



# September 2017

Arroyo Grande Wellness Center  
 "Safe Haven"  
 203 Bridge St. Arroyo Grande, CA 93420  
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Life Happens!            All events subject to change!            Please RSVP for all outings/events! ☺  <u>Doors close 10 minutes after group begins</u></p>		<p>*Computer Sessions are one on one, hour-long, sessions to learn the computer skill(s) of your choice. If interested please call (805) 489-9659 to secure your spot ☺</p>	<p><u>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</u>            (805)489-9659</p>	<p>1            10:30-11 Pit and Peak            11-2 Bob Jones Trail and picnic @ Dinosaur Park</p>
<p>4            Center Closed            See you Tomorrow</p>	<p>5            10-11 Women's Group            11-12 Starbucks            12-3 Rancho Bowl            3-4 Wellness Self-Management</p>	<p>6            10-11 Self Help Book: Brene Brown audio &amp; discussion            12-1 Coping w/Depression            *1-3 Computer Sessions            1:30-4 Baking Desserts: Lemon Bars, Game Hour, and Music</p>	<p>7            11-12 Mind-Body-Spirit            12:30-2:30 Honey Roast (RSVP)            Close @ 2:30 for Staff Training</p>	<p>8            10:30-11 Pit and Peak            11-12 Book Club            12:30-1:30 Positive Self-Image            1:30-2:30 Center Clean Up</p>
<p>11            10-11 Community Outreach            11:30-12:30 Men's Group            1-3 Wellness Recovery Action Plan            3-4 Music Appreciation</p>	<p>12            10-11 Women's Group            11:30-12:30 Superfood Facts: Fermented Food            1-4 Taco Tuesday</p>	<p>13            10-11 Self Help Book: Brene Brown audio &amp; discussion            12-1 Coping w/Depression            *1-3 Computer Sessions            1-3 Avila Valley Barn            3-4 Calendar Brainstorm</p>	<p>14            11-12 Laughter Wellness w/Marcia            12-2 Woods Humane Society            2-3 Spanish Language Basics            3-4 Let's Talk About Employment</p>	<p>15            10:30-11 Pit and Peak            11-12 Book Club            12:30-4 Homemade Dish Pot Luck (Bring a Dish) &amp;            Film: "What About Bob"</p>
<p>18            10-11 Basketball            11:30-12:30 Men's Group            1-3 Wellness Recovery Action Plan            3-4 Mindful Meditation</p>	<p>19            10-11 Women's Group            11-3 Movie Theater Outing &amp; Movie Discussion</p>	<p>20            10-3 Montana De Oro (Hike and Picnic)            *1-3 Computer Sessions            3-4 Coping w/Depression</p>	<p>21            11-2 Mandalas @Avila Beach            2-3 Life Skills For Work            3-4 Let's Talk About Employment</p>	<p>22            Center Closed for Staff Training            See you Monday</p>
<p>25            10-11:30 Morning Tennis Match            11:30-12:30 Men's Group            1-3 Wellness Recovery Action Plan            3-4 Mindful Meditation</p>	<p>26            10-11:30 Etsy Group w/Deanna            11:30-1:30 Art Therapy            2-4 Make Your Own Lentil Hummus</p>	<p>27            10-11 Self Help Book: Brene Brown audio &amp; discussion            11:30-2:30 Ambassador Training            *1-3 Computer Sessions            3-4 Positive Self-Image</p>	<p>28            11-12 Laughter Wellness w/Marcia            12-2 Pismo Outlets            2-3 Spanish Language Basics            3-4 Let's Talk About Employment</p>	<p>29            10:30-11 Pit and Peak            11-2 Book and Magazine Exchange            2-4:30 Billiards in Pismo</p>