








WALKER WELLNESS CENTER

JUNE 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	4	5	6	7
	Iris Folding Cards 9:30am-11:00am Paint Garden Markers 2:00-3:00pm	Peapod Group 12:30pm-1:30pm			DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	
8	9	10	11	12	13	14
	Coupon Clipping 101 1:30pm-2:30pm Paint Garden Markers 2:00-3:00pm	Peapod Group 12:30pm-1:30pm Paint Garden Markers 2:00-3:00pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			
15	16	17	18	19	20	21
	Spring Cleaning 9:30am-12:00pm Iris Folding Cards 1:30pm-3:00pm	Peapod Group 12:30pm-1:30pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			
22	23	24	25	26	27	28
		Peapod Group 12:30pm-1:30pm Paint Garden Markers 2:00-3:00pm	Open Studio 9:30am-11:00am Kid's Movie Time 3:00pm-4:30pm			
29	30					
A service of Mono County Behavioral Health and Proposition 63.	Breakfast Club 9:30am-11:00am Kid's Book Read 2:00pm-3:00pm	Peapod Group 12:30pm-1:30pm	Open Studio 9:30am-11:00am Kid's Art Corner 3:00pm-4:30pm			

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 June 26th, we will be featuring a Disney Movie.

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.

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.

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!

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.

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.

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!!