

Alpine County Behavioral Health Services- Wellness Programs

FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<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>Senior Soak All day at Grover Hot Springs must have card. Chair Ex 11a-12p Yoga 12p-1p Gym Art Series 1p-3p "Cake Decorating" Firehouse Yoga 5:30p-7p The Learning Center</p>	<p>Wellness Center Drop In Hours 10-2p Create the Good 12p-2p Diabetes Lesson by CMSP Community Center Family Bond 5-6:30p "Storytelling" by Melanie at the Learning Center</p>	
4	5	6	7	8	9	10
<p>Senior Soak All day at Grover Hot Springs must have card. Movie Outing "Hostiles" at the Fandango, depart 11am from Firehouse. Transportation for 5</p>	<p>Community Walking Club 9a Firehouse Chair Ex 11a-12p Yoga 12p-1p Gym Ceramics at Wedge Studio 1 of 4 depart 1130a space for 5 Yoga 5:30p-7pm The Learning Center Guided Relaxation 730-830p</p>	<p>0-5 Play Group Lunch & Bounce House 12p-2p The Learning Center Wellness Drop In Hours 2-4pm Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse</p>	<p>Senior Soak All day at Grover Hot Springs must have card. Chair Ex 11a-12p Yoga 12p-1p Gym 50+ Club Interactive "Heart Healthy" Activities with Dawn Yoga 5:30p-7p The Learning Center</p>	<p>Wellness Center Drop In Hours 10-2p Create the Good-12p-2p The Firehouse Movie & Discussion for Adults with Live Violence Free "Pow Wow Highway" 5p The Firehouse</p>	<p>Movie Night Despicable Me 3 Pizza 6:30p, movie at 7p at the Learning Center</p>	
11	12	13	14	15	16	17
<p>County Holiday Offices Closed Senior Soak All day at Grover Hot Springs must have card.</p>	<p>Community Walking Club 9a Firehouse Chair Ex 11a-12p Yoga 12p-1p Gym Ceramics at Wedge Studio 2 of 4 depart 1130a space for 5 Yoga 5:30p-7pm The Learning Center Guided Relaxation 730-830p</p>	<p>0-5 Play Group 12p-2p The Learning Diabetes Lesson & Healthy Snack 1130a Markleeville Library Woman's Wellness Group 2p The Firehouse "Soup is Healing" Wellness Drop In Hours 2-4pm Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse</p>	<p>Senior Soak All day at Grover Hot Springs must have card. Chair Ex 11a-12p Yoga 12p-1p Gym Art Series 1p-3p "Cake Decorating" Firehouse Yoga 5:30p-7p The Learning Center</p>	<p>Wellness Center Drop In Hours 10-2p Create the Good-11a-2p The Firehouse Hands on Cooking for "Chinese New Year" with Donna Miller</p>		
18	19	20	21	22	23	24
<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>
<p>County Holiday Offices Closed No Senior Soak</p>	<p>Community Walking Club 9a Firehouse Chair Ex 11a-12p Yoga 12p-1p Gym Cooking a Healthy Meal & Diabetes Support Group 12p Firehouse Ceramics at Wedge Studio 3 of 4 Youth Vision Board Workshop with Dawn 11-3p Firehouse Yoga 5:30p-7pm The Learning Center Guided Relaxation 730-830p</p>	<p>0-5 Play Group Lunch & Activities 12p-2p The Learning Center "Comic-Con Cosplay Costume Construction" 10-3p The Firehouse for 7th grade- age 25. Wellness Drop In Hours 2-4pm Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse</p>	<p>Senior Soak All day at Grover Hot Springs must have card. Chair Ex 11a-12p Yoga 12p-1p Gym Elder's Lunch & BINGO 12p-2p Gym Yoga 5:30p-7p The Learning Center</p>	<p>Youth Empowerment for Boys 7th-12th grade 10-2p The Learning Center Create the Good-12p-2p The Firehouse kids invited "Comic-Con Cosplay Costume Construction" 3-7p The Firehouse for 7th grade- age 25. Dine In & Drop In with Tahoe Youth & Family Services 430-6pm</p>	<p>Youth Empowerment for Girls 8th-12th grade 10-2p The Learning Center, more information 694.1853</p>	
25	26	27	28			
<p>Wellness Drop In Hours 9-3pm Senior Soak All day at Grover Hot Springs must have card.</p>	<p>Community Walking Club 9a Firehouse Chair Ex 11a-12p Yoga 12p-1p Gym Ceramics at Wedge Studio 4 of 4 depart 1130a space for 5 Yoga 5:30p-7pm The Learning Center Guided Relaxation 730-830p Basketry Class 6-8pm Minden, NV</p>	<p>0-5 Play Group Lunch & Activities 12p-2p The Learning Center Wellness Drop In Hours 2-4pm Talking Circle 4:30p The Firehouse Family Night 5:30p The Firehouse Basketry Class 6-8pm Minden, NV</p>				