00pm	Encaustic Art 9:00am-10:00am Open Studio 10:00am-11:30am	Walking for Wellness 8:30am – 10:00am Cooking Demo: Fall Bounty 12:00pm-1:30pm Kid's Movie Corner 3:30pm-5:00pm Work Out Wednesday 6:00pm-7:00pm			
29	30					
A service of Mono County Behavioral Health and Proposition 63.	Walking for Wellness 8:30am – 10:00am Iris Folding Cards 1:30pm-3:00pm					

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.

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 September 25th, we will be featuring an animated film! It will be a surprise!! Please join us!! Snacks to go with the movie will be provided!

Walking For Wellness: Please come out and join us. 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. If the air is smokey, we will not walk. If no one shows up, the walk may take place in the evening. Call 530-495-2363 if you have questions.

Produce Power for Kids: Bring your kids for a fun interactive workshop on healthy nutrition for your kids and the whole family!

Raised Bed Hoop House: Learn how to extend your growing season by adding a Hoop House structure to support garden insulating materials.

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 MOMENT: This time is set aside for all of the moms, 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 or just hang out! Please come and join us!!

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.

Fall Wreaths: Come on out and show your creativity. We will have fall colors and materials to build a beautiful wreath to celebrate Fall!! Bring a friend and plan on having fun and taking home your work of art!!

Cooking Demo- Fall Bounty: Learn delicious easy recipes using fall harvest! Roasted butternut squash ravioli & High Altitude Spinach Souffle.

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.

Work Out Wednesday: Each Wednesday, a different exercise DVD will be shown, from Hip Hop Abs & Combat and other popular work out programs. This is a great opportunity to relieve stress and meet new people with fitness goals!!

Breakfast Club: Please join us for breakfast and conversation!! The menu will change each time. Menu selections, will include items like blueberry pancakes, sausage, eggs, bacon, eggs benedict and whatever else we can cook up and let's not forget the coffee!!