

Santa Maria Wellness  
Center (SMWC)

225 E. Inger Drive Suite  
101A

(805) 928-0139

# April 2024



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

<p>1 <b>Closed</b></p> 	<p>2 <b>Open Hours 10-4pm</b> <b>No Food Bank</b></p> 	<p>3 <b>Open Hours 10-6pm</b> <i>12pm</i> Gratitude &amp; Wellness (I) <i>1:30-3pm</i> Art &amp; Crafts Group-<b>Must RSVP!</b></p> 	<p>4 <b>Open Hours 9-4pm</b> <i>11am</i> Anxiety &amp; Depression Group <i>12pm</i> Digital Literacy <i>12:30pm</i> Open Art Studio for the Art Show in Santa Barbara</p>	<p>5 <b>Open for Event</b> 9-5pm <i>10-4pm</i> Moro Bay and lunch at Taco Temple— <b>Must RSVP &amp; Bring \$!</b></p>	<p>6 <b>Open for Event</b> <i>10-2pm</i> <i>10-2pm</i> Coffee W/ Friends in Lompoc <b>Must RSVP &amp; Bring \$</b> No Basic Computer Class</p>
<p>8 Only by Appointment <i>12pm</i> Family Support</p>	<p>9 <b>Open Hours 10-4pm</b> <i>11:15am</i> Food Bank Pick-up RSVP by 5pm Monday (I) Front Room <b>Opens @ 1pm</b></p>	<p>10 <b>Open Hours 10-6pm</b> <i>12pm</i> Gratitude &amp; Wellness (I) <i>1:30-4pm</i> Bread of the Month— <b>Must RSVP!</b></p>	<p>11  <b>Closed for Staff Training</b></p>	<p>12 <b>Open For the Event Only 12-3pm</b> <i>12:30-2pm</i> Birthday/ Spring Celebration Luncheon Pick-Up— <b>Must RSVP!</b></p>	<p>13 <b>Closed</b></p> 
<p>15 Only by Appointment <i>12pm</i> Family Support</p> 	<p>16 <b>Open Hours 10-4pm</b> <b>No Food Bank</b> <i>2-3:30pm</i> Job Club— Week 1</p> 	<p>17 <b>Open Hours 10-6pm</b> <i>12pm</i> Gratitude &amp; Wellness (I) <i>1pm</i> Calendar Planning—<b>Everyone is Welcome!</b></p>	<p>18 <b>Open Hours 9-4pm</b> <i>11am</i> Anxiety &amp; Depression Group <i>12pm</i> Digital Literacy 2pm CMAT Meeting</p>	<p>19 <b>Open Hours 9-4pm</b> <i>11-3pm</i> Open Art Studio for the Art Show in Santa Barbara</p> 	<p>20 <b>Open for Event</b> <i>11-6pm</i> Growing Grounds in SLO <b>Must RSVP!</b> No Basic Computer Class</p>
<p>22 Only by Appointment <i>12pm</i> Family Support</p>	<p>23 <b>Open Hours 10-4pm</b> <i>11:15am</i> Food Bank Pick-up RSVP by 5pm Monday (I) Front Room <b>Opens @ 1pm</b> <i>2-3:30pm</i> Job Club Wk2</p>	<p>24 <b>Open Hours 10-6pm</b> <i>12pm</i> Gratitude &amp; Wellness (I) <i>2pm</i> Walking for Wellness @ Waller Park</p>	<p>25 <b>Open Hours 9-4pm</b> <i>11am</i> Anxiety &amp; Depression Group <i>12pm</i> Digital Literacy</p> 	<p>26 <b>Open Hours 9-4pm</b> <i>11-2pm</i> Movie Group &amp; Finger food/ snacks—<b>Must RSVP*</b> <i>2pm</i> Creative Writing</p>	<p>27 <b>Open Hrs 10-2pm</b> <i>10am</i> Coffee W/ Friends <i>12pm</i> Basic Computer Class</p>
<p>29 Only by Appointment <i>12pm</i> Family Support</p> 	<p>30 <b>Open Hours 10-4pm</b> <i>11:15am</i> Food Bank Pick-up RSVP by 5pm Monday (I) Front Room <b>Opens @ 1pm</b> <i>2-3:30pm</i> Job Club- Wk 3</p>	<p><b>Computer Lab Hours</b> Wednesday <i>11-5pm</i> Thursday <i>11-4pm</i> Saturday <i>10-2pm</i></p>	<p>Please look closely at the Hours of operation in the center as are they subject to change depending on where the event or activity is located outside in the community. Thank You</p>	<p>Please call our center if you have any questions or need more information about becoming a SMWC Member.</p>	