Alpine County Behavioral Health Services, Wellness Programs   530.694.1816   "WATER"   JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Weaving & Beading 1	**What's Cooking Tuesday? 2**	**BOARD GAMES 3**	**4**	**5**	**6**
	Senior Soak All day at Grover Hot Springs **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Community Walking Club** 9a The Firehouse **Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health Movement** 12p-1p Gym **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm **Talking Circle** 4:30p next to Firehouse **Family Night** 5:30p next to Firehouse	HOLIDAY County Offices Closed	**Create the Good**-12-2p Firehouse "Detox Spa Water" **Diabetes Lesson** by County Medical Services Program	
7	**Weaving & Beading 8**	**What's Cooking Tuesday? 9**	**GAMES 10**	**WORDS & ART 11**	**12**	**13**
	Senior Soak All day at Grover Hot Springs **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Community Walking Club** 9a The Firehouse **Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health Movement** 12p-1p Gym **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Diabetes Lesson & Healthy Snack** 10-11a **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm **Talking Circle** 4:30p next to Firehouse **Family Night** 5:30p next to Firehouse	**Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health Movement** 12p-1p Gym **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Create the Good**-12-2p Firehouse "Create a Zen Garden"	
14	**Weaving & Beading 15**	**What's Cooking Tuesday? 16**	**GAMES 17**	**WORDS & ART 18**	**19**	**20**
	Senior Soak All day at Grover Hot Springs **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Community Walking Club** 9a The Firehouse **Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health Movement** 12p-1p Gym **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm **Talking Circle** 4:30p next to Firehouse **Family Night** 5:30p next to Firehouse	**Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health Movement** 12p-1p Gym **Wellness Center Hours** (No Youth hours today) Adult 3-4:30pm **Movie & Discussion for Adults** with Live Violence Free 5p The Firehouse	**Create the Good**-12-2p Firehouse Presentation by Alpine Watershed Group	
21	**Weaving & Beading 22**	**What's Cooking Tuesday? 23**	**BOARD GAMES 24**	**WORDS & ART 25**	**26**	**27**
	Senior Soak All day at Grover Hot Springs **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Community Walking Club** 9a The Firehouse **Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health** **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm **Talking Circle** 4:30p next to Firehouse **Family Night** 5:30p next to Firehouse	**NO Aerobic, Chair Ex** or **Holistic Health Classes** **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm **Elder's Luncheon & BINGO** 12p-2p Gym	**Create the Good**-12-2p Firehouse "All About Coconut Water" **Archery Tag** 2-4pm ages 8 & up- location tbd	
28	**Weaving & Beading 29**	**What's Cooking Tuesday ? 30**	**BOARD GAMES 31**			
	Senior Soak All day at Grover Hot Springs **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm	**Community Walking Club** HIKE at Blue Lakes **Aerobic** 10:30 **Chair Ex** 11a-12p **Holistic Health Movement** 12p-1p Gym **Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm Youth 3-4:30pm	**Wellness Center Hours** Youth 1-2:30pm, Adult 3-4:30pm **Talking Circle** 4:30p next to Firehouse **Family Night** 5:30p next to Firehouse	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.		

FINAL 1