




# Mariposa Wellness Center



 <b>January 2019</b>			
	Mondays		Tuesdays
<b>31</b>	1:00- Snacks & Relax 1:30- Rock Painting 3:15- New Year's Eve Party (food and movie)	<b>1</b>	<b>Closed for New Year's Day</b>
<b>7</b>	1:00- Snacks & Relax 1:30- Yoga with Sharon 3:15- Calendar Planning/ Social Hour	<b>8</b>	1:00- Snacks & Relax 1:30- Makerspace with Karen 3:15- Label Reading with Tim
<b>14</b>	1:00- Snacks & Relax 1:30- Creative Writing with Ashley 3:15- Making Milkshakes with Dean	<b>15</b>	<b>Closed for Martin Luther King's Day</b>
<b>21</b>	Group Outing- <b>Ice Skating in Turlock</b> (for members who have attended 3 or more classes)	<b>22</b>	1:00- Snacks & Relax 1:30- Cooking with Reenie 3:15- Self-improvement with Katie
<b>28</b>	1:00- Snacks & Relax 1:30- Making Flowers with Sharon 3:15- Self-Care Boxes	<b>29</b>	1:00- Snacks & Relax 1:30- Visit Mariposa Library 3:15- Budgeting with WestAmerica

**A place where "YOU can be YOU"**

**\*The Mariposa County Wellness Center is open to all community members 18 years of age and older who have attended an orientation. For any questions please contact Ashley Jefferson at (209) 742-0979. If transportation is needed please call before 11:00 AM the day of.**