







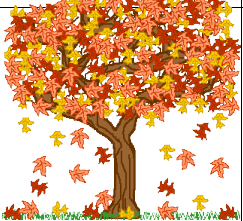











Santa Maria Recovery  
 Learning Community (RLC)  
 225 E. Inger Drive Suite 101A  
 (805) 928-0139



# September 2017

Mon	Tue	Wed	Thu	Fri
<p><i>If you are interested in attending any of our groups &amp; becoming an RLC member, please contact RLC staff to schedule an orientation.</i></p>		<p><b>Computer Lab Hours</b>  <b>Mon, Tues, Wed 9-2pm</b></p>		<p>1 Open Hours 8-4pm            10am Book Club            12pm Coffee with Friends            You Must Sign Up &amp; Bring \$!</p> 
<p>4  <b>Closed for Labor Day</b></p> 	<p>5 Open Hours 8-4pm            10:30-12:30pm Food Bank            Members Only            2:45pm Hearing Voices            Support Group</p> 	<p>6 Open Hours 8-4pm            11am Yoga with Colleen            12pm Lunch Program-RSVP            Lasagna            1pm Walking for Wellness</p>	<p>7 Open Hours 8-4pm            11am Anxiety &amp; Depression Group            12:30pm-2pm Fall Crafts            Please Sign Up!            5-9pm SLO Farmer's Market -You Must Sign Up!</p> 	<p>8 Open Hours 8-4pm            10-3pm Visit to State Street            You Must Sign Up!</p> 
<p>11 Open Hours 8-4pm            11am Women's Group</p> 	<p>12 Open Hours 8-4pm            10:30-12:30pm Food Bank            Members Only            2:45pm Hearing Voices            Support Group</p>	<p>13 Open Hours 8-4pm            12pm Lunch Program-RSVP            Apple Spiced Pork Chops            1pm Walking for Wellness</p> 	<p>14  <b>Closed for Staff Training</b></p> 	<p>15 Open Hours 8-4pm            11-2pm Hike to Oso Flaco and Picnic -You Must Sign Up!</p> 
<p>18 Open Hours 8-3pm            11am Women's Group</p> 	<p>19 Open 12 -4pm  <b>No Food Bank</b>            2:45pm Hearing Voices            Support Group</p> 	<p>20 Open Hours 8-3pm            11am Yoga with Colleen            12pm Lunch Program-RSVP            Arroz con Pollo            (Latin Rice with Chicken)            1pm Calendar Planning</p> 	<p>21 Open Hours 8-4pm            11am Anxiety &amp; Depression Support Group            1pm Adult Coloring Group</p> 	<p>22 Open Hours 8-3pm            9-10:30 Pajama Pancake Breakfast- RSVP            10:30am Book Club            12pm Movie Madness: "Samsara"</p> 
<p>25 Open Hours 8-4pm            11am Women's Group</p> 	<p>26 Open Hours 8-4pm            10:30-12:30pm Food Bank            Members Only            2:45pm Hearing Voices            Support Group</p>	<p>27 Open Hours 8-4pm            12pm Lunch Program-RSVP            Asian Beef Wraps &amp;            Birthday Celebrations            1pm Walking for Wellness</p> 	<p>28 Open Hours 8-4pm            11am Anxiety &amp; Depression Group            12:30-2pm "Almond Apple Scones"            You Must Sign Up!</p> 	<p>29 No Open Hours            11-4pm Set up for Cotton Wood Sale            Please Sign Up to Help!</p> 