

November 2013

Please join us for FREE & FUN activities!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
3	4	5	6	7	8	9
 Don't forget to set your clocks back	Iris Folding Cards 9:00am-11:00am Encaustic Art 2:00pm – 3:30pm	Peapod Group 12:30pm-1:30pm Just Do It! 6:00pm-7:00pm	Knit a Cap 9:30am-11:00am Kid's Art Corner 3:30pm-5:00pm			
10	11	12	13	14	15	16
	 Happy Veteran's Day!	Peapod Group 12:30pm-1:30pm Open Studio 9:30am-11:00am Just Do It! 6:00pm-7:00pm	Knit a Cap 9:30am-11:00am Kid's Art Corner 3:30pm-5:00pm			
17	18	19	20	21	22	23
	Breakfast Club 9:30am-11:00am Encaustic Art 1:30pm-3:00pm	Peapod Group 12:30pm-1:30pm Encaustic Art 9:00am-10:00am Just Do It! 6:00pm-7:00pm	Knit a Cap 9:30am-11:00am Kid's Movie Corner 3:30pm-5:00pm Mommy Moment 7:00pm-8:00pm			
24	25	26	27	28	29	30
A service of Mono County Behavioral Health and Proposition 63.	Iris Folding Cards 1:30pm-3:00pm Give Thanks Meal 3:00pm-4:30pm	Peapod Group 12:30pm-1:30pm Open Studio 9:30am-11:00am Just Do It! 6:00pm-7:00pm	Wellness Center Closed	 Happy Thanksgiving		

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 November 20th, we will be featuring Monster's University, for Kids Movie Time.

PEAPOD GROUP: Please join Chanden Tolbert-Robasciotti of the Peapod Program for this great activity. This is an opportunity to enhance your child's social and emotional development through play. It's also a great opportunity for parents to socialize. Please call Chanden at 530.208.6472, if you have questions.

GIVE THANKS MEAL: Let's come together, break bread and feast. This is a potluck, so please bring your favorite side dish. The turkey, stuffing and drinks will be provided. Please call 530.495.2363 if you have questions

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.

KNIT A CAP: It's that time of year again, to pull out your scarves and hats. If you would like to learn how to knit with needles or with a loom, come on down. If you know how to knit, please join us for talk time.

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!!