

SUN	MON	TUES	Wed	THUR	FRI	SAT
					1 North Mono County Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	2
3	4	5	6	7	8	9
	<p><a href="#">Morning Joe Chat Group</a> 9:00-10:00 a.m.</p> <p><a href="#">Mindfulness Group</a> 10:00-11:00 a.m.</p> <p><a href="#">Arts and Crafts Group</a> 1:00-3:00 p.m.</p> <p>NMC Hospice Appt Hrs 2:00-4:00 p.m.</p>	<p><u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.</p>	<p>Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment</p> <p><a href="#">AA Open Meeting</a> 5:00-6:00 p.m.</p>	<p><a href="#">Just Kidding Around</a> Yoga 9:30-10:30 a.m.</p> <p><a href="#">Game Time/ Drop-in/Arts &amp; Crafts</a> 10:30 a.m.-4:00 p.m.</p> <p><a href="#">Seeding for Community Garden</a> 0900-400p.m</p>	<p><a href="#">North Mono County Hospice Appt Hrs:</a> 11:00 a.m.-1:00 p.m.</p>	
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
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24	25	26	27	28	29	A service of Mono County Behavioral Health and Proposition 63
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**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](http://monocounty.ca.gov/behavioral-health/page/wellness-centers)

Find us on Social Media: [facebook.com/Mono-County-Behavioral-Health-246837372097549/](https://facebook.com/Mono-County-Behavioral-Health-246837372097549/)

**Walker Socials:**

Join us for our monthly community dinner and social event. This is a fun, free event for all

**Arts and Crafts Group**

Create the crafts or art projects of your choice and relax at the Wellness Center while creating with friends.

**Morning Joe Chat**

Drop by for coffee, cocoa, or tea and shoot the breeze.

**Clinician Wednesdays:**

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

**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.

**Family Brunch & Crock Pot Cooking Class:**

Join us for coffee, tea and quiche on brunch dates. Crock pot cooking classes will feature homemade chili and enchiladas.

**Game Time/Drop-In**

Join us at the Wellness Center to hang out or play games of your choice.

**North Mono County (NMC) Hospice Appointment Hours**

This volunteer, community-based hospice provides non-medical in-home respite care, emotional support, practical assistance, and comfort to individuals, their families, and caregivers who are coping with a life-limiting illness. Please call 760-809-1489 to schedule an appointment and discuss the volunteer or client application process.

**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