

# Alpine County Behavioral Health Services- Wellness Programs SEPTEMBER 2017



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|--|---|
|  |  |  |  |  | Drop In Hours 10-2pm 1   | 2   |
| <p>The mission of Alpine County Behavioral Health Services is to provide safe, ethical and accessible services that inspire personal growth and development through strength- based behavioral health programs and supportive connections.</p> |  |  |  |  | <p><u>Create the Good</u>-12p-2p<br/>The Firehouse Taco Bar<br/>Diabetes Presentation</p>  |   |
| 3  | Labor Day 4  | 5  | Wellness Drop In Hours 2-4pm 6   | 7  | Drop In Hours 10-2pm 8   | 9   |
|  | County Holiday Offices Closed  | <p><u>Community Walking Club</u> 9a Firehouse<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>Yoga for Balanced Living</u> 2p-3:30p Learning Center<br/><u>Balanced Perspective through Mindfulness</u> 2p Markleeville Library<br/><u>Yoga</u> 5:30p-7pm Markleeville Library</p>   | <p><u>0-5 Play Group</u> Lunch &amp; Activities 12p-2p The Learning Center<br/><u>Women's Wellness Group</u> 2p The Learning Center<br/><u>Talking Circle</u> 4:30p The Firehouse<br/><u>Family Night</u> 5:30p The Firehouse BBQ</p>                              | <p><u>NO Senior Soak</u><br/><u>Gentle Yoga &amp; Meditation</u> 10:30a-12p The Learning Center<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>NEW Art Series</u> 1p-3p Markleeville Library "Cake Decorating"<br/><u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>    | <p><u>Create the Good</u>-12p-2p<br/>The Firehouse<br/>Beef &amp; Broccoli Stir Fry<br/>Presentation By Alisa with Suicide Prevention Network</p>  | <p>"WALK in Memory, WALK for Hope" at Heritage Park<br/>9am sign up with Behavioral Health 694.1816</p> |
| 10   | Wellness Drop In Hours 9-4pm 11  | 12   | Wellness Drop In Hours 2-4pm 13  | 14   | Drop In Hours 10-2pm 15  | 16  |
|  | <p><u>NO Senior Soak</u> Closed for Maintenance<br/><u>Bowling Trip</u>- Carson Lanes depart 10am RSVP 694.1816<br/><u>Wadoda Agawe</u>: Basketry 9-12p, 2-3:30p Weaving at The Firehouse</p>  | <p><u>Community Walking Club</u> 9a Firehouse<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>Yoga for Balanced Living</u> 2p-3:30p Learning Center<br/><u>Balanced Perspective through Mindfulness</u> 2p Markleeville Library<br/><u>Yoga</u> 5:30p-7pm Markleeville Library</p>   | <p><u>Special Guest: Clint Malarchuk</u> 10a-12p Turtle Rock Park, 5-7p Hung-A-Lel Ti Gym RSVP 694.1816<br/><u>0-5 Play Group</u> Lunch &amp; Activities 12p-2p The Learning Center<br/><u>Women's Wellness Group</u> 2p The Learning Center</p>                   | <p><u>NO Senior Soak</u><br/><u>Gentle Yoga &amp; Meditation</u> 10:30a-12p The Learning Center<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>50+ Club 12-2pm</u> Chili Cook-Off The Learning Center<br/><u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>             | <p><u>Create the Good</u>-12p-2p<br/>The Firehouse<br/>BBQ Turkey Pepper Shells hosted by Snap-Ed</p>  |   |
| 17   | Wellness Drop In Hours 9-4pm 18  | 19   | Wellness Drop In Hours 2-4pm 20  | 21   | Drop In Hours 10-2pm 22  | 23  |
|  | <p><u>NO Senior Soak</u> Closed for Maintenance<br/><u>Wadoda Agawe</u>: Basketry 9-12p, 2-3:30p Weaving The Firehouse</p>   | <p><u>Community Walking Club</u> 9a Firehouse<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>NEW Diabetes Support Group &amp; Cook a Healthy Meal</u> 12p The Firehouse<br/><u>Yoga for Balanced Living</u> 2p-3:30p Learning Center<br/><u>Balanced Perspective through Mindfulness</u> 2p Markleeville Library<br/><u>Yoga</u> 5:30p-7pm Markleeville Library</p> | <p><u>0-5 Play Group</u> Lunch &amp; Activities 12p-2p The Learning Center<br/><u>Women's Wellness Group</u> 2p The Learning Center<br/><u>Talking Circle</u> 4:30p The Firehouse<br/><u>Family Night</u> 5:30p The Firehouse</p>                                  | <p><u>Senior Soak</u> 10-12p Grover Hot Springs<br/><u>Gentle Yoga &amp; Meditation</u> 10:30a-12p<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>NEW Art Series</u> 1p-3p Markleeville Library "Cake Decorating"<br/><u>Yoga</u>-5:30p-7p Markleeville Library Grass</p> | <p><u>Create the Good</u>-12p-2p<br/>The Firehouse<br/>Indian Tacos</p>  | <p><u>SafeTALK Training</u> 9-12:30p at Diamond Valley School<br/>RSVP 775.783.1510</p>                 |
| 24   | Wellness Drop In Hours 9-4pm 25  | 26   | Wellness Drop In Hours 2-4pm 27  | 28   | Drop In Hours 10-2pm 29  | Community   |
|  | <p><u>Senior Soak</u> 10-12p Grover Hot Springs<br/><u>Youth Awareness Day</u> 10-2pm Hung-A Lel Ti Gym<br/><u>Wadoda Agawe</u>: Basketry 9-12p, 2-3:30p Weaving The Firehouse (NO SCHOOL)</p> | <p><u>Community Walking Club</u> 9a Firehouse<br/><u>Men's Group</u> 11a at Firehouse<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>Yoga for Balanced Living</u> 2p-3:30p Learning Center<br/><u>Balanced Perspective through Mindfulness</u> 2p Markleeville Library<br/><u>Yoga</u> 5:30p-7pm Markleeville Library</p>   | <p><u>Badooh Dado'da</u> 10a-2p<br/><u>0-5 Play Group</u> Lunch &amp; Activities 12p-2p The Learning Center<br/><u>Women's Wellness Group</u> 2p The Learning Center<br/><u>Talking Circle</u> 4:30p The Firehouse<br/><u>Family Night</u> 5:30p The Firehouse</p> | <p><u>Senior Soak</u> 10-12p Grover Hot Springs<br/><u>Gentle Yoga &amp; Meditation</u> 10:30a-12p<br/><u>Chair Ex</u> 11a-12p <u>Yoga</u> 12p-1p Gym<br/><u>Elder's Luncheon &amp; Portraits</u>12-2p Gym<br/><u>Yoga</u>-5:30p-7p Markleeville Library Grass</p>                   | <p><u>Create the Good</u>-12p-2p<br/>The Firehouse<br/>Fresh Fish Nuggets &amp; Sweet Potato Fries<br/><u>Dine In &amp; Drop In</u> with Tahoe Youth &amp; Family Services 3-6p at Firehouse</p> | <p><u>Movie Night</u><br/>"Beauty &amp; the Beast" Pizza 7:30p, movie at 8p at the Learning Center</p>  |
|  |  |  |  |  |  | 30  |