

# Alpine County Behavioral Health Services, Wellness Programs



## AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<p><u>Talking Circle</u> 4:30p The Firehouse  <u>Family Night &amp; Portraits</u> 5:30p The Firehouse</p>	<p><u>Transition Age Youth Outing</u> with Dawn, Tahoe Youth &amp; Family Services to Museum  <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>Create the Good</u> 12p-2p Lesson by CMSP</p>	
<b>5</b>	<b>ACBHS</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<p><u>Senior Soak</u> All day at Grover Hot Springs must have card.  <u>Archery Tag</u> depart 8:45am, must be 6<sup>th</sup> grader or older.</p>	<p><u>Community Walking Club</u> 9a The Firehouse  <u>Washoe Olympics</u> 8:30a Dresslerville  <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 &amp; Healthy Snack</u> 11:30a Markleeville Library  <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>No 50+ Club Potluck</u>, Aces game Sunday the 19<sup>th</sup>, RSVP 694.1816  <u>WIEC Back to School Night</u> 6pm gym  <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Create the Good</u>-12p-2p The Firehouse</p>	
<b>12</b>	<b>Drop In 9-3pm</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<p><u>Senior Soak</u> All day at Grover Hot Springs, must have card.  <u>1<sup>st</sup> Day of School</u> Diamond Valley &amp; Douglas High School</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 <u>Holistic Health Movement</u> 12p-1p Gym  <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Create the Good</u>-12a-2p The Firehouse                      Lunch &amp; Lesson hosted by Snap-Ed</p>	<p><u>Movie Night</u> "Paddington 2" Markleeville Library Grass 8:40pm</p>
<b>19</b>	<b>Drop In 9-3pm</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>50+ Club heads to <b>ACES Game</b> 1:05pm</p>	<p><u>Senior Soak</u> All day at Grover Hot Springs must have card.  <u>Movie Trip</u> at Fandango "Alpha"</p>	<p><u>Community Walking Club</u> 9a The Firehouse  <u>Cooking a Healthy Meal &amp; Diabetes Support Group</u> 12p 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 <u>Holistic Health Movement</u> 12p-1p Gym  <u>Movie &amp; Discussion for Adults</u> with Live Violence Free 5p The Firehouse  <u>Yoga</u> 5:30p-7p Markleeville Library Grass</p>	<p><u>Create the Good</u>-12p-2p The Firehouse</p>	
<b>26</b>	<b>Drop In 9-3pm</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	<p><u>Senior Soak</u> All day at Grover Hot Springs</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>Gathering at Meeks Meadow</u> depart 9am from Firehouse  <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 &amp; 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  <u>Dine In &amp; Drop In</u> with Tahoe Youth &amp; Family Services 430-6pm The Firehouse</p>	<p><b>Sept 1</b>  <b>Sacramento Anime Outing</b></p>

FINAL

**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.**