

February 2020 Helping Hands of Lompoc (805)819-0460 Ext. 153

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1-4PM  11:30 TAY Cooking Group	4 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 11:00 Tai Chi w/ Yuka 1:30 Community Meeting 3:00 Chair Yoga (NEW)	5 HOURS 8:30-12pm 9:30 Game Group 10:30 Libre Office Impress 10:45ish Nurse Carol 6-8PM Journey of Hope 	6 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1:00 Dual Diagnosis 2:15 Meditation w/ Brock	7 HOURS 8-4 9:00 Fun w/ Friends  10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Hooked On Yarn
10 1-4PM  Help@Hand Meeting 10-12pm	11 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:30 Community Meeting 3:00 Chair Yoga (NEW)	12 HOURS 8-4 9:30ish Farmers Market 10:30 Libre Office Impress 10:45ish Nurse Carol 1:30 Art 	 13 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1:00 Dual Diagnosis	14 HOURS 8-4 9:00 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Bingo VALENTINES DAY 
17 1-4PM  Beatification Day 9am	18 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:30 Community Meeting 3:00 Chair Yoga (NEW) 	19 HOURS 3-6 3-5 BeWell Commission Mtg 3-6 Build Your Own Banana Pudding Evening 	20 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People NO Dual Diagnosis 1-2:30 CFMAT Mtg	21 HOURS 8-4 9:00 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Hooked On Yarn 
24 CLOSED Member Appreciation (by invitation only) 12-4pm	25 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:30 Community Meeting Love on a Leash  3:00 Chair Yoga (NEW)	26 HOURS 8-4 9:30ish Farmers Market 10:30 Libre Office Impress 10:45ish Nurse Carol 12:30 February Birthdays 1:30 Art 	27 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1:00 Dual Diagnosis 	28 HOURS 8-4 9:00 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Hooked On Yarn
Open Computer Lab Tuesday & Thursday 10am-12pm & 1-4pm 	Hot Lunch Tuesdays & Fridays Sandwiches Wednesdays & Thursdays Served @ 12pm (sign up by 11:30) 	Community Meeting Same Day: Tuesday New Time 1:30pm 	 Join us February 2nd 3-7pm	