



# APRIL 2021

Helping Hands of Lompoc-RLC  
 513 North G St. Lompoc, CA 93436  
 Office: (805)819-0460 ext. 153  
 Fax: (805)819-0603 Email: rlc@t-mha.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Computer Lab Support</b> Mondays 9-12 Wednesdays 9-12 Thursdays 10-12 & 1-2 Call to schedule w/ Karley	<b>For Zoom Meeting IDs</b> <b>Call or Email us:</b> <b>(805)819-0460 ext. 153</b> <b>rlc@t-mha.org</b>	<b>For Lunch to Go or Farmers Market, please call to Schedule a time</b> 	<b>1</b> 9-10 Recovery Topics 10-11:30 Fun w/ Friends	<b>2</b> 10-11 Journaling 11:30-12:30 Lunch To-Go	<b>3</b> 5pm Satur-Stay Zoom Only
<b>5</b> 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	<b>6</b> 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends	<b>7 No Lunch Today</b> 9-10 Walking 4 Wellness 10-11 Hooked on Yarn 10:30-12:00 Nurse Carol 2-3:15 Yoga w/Bob	<b>8</b> 9-10 Recovery Topics 10-11:30 Fun w/ Friends	<b>9</b> 10-11 Journaling 11:30-12:30 Lunch To-Go	<b>10</b> 5pm Satur-Stay Zoom Only
<b>12</b> 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	<b>13</b> 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends	<b>14</b> 9:30-11:30 Farmers Market 9:30-11:00 Nurse Carol 2-3:15 Yoga w/Bob	<b>15</b> 9-10 Recovery Topics 10-11:30 Fun w/ Friends <b>1-2:30 CFMAT Mtg</b>	<b>16</b> 10-11 Journaling 11:30-12:30 Lunch To-Go	<b>17</b> 5pm Satur-Stay Zoom Only
<b>19</b> 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	<b>20</b> 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends	<b>21 No Lunch Today</b> 9-10 Walking 4 Wellness 10-11 Hooked on Yarn 10:30-12:00 Nurse Carol 2-3:15 Yoga w/Bob	<b>22</b> 9-10 Recovery Topics 10-11:30 Fun w/ Friends	<b>23</b> 10-11 Journaling 11:30-12:30 Lunch To-Go	<b>24</b> 5pm Satur-Stay Zoom Only
<b>26</b> 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	<b>27</b> 10:30-11:30 Fun w/ Friends	<b>28</b> 9:30-11:30 Farmers Market 9:30-11:00 Nurse Carol 2-3:15 Yoga w/Bob	<b>29</b> 10:30-11:30 Fun w/ Friends	<b>30</b> 10-11 Journaling 11:30-12:30 Lunch To-Go	<b>Art w/ Meghan</b> <b>Wednesday</b> <b>April 14 &amp; 28</b> <b>@ 1pm</b>

Groups are blended (Zoom & in-person). In-person groups are limited in size so please call to reserve your spot. For the safety of all, a mask/face covering is required as well as physical distancing while attending any of our in-person groups. All participants will also be screened before entering.