

DECEMBER

Helping Hands of Lompoc (RLC)
 513 North G Street Lompoc, CA 93436
 Phone# (805)819-0460 ext. 153



MONDAYS 10-1	TUESDAY 8-4	WEDNESDAY 8-4	THURSDAY 8-4	FRIDAY 8-4
<p><u>12/3 HOURS 12-3</u> <u>12/24 CLOSED</u> <u>12/31 CLOSED</u> <u>10:00</u> Pathways to Recovery <u>12:00</u> Voice Hearers Support Group w/Tina</p>  	<p><u>12/25 CLOSED</u></p>  <p><u>1/1 CLOSED</u> <u>8:30</u> Morning Mindfulness <u>9:00</u> Community Mtg <u>9:30</u> Fun w/ Friends <u>12/4 @ 10:40am</u> Tai-Chi w/ Yuka <u>11:30</u> Walking 4 Wellness <u>12:30</u> Lunch <u>1:00</u> Community Mtg <u>2:00</u> Healing Words</p> <p><u>COMPUTER LAB</u> Open 9:30-2:30</p>	<p><u>12/19 CLOSE @ 3pm</u> <u>12/12 @ 9:30ish</u> Farmers Market <u>10:30</u> Basic Computers w/ Robert <u>10:40</u> Nurse Carol <u>11:30</u> Walking 4 Wellness <u>12:30</u> Lunch (OYO on Farmers Market Days) <u>12/26 @ 12:30</u> December Birthdays <u>1:30</u> Art</p> <p><u>COMPUTER LAB</u> Open 1:00-4:00</p> 	<p><u>8:30</u> Morning Mindfulness <u>9:00</u> Fun w/ Friends <u>10:30</u> Highly Sensitive People <u>11:30</u> Walking 4 Wellness <u>12:30</u> Lunch <u>1:00</u> Dual Diagnosis (DD)</p> <p><u>COMPUTER LAB</u> Open 9:00-2:00</p> 	<p><u>9:00</u> Fun w/ Friends <u>10:00</u> I Don't Want To Talk About It <u>12:30</u> Lunch (11:30 on 12/7) <u>1:00</u> Movie</p>  <p><u>12/7 @ 12:30pm</u> RLC Cookie Xchange</p>  <p><u>12/21 @ 11:30</u> PJ Brunch + White Elephant Gift Exchange @ 1pm</p>