

Alpine County Behavioral Health Services, Wellness Programs



JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Drop In Hours 10-2p 1	2
<div style="border: 1px solid black; padding: 5px;"> <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> </div>					<p><u>Create the Good</u> 12p-2p Lesson by CMSP (Chelsea)</p>	
3	Drop In 9-3pm 4	5	6	7	NO Drop In Hours 8	9
	<p><u>Senior Soak</u> All day at Grover Hot Springs must have card. <u>Vietnam Moving Wall</u> Eastside Memorial Park in Minden 10-2pm</p>	<p><u>Community Walking Club</u> 9a The Firehouse <u>NO Chair Ex</u> or <u>Holistic Health Movement</u> Cheryl away <u>Adult Summer Swim Pass Sign ups 2 of 3</u> 9:30-10am at Carson Valley Swim Center- transportation available <u>Movie & Discussion for Adults</u> with Live Violence Free 5p The Firehouse date <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Talking Circle</u> 4:30p The Firehouse <u>Family Night</u> 5:30p The Firehouse</p>	<p><u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Bike-a-thon</u> at Diamond Valley School 10-2pm <u>Create the Good</u>-12p-2p The Firehouse</p>	<p><u>Movie Night</u> "Black Panther" Markleeville Library Grass 8pm</p>
10	Drop In 9-3pm 11	12	13	14	Drop In Hours 10-2p 15	16
	<p><u>Senior Soak</u> All day at Grover Hot Springs, must have card. <u>Trip to Bodie</u> am depart,</p>	<p><u>Community Walking Club</u> 9a The Firehouse <u>Adult Summer Swim Pass Sign Ups 3 of 3</u> 9:30-10am at Carson Valley Swim Center- transportation available <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Diabetes Lesson & Healthy Snack</u> 1130a Markleeville Library <u>Talking Circle</u> 4:30p The Firehouse <u>Family Night</u> 5:30p The Firehouse</p>	<p><u>NO Chair Ex</u> or <u>Holistic Health Movement</u> Cheryl away <u>50+ Club</u> Potluck 12-2p Learning Center Rich & Kate Harvey's Slideshow Presentation of trip to Patagonia Region of south America. <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Create the Good</u>-12a-2p The Firehouse Lunch & Lesson hosted by Snap-Ed (Miriam)</p>	
17	Drop In 9-3pm 18	19	20	21	Drop In Hours 10-2p 22	23
	<p><u>Senior Soak</u> All day at Grover Hot Springs must have card.</p>	<p><u>Community Walking Club</u> 9a The Firehouse <u>Cooking a Healthy Meal & Diabetes Support Group</u> 12p Firehouse <u>Chair Ex</u> 11a-12p <u>BELLY DANCING</u> 12p-1p Gym <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Talking Circle</u> 4:30p The Firehouse <u>Family Night</u> 5:30p The Firehouse</p>	<p><u>NO Chair Ex</u> or <u>Holistic Health Movement</u> Cheryl away <u>Alpine Health & Human Services Stakeholder Meeting</u> 10-3pm at Turtle Rock Park <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Create the Good</u>-12p-2p The Firehouse</p>	
24	Drop In 9-3pm 25	26	27	28	Drop In Hours 10-2p 29	30
	<p><u>Senior Soak</u> All day at Grover Hot Springs must have card.</p>	<p><u>Community Walking Club</u> 9a The Firehouse <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Talking Circle</u> 4:30p The Firehouse <u>Family Night</u> 5:30p The Firehouse</p>	<p><u>Chair Ex</u> 11a-12p Gym <u>Elder's Luncheon & BINGO</u> 12p-2p Gym <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Create the Good</u>-12p-2p The Firehouse</p>	