








WALKER WELLNESS CENTER

May 2014

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
					DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	Community Garden Kick-Off 11:00am-2:00pm
4	5	6	7	8	9	10
	Coupon Clipping 101 1:30am-2:30am	Peapod Group 12:30pm-1:30pm Just Do It! 7:00pm-8:00pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			
11	12	13	14	15	16	17
	Spring Cleaning 9:30am-12:00pm Iris Folding Cards 1:30pm-3:00pm	Peapod Group 12:30pm-1:30pm Just Do It! 7:00pm-8:00pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			
18	19	20	21	22	23	24
	Breakfast Club 9:30am-11:00am Coupon Clipping 101 1:30am-2:30am	Peapod Group 12:30pm-1:30pm Just Do It! 7:00pm-8:00pm	Open Studio 9:30am-11:00am Kid's Movie Time 3:00pm-4:30pm			
25	26	27	28	29	30	31
A service of Mono County Behavioral Health and Proposition 63.	 Wellness Center Closed	Peapod Group 12:30pm-1:30pm Just Do It! 7:00pm-8:00pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm 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 May 21st, we will be featuring a Disney Movie.

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.

COMMUNITY GARDEN KICK-OFF: It's time to garden and start reaping the benefits of our labor...fresh vegetables. Please join us for our 2014 garden kick-off event. We will be hanging our new sign and appreciating all of those that worked so hard to get this project off of the ground!!

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.

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.

COUPON CLIPPING 101: Are you looking for ways to save money? Here's an activity for you! Join us to learn money saving tips. We will clip coupons, share money saving tips and learn to manage our money better.

Spring Cleaning: It's time to pay it forward. Please help us clean up our wellness center. We have supplies to go through and organize! It's that time of year to make our wellness center shine! Many hands make light work and we could really use your help! Please bring a friend!

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!!