

Alpine County Behavioral Health Services, Wellness Programs 530.694.1816							"MUSIC"		MARCH 2020	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
1	2	3	4	5	6	7				
	<u>Senior Soak</u> All day at Grover Hot Springs	<u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Drop In to work on project or just hang out. <u>Yoga</u> 5:30p-7p The Learning Center <u>Paperwork due for High School Ski/Board Outing at Kirkwood Friday March 6, 2020</u>	<u>Playgroup</u> 12-2p Learning Center <u>Wellness Center Hours</u> 1-4p Firehouse "Mandalorian Episodes" & Popcorn 2-4pm <u>Talking Circle</u> 4:30p Firehouse <u>Family Night</u> 5:30-6:30p next to Firehouse	<u>Senior Soak</u> All day at Grover Hot Springs <u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> 1-4p "Metal Stamping" <u>SafeTALK Training</u> at Kirkwood 1230-430p <u>High School Hang Out Dinner & Activities at the Firehouse</u> 5-7pm <u>Yoga</u> 5:30p-7p The Learning Center	<u>High Schoolers Outing to Kirkwood</u> <u>Create the Good</u> -12-2p with <u>Diabetes Lesson</u> by CSS & <u>Community Walking Club</u> to follow 1p from The Firehouse					
8	9	10	11	12	13	14				
	<u>Senior Soak</u> All day at Grover Hot Springs <u>Outing</u> to depart 9am	<u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Drop In to work on project or just hang out. <u>Yoga</u> 5:30p-7p The Learning Center	<u>Playgroup</u> 12-2p Learning Center <u>Diabetes Lesson & Healthy Snack</u> by CSS 10am at Chamber of Commerce <u>Wellness Center Hours</u> 1-4p Firehouse "Mandalorian Episodes" & Popcorn 2-4pm <u>Talking Circle</u> 4:30p Firehouse <u>Family Night</u> 5:30-6:30p next to Firehouse	<u>NO Senior Soak</u> due to lifeguard certification <u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>50+Club St. Patty's Day Potluck & Irish Music</u> 12-2p The Learning Center <u>Wellness Center Hours</u> Firehouse 1-4pm "Metal Stamping" <u>Yoga</u> 5:30p-7p The Learning Center	<u>Create the Good</u> -12-2p Firehouse Activity with Suicide Prevention Network					
15	16	17	18	19	20	21				
	<u>Senior Soak</u> All day at Grover Hot Springs	<u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>SafeTALK Training</u> at Firehouse 1230-430p <u>Wellness Center Hours</u> "Cooking a Healthy Meal" with Community Service Solutions 1-3p <u>Yoga</u> 5:30p-7p The Learning Center	<u>Playgroup</u> 12-2p Learning Center <u>Wellness Center Hours</u> 1-4p Firehouse "Mandalorian Episodes" & Popcorn 2-4pm <u>Talking Circle</u> 4:30p Firehouse <u>Family Night</u> 5:30-6:30p next to Firehouse	<u>Senior Soak</u> All day at Grover Hot Springs <u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> 1-4p Firehouse "Metal Stamping" <u>Yoga</u> 5:30p-7p The Learning Center	<u>Create the Good</u> -12-2p Firehouse <u>Presentation & Tastings</u> hosted by CSS & <u>Community Walking Club</u> to follow 1p from The Firehouse					
22	23	24	25	26	27	28				
	<u>Senior Soak</u> All day at Grover Hot Springs	<u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Drop In to work on project or just hang out <u>Yoga</u> 5:30p-7p The Learning Center	<u>Playgroup</u> 12-2p Learning Center <u>Wellness Center Hours</u> 1-4p Firehouse "Mandalorian Episodes" & Popcorn 2-4pm <u>Talking Circle</u> 4:30p Firehouse <u>Family Night</u> 5:30-6:30p next to Firehouse	<u>Senior Soak</u> All day at Grover Hot Springs <u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Mental Health Board Meeting</u> 12-1pm <u>Elders BINGO at Firehouse</u> 1-3p, at the Firehouse <u>Yoga</u> 5:30p-7p The Learning Center	<u>Create the Good</u> -12-2p Firehouse Nutrition Coaching with Dawn 1-2pm					
29	30	31								
	<u>Senior Soak</u> All day at Grover Hot Springs	<u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Drop In to work on project or just hang out <u>TAY Lunch at Douglas High School</u> 11:50-1230p <u>Yoga</u> 5:30p-7p The Learning Center	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.		Lobby of Behavioral Health Office at 75C will be closed 12-1pm Mon-Fri for lunch. 					