

Standard Center Hours
 Mon. 10:00-4:00 / Tues. 10:00-4:00
 Wed. 10:00-4:00 / TH 11:00-4:30
 Fri 10:00-4:00



November



Atascadero Wellness Center
 "Life House" (805) 464-0512
 5850 West Mall St. Atascadero, Ca.

Monday	Tuesday	Wednesday	Thursday	Friday
Evening Support Groups 1 st & 3 rd Mondays 6:30pm NAMI Family to Family	Life Happens Some Events/Activities are subject to Change	1 10:00-10:30 Social Hour 11:00-1:00 Walk the Bob Jones Trail 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous	2 11:00-12:00 Social Hour 12:30-1:30 Men's Group 1:30-2:30 Vision/Calendar Planning 3:00-4:00 Office Hour	3 10:00-10:30 Social Hour 10:30-11:30 Women's Group 11:30-1:30 Parenting Class 1:30-3:30 Popcorn & Movie Day @ Life House 3:30-4:00 Office Hour
6 10:00-11:00 Social Hour 11:00-12:00 Celebrating November Birthdays 12:00-1:00 Healthy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour	7 10:00-11:00 Social Hour 11:00-12:00 The Attitude of Gratitude w/Brenda 12:00-1:00 Center Clean-up 1:00-3:00 Galaxy Movie Day 3:00-4:00 Office Hour	8 10:00-10:30 Social Hour 10:30-1:00 Walk the Stadium Park Trail 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous	9 10:00-11:00 Social Hour 11:00-2:00 Thanksgiving Feast @ the Atascadero Pavilion (Please RSVP by 11/3) 3:00-4:00 Office Hour	10 10:00-10:30 Social Hour 10:30-1:30 Visit to the Rustic Diamond in Morro Bay 11:30-1:30 Parenting Class 2:00-3:00 Hospice Grief Support 3:00-4:00 Office Hour
13 10:00-11:00 Social Hour 11:00-12:00 Yoga w/Kitty 12:00-1:00 Healthy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour	14 10:00-11:00 Social Hour 11:00-12:00 Coping with Holiday Stress w/Sally 12:00-1:30 Create a Walking Stick 1:30-2:30 Music Group 3:00-4:00 Office Hour	15 10:00-10:30 Social Hour 10:30-1:00 Walk the 3 Bridges Trail 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous	16 11:00-12:00 Social Hour 12:00-1:00 Qigong w/Nancy 1:00-3:00 Paso Bowl 3:00-4:00 Office Hour	17 Life House Closed For Team Training
20 10:00-11:00 Social Hour 11:00-12:00 Healthy delicious Smoothies 12:00-1:00 Current Events 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour	21 10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:30-2:00 Art Group 2:00-3:00 Center Clean-up 3:00-4:00 Office Hour	22 10:00-11:00 Social Hour 11:00-12:00 Drum Circle 12:00-1:00 Laughter Therapy 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous	23 Happy Thanksgiving Life House Closed 	24 Life House Closed
27 10:00-11:00 Social Hour 11:00-12:00 Yoga w/Kitty 12:00-1:00 Fire/Earthquake Safety 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hours	28 10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:30-1:30 Art Group 1:30-2:30 Music Group 3:00-4:00 Office Hour	29 10:00-10:30 Social Hour 10:30-1:00 Visit to Avila Barn 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous	30 11:00-12:00 Social Hour 12:30-1:30 Men's Group 1:30-2:30 Coping with Chaos 3:00-4:00 Office Hour	