



“Friendship” AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Wellness	Center Hours occur at the	Behavioral Health Firehouse Building	WORDS & ART 1	Drop In Hours 10-2p 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><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Youth 1-2:30pm, Adult 3-4:30pm <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Community Walking Club</u> 9a <u>Create the Good</u>-12-2p Firehouse “Bring a Friend!” <u>Diabetes Lesson</u> CMSP</p>	
4	5	What’s Cooking Tuesday? 6	GAMES 7	WORDS & ART 8	Drop In Hours 10-2p 9	10
<p>Friendship Day</p>	<p><u>Senior Soak</u> All day at Grover Hot Springs <u>Wellness Center Hours</u> Youth 1-2:30pm, Adult 3-4:30pm</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Youth 1-2:30pm, Adult 3-4:30pm <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Wellness Center Hours</u> Youth 1-2:30pm, Adult 3-4:30pm <u>Talking Circle</u> 4:30p next to Firehouse <u>Family Night</u> 5:30p next to Firehouse</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Youth 1-2:30pm, Adult 3-4:30pm <u>50+ Club Potluck Learning Center</u> 12-2p <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Create the Good</u>-12-2p Firehouse “Friend Acrostics”</p>	
11	Weaving & Beading 12	What’s Cooking Tuesday? 13	GAMES 14	WORDS & ART 15	Drop In Hours 10-2p 16	17
	<p><u>Senior Soak</u> All day at Grover Hot Springs 1st Day of School (Alpine & Douglas)</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Adults 1-3pm, Families 3-4pm <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>NV Museum of Art</u> 9am depart <u>Diabetes Lesson & Healthy Snack</u> by County Medical Services Program 10-11a at the Alps Haus <u>Wellness Center Hours</u> Adults 1-3pm, Families 3-4pm <u>Talking Circle</u> 4:30p & <u>Family Night</u> 5:30p <u>MHSA Community Meeting</u> Bear Valley 5-7pm</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Adults 1-3pm; “Friendship Poetry workshop”, Families 3-4pm <u>Guest Speakers:</u> Albert Titman and Mike Duncan Native Dads Network 430-8pm with Live Violence Free <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Community Walking Club</u> 9a The Firehouse <u>Create the Good</u>-12-2p Firehouse ‘How to build your Friendship Muscle’ Presentation & Tastings hosted by <u>Snap-Ed</u></p>	
18	Weaving & Beading 19	What’s Cooking Tuesday? 20	GAMES “Dungeons & Dragons” 21	WORDS & ART 22	Drop In Hours 10-2p 23	24
	<p><u>Senior Soak</u> All day at Grover Hot Springs <u>Wellness Hours</u> at the River Today 10-3pm <u>MHSA Community Meeting</u> Kirkwood 5-7pm</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Adults 1-3pm, <u>Cooking a Healthy Meal & Diabetes Support Group</u> with Community Service Solutions Families 3-4pm <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Playgroup</u> 12-2pm Learning Center <u>Wellness Center Hours</u> Adults 1-3pm, Families 3-4pm <u>Talking Circle</u> 4:30p next to Firehouse <u>MHSA Community Meeting</u> 6-7:30pm at <u>Family Night</u> 5:30p next to Firehouse</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Wellness Center Hours</u> Adults 1-3pm, “Friendship Connected Painting” Families 3-4pm <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Create the Good</u>-12-2p Firehouse “Friendship Cards” <u>Archery Tag</u> 5:30-7:30p gym ages 8 & up</p>	
25	Weaving & Beading 26	What’s Cooking Tuesday? 27	GAMES “Dungeons & Dragons” 28	WORDS & ART 29	Drop In Hours 10-2p 30	
	<p><u>Senior Soak</u> All day at Grover Hot Springs <u>Wellness Center Hours</u> Adults 1-3pm, Families 3-4pm</p>	<p><u>Community Walking Club:</u> Winnemucca Lake, depart 9am Firehouse <u>Wellness Center Hours</u> Adults 1-3pm, Families 3-4pm <u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym <u>Yoga</u> 5:30p Library Grass</p>	<p><u>Playgroup</u> 12-2pm Learning Center <u>Wellness Center Hours</u> Adults 1-3pm, Families 3-4pm <u>Talking Circle</u> 4:30p next to Firehouse <u>Family Night</u> 5:30p next to Firehouse</p>	<p><u>Aerobic</u> 10:30 <u>Chair Ex</u> 11a-12p <u>Holistic Health Movement</u> 12p-1p Gym CANCELLED thru Sept 5th <u>Elder’s Luncheon & Activity</u> 12p-2p Gym <u>Wellness Center Hours</u> Adults 1-3pm, “Bucket List Vision Boards” Families 3-4pm <u>Yoga</u> 5:30p-7p Library Grass</p>	<p><u>Create the Good</u>-12-2p Firehouse Building “Zen” with Friends</p>	

FINAL

FRIENDSHIP is not a big thing...it's a million little things.