









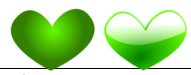












Santa Maria Wellness
Center (SMWC)

225 E. Inger Drive Suite 101A

(805) 928-0139



May 2024

Mon 	Tue	Wed	Thu 	Fri 	Sat
	Please look closely at the Hours of operation for the center as they are subject to change depending on where the event or activity is located outside in the community. Thank You!	1 Open Hours 10-6pm <i>12pm</i> Gratitude & Wellness (I) <i>1:30-3pm</i> Art & Crafts Group- Must RSVP!	2 Closed for Maintenance	3 Open Hours 9-4pm 	4 Open for Event Only SB Art Festival- Only artists sign up- RSVP! 
6 Only by Appointment <i>12pm</i> Family Support 	7 Open Hours 10-4pm <i>11:15am</i> Food Bank Pick up RSVP by 5pm Monday Front Room Opens 1pm <i>2-3:30pm</i> Jobs Club-Week-4 	8 Open Hours 10-6pm <i>12pm</i> Gratitude & Wellness (I) <i>1:30-4pm</i> Bread of the Month- Must RSVP!	9 Open Hours 9-4pm <i>11am</i> Anxiety & Depression Group <i>12pm</i> Digital Literacy 	10 Open Hours 9-4pm <i>10-4pm</i> SLO Opening Minds Art Show and Lunch- Please bring RSVP & Money! 	11 Open for Event <i>10-2pm</i> Coffee W/ Friends in Lompoc Must RSVP & Bring \$ No Computer Class 
13 Only by Appointment <i>12pm</i> Family Support 	14 Open Hours 10-4pm No Food Bank <i>1-2:30pm</i> Jobs Club-Graduation	15 Santa Maria WC Open House 4-7pm <i>6pm</i> Empowering Through Breath with Robyn	16 Open Hours 9-4pm <i>11am</i> Anxiety & Depression Group <i>12pm</i> Digital Literacy 	17 Open For Event Only 9-2pm <i>10-1pm</i> Day at the farm bike Event- Must RSVP!	18 Open Hrs 10-2pm <i>10am</i> Coffee W/ Friends <i>12pm</i> Basic Computer Class 
20 Only by Appointment <i>12pm</i> Family Support 	21 Closed for Staff Training	22 Open Hours 9-12pm <i>11am</i> Gratitude & Wellness (I)  Closed for Staff Training	23 Open Hours 9-12pm <i>11am</i> Anxiety & Depression Closed for Staff Training	24 Open Hours 9-4pm <i>1pm</i> Calendar Planning- Everyone is Welcome! <i>2pm</i> Creative Writing	25 Closed 
27 Only by Appointment <i>12pm</i> Family Support 	28 Open Hours 10-4pm <i>11:15am</i> Food Bank Pick-up RSVP by 5pm Monday (I) Front Room Opens @ 1pm 	29 Open Hours 10-6pm <i>12pm</i> Gratitude & Wellness (I) <i>10-3pm</i> Shoe Drive! — We are giving away shoes— Must be a member. Thank you!	30 Open Hours 9-4pm <i>11am</i> Anxiety & Depression Group <i>12pm</i> Digital Literacy 	31 Closed for All Staff Mtg 	Please call our center if you have any questions or need more information about becoming a SMWC Member.