



















Santa Maria Recovery  
 Learning Community (RLC)  
 225 E. Inger Drive Suite 101A  
 (805) 928-0139



# November 2017

Mon	Tue	Wed	Thu	Fri
 		<p>1 Open Hours 8-4pm          11am Yoga with Colleen          12pm Lunch Program-RSVP          Tortilla Chicken Soup          1pm El Dia De Los Muertos Craft          You Must Sign Up!</p>	<p>2</p> <p><i>Closed for Staff Training</i></p> 	<p>3 Open Hours 8-4pm          10am Book Club          11-4pm Splash Café &amp;          Visit to Avila Valley Barn          You Must Sign Up &amp; Bring \$</p> 
<p>6 Open Hours 8-4pm</p> <p>11am Women's Support Group</p> 	<p>7 Open Hours 8-4pm          10:30-12:30pm Food Bank          Members Only          2:45pm Hearing Voices          Support Group</p>	<p>8 Open Hours 8-4pm          12pm Lunch Program-RSVP          Meatloaf with Mashed Potatoes          1pm Walking For Wellness</p> 	<p>9 Open Hours 8-4pm          11am Anxiety &amp; Depression Group          12-2pm Thanksgiving Crafts          You Must Sign Up!</p> 	<p>10 Open Hours 8-4pm          10am Book Club          11:30-1:30 BINGO 4 Prizes          You Must Sign Up!</p> 
<p>13 Open Hours 8-4pm</p> <p>11am Women's Support Group</p> 	<p>14 Open Hours 8-2pm          10:30-12:30pm Food Bank          Members Only          2:45pm Hearing Voices          Support Group</p> 	<p>15 Open Hours 8-4pm          11am Yoga with Colleen          No Lunch Program          1 pm Calendar Planning Group</p>	<p>16 Open Hours 8-4pm          11am Anxiety &amp; Depression Group          12:30pm Adult Coloring Group</p> 	<p>17 Open Hours 10-2pm          No Book Club          12-1:30pm Thanksgiving Lunch          You Must Sign Up!          12-2pm Movie Madness:          "Spider-Man Homecoming"</p>
<p>20 Open Hours 8-2pm</p> <p>11am Women's Support Group</p> 	<p>21 Open Hours 8-2pm          10:30-12:30pm Food Bank          Members Only          No Hearing Voices          Support Group</p>	<p>22 Open Hours 8-2pm          10am Breakfast Program-RSVP          Waffle Bar          10:30-1pm Movie Marathon:          To Be Decided</p>	<p>23 Closed</p> 	<p>24 Closed</p> 
<p>27 Open Hours 8-4pm</p> <p>11am Women's Support Group</p> 	<p>28 Open Hours 8-4pm          10:30-12:30pm Food Bank          Members Only          2:45pm Hearing Voices          Support Group</p>	<p>29 Open Hours 8-4pm          11am Yoga with Colleen          12pm Lunch Program-RSVP          Turkey Enchiladas          1pm Walking For Wellness</p> 	<p>30 Open Hours 8-4pm          11am Anxiety &amp; Depression Group          12:30pm Cookie Exchange          Planning Meeting</p> 	<p><b>If you are interested in attending any of our groups &amp; becoming an RLC member, please contact RLC staff to schedule an orientation.</b></p>