

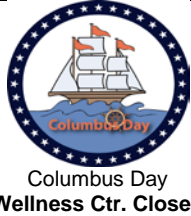
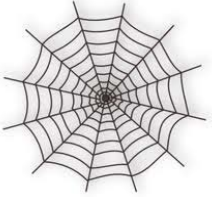






WALKER WELLNESS CENTER

The Wellness Center is OPEN TO EVERYONE in the community!

OCTOBER 2013

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Open Studio 9:00am-10:00am Just Do It! 6:00pm-7:00pm	Low Hoop House 2:00pm-4:00pm Kid's Art Corner 3:30pm-5:00pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
6	7	8	9	10	11	12
	Halloween Iris Folding 9:00am-11:00am Encaustic Art 2:00pm – 3:30pm	Halloween Wreaths 2:00pm-4:00pm Just Do It! 6:00pm-7:00pm	Open Studio 9:00am-11:00am			
13	14	15	16	17	18	19
	 Columbus Day Wellness Ctr. Closed	Open Studio 9:00am-10:00am Just Do It! 6:00pm-7:00pm	Demo: DIY Compost Bin from pallets 12:pm-2:00pm Kid's Art Corner 3:30pm-5:00pm			
20	21	22	23	24	25	26
	Breakfast Club 8:30am-10:00am Encaustic Art 1:30pm-3:00pm	Encaustic Art 9:00am-10:00am Open Studio 10:00am-11:30am Just Do It! 6:00pm-7:00pm	Cooking Demo: Creative Cauliflower 12:00pm-1:00pm Kid's Movie Corner 3:30pm-5:00pm			
27	28	29	30	31		
A service of Mono County Behavioral Health and Proposition 63.	Open Studio 9:00am-11:00am Iris Folding Cards 1:30pm-3:00pm	Encaustic Art 9:30am-11:00am Just Do It! 6:00pm-7:00pm	HALLOWEEN PARTY 3:00PM-5:00PM Costume Contest at 4:00pm Mommy Moment 7:00pm-8:00pm			

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!

Halloween Party: Come on out and show your ghoulish style and possibly win a prize! We will have our annual youth costume contest and cake walk. There will be craft stations and prizes for kids to win!!

Demo: DIY Compost Bin from Repurposed Pallets: Learn how to repurpose wood pallets to build a rustic compost bin.

Low Hoop House Construction: Hands on experience on building a low hoop house frame for your garden beds.

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, then this is the activity for you. This is a time to get together with others and share ideas and snacks.

Halloween Wreaths: Show off your creativity and create a unique wreath to display at your home, complete with spider webs, ghosts and goblins. We will be using straw wreaths.

Cooking Demo- Creative Cauliflower: Learn how to make cauliflower pizza crust, Spanish crispy cauliflower snack, and roasted cauliflower puree. **RSVP Requested.**

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.

Just Do It! Each Tuesday, 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!!