








JANUARY 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
<p>For Lunch to Go or Farmers Market, please call to Schedule a time</p> 	<p>If you need a mobile phone, Call to schedule a time on January 27th</p> 	<p>DEC 30 9:30-11:30 Farmers Market 2-3:15 Yoga w/Bob</p>	<p>DEC 31 11pm Zoom into 2021 Call to RSVP</p>	<p>1 CLOSED</p>  <p>HAPPY NEW YEAR!!!</p>	<p>2 5-6 Satur-Stay Zoom Only</p>
<p>4 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob</p>	<p>5 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends</p>	<p>6 10-11 Hooked on Yarn 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob</p>	<p>7 9-10 Pathways 2 Recovery 10:30-11:30 Fun w/ Friends 1-2 Healthy Minds</p>	<p>8 10-11 Embracing Aging 11:30-12:30 Lunch To-Go</p>	<p>9 5-6 Satur-Stay Zoom Only</p>
<p>11 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob</p>	<p>12 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends</p>	<p>13 9:30-11:30 Farmers Market 12:30-1:30 Bouncing Forward 2-3:15 Yoga w/Bob</p>	<p>14 9-10 Pathways 2 Recovery 10:30-11:30 Fun w/ Friends 1-2 Healthy Minds</p>	<p>15 10-11 Embracing Aging 11:30-12:30 Lunch To-Go</p>	<p>16 5-6 Satur-Stay Zoom Only</p>
<p>18 9-10 Social Hour 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob</p> 	<p>19 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends</p>	<p>20 10-11 Hooked on Yarn 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob</p> 	<p>21 9-10 Pathways 2 Recovery 10:30-11:30 Fun w/ Friends 1-2:30 CFMAT Mtg</p>	<p>22 10-11 Embracing Aging 11:30-12:30 Lunch To-Go</p>	<p>23 5-6 Satur-Stay Zoom Only</p>
<p>25 9-10 Social Hour 11:30-12:30 Lunch To-Go 2:00 Yoga w/ Bob</p>	<p>26 9-9:30 Morning Mindfulness w/ Brock 10-11:30 Fun w/ Friends</p>	<p>27 9:30-11:30 Farmers Market 12:30-1:30 Bouncing Forward 2-3:15 Yoga w/Bob</p>	<p>28 9-10 Pathways 2 Recovery 10:30-11:30 Fun w/ Friends 1-2 Healthy Minds</p>	<p>29 10-11 Embracing Aging 11:30-12:30 Lunch To-Go</p>	<p>30 5-6 Satur-Stay Zoom Only</p>

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 while attending any of our in-person groups. All participants will also be screened before entering.