



SUN	MON	TUES	Wed	THUR	FRI	SAT
				1 Game Time/Drop-in/Arts & Crafts 9:00 a.m.-2:00 p.m. Ice Cream Social 12:30-2:00 p.m	2 Peapod 10:00am-11:00pm North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	3
4	5	6	7	8	9	10
	Fall Colors Walking Group 9:00-10:00 a.m. Mindfulness Group 10:00 a.m.-11:00 p.m. Arts and crafts Group 1:00-3:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm	Clinician 10:00-4:00 pm* *Please call 760-924-1740 for an appointment	Game Time/ Drop-in/Arts & Crafts 9:00-2:00 p.m. Bingo 12:30-2:00 p.m.	Peapod 10:00am-11:00pm North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	
11	12	13	14	15	16	17
	Holiday	Closed Groups 8:00-12:00 pm 1:00-3:00 pm Clinician 10-4:00 p.m.	Clinician 10:00-4:00 pm* *Please call 760-924-1740 for an appointment	Game Time/ Drop-in/Arts & Crafts 9:00-2:00 p.m. Ice Cream Social 12:30-2:00 p.m	Peapod 10:00am-11:00pm North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm	
18	19	20	21	22	23	24
	Fall Colors Walking Group 9:00-10:00 a.m. Mindfulness Group 10:00 a.m.-11:00 p.m. Arts and crafts Group 1:00-3:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm Clinician 10:00-4:00 pm* Grief Group 6:00-7:30 p.m.	*Please call 760-924-1740 for an appointment	Holiday	Holiday	
25	26	27	28	29	30	
	Walking Group 9:00-10:00 a.m. Mindfulness Group 11:00 a.m.-12:00 p.m. Art and crafts Group 1:00-3:00 pm NMC Hospice Appt Hrs 2:00-4:00 pm	Closed Groups 8:00-12:00 pm 1:00-3:00 pm	Clinician 10:00-4:00 pm* *Please call 760-924-1740 for an appointment	Game Time/ Drop-in/Arts & Crafts 9:00-2:00 p.m. Bingo 12:30-2:00 p.m.	Peapod 10:00am-11:00pm North Mono County Hospice Appt Hrs: 11:00 am-1:00 pm Walker Social 5:30-7:30 pm	A service of Mono County Behavioral Health and Proposition 63

Walker Wellness Center Address: 107655 Hwy 395 | Phone: (530) 495-2363

Mammoth Main Office Phone: (760) 924-1740

Description of Wellness Center Activities

Find us online: monocounty.ca.gov/behavioral-health/page/wellness-centers

Find us on Social Media: facebook.com/Mono-County-Behavioral-Health-246837372097549/

Walking Group: Late September is the beginning of fall colors in the High Sierra. Join us for a short walk and a view of some of the most beautiful scenery ever! Walks begin from nearby trailheads.

Art for Families: Choose the crafts or art projects of your choice and relax at the Wellness Center while creating with friends.

Mindfulness Group

Learn and practice the art of Meditation and peaceful awareness. Some groups will be at the center and others at beautiful natural spots.

Clinician Wednesdays: To make an appointment with our clinician, please call the main Mammoth office at 760-924-1740.

Game Time/ Drop-In. Join us at the Wellness Center to hang out or play games of your choice.

Location Picnics- Join us for a picnic at a beautiful Mono County location. We will provide some refreshments and good company. Mono County location.

North Mono County (NMC) Hospice Appointment Hours: Pam will send these over

Bingo Night

Join us for Bingo and prizes. Bring the family.

Community Garden: Reserve a bed in our Community Garden for the summer! Contact David at 530-495-2363 or dhathaway@mono.ca.gov

Walker Socials: Join us for our monthly community dinner and social event. This is a fun, free event for all ages!