

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing <b>1:30-3:30 Outing to GG Farm for Christmas Tree (RSVP)</b> 6-7 Healing w/Depression</p> 	<p><b>4</b>  12:00-1:30 EQRO (RSVP) Light Lunch &amp; Gift Cards Offered <b>1:30-6:30 TMHA Holiday Party (RSVP for Ride)</b></p>	<p><b>5</b>  10-11 Walk to pass out Poinsettias <b>11-4 Decorate House, put up Christmas Lights &amp; Winter BBQ Party</b> Bring Dish to Share</p> 	<p><b>6</b> 10-11 Anger Management 11-12 Bipolar Support Group <b>12-1 Hanukkah with Hannah</b> 1-2 Coping w/ Loss 2:30-4:00 Dr. Moreno's Group</p>	<p><b>7 Nutcracker Ballet 6-10pm (RSVP)</b></p> 
<p><b>10</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Outing to Walmart (RSVP) 6-7 Healing w/Depression</p>	<p><b>11</b>  10-11 <b>Voices &amp; Visions Support Group</b> 11-12 Art Therapy w/ Jessica 12-1 Mindful Meditation 1-2 Center Clean Up 2-4 <b>Making Homemade Beans</b></p>	<p><b>12</b> 9-10 Walking for Wellness <b>10-11 Egg Nog Social Hour</b> 11-12 Coping w/ Anxiety 12-1 Calendar Planning  1-3 True Colors Personality Quiz 3-4 "The Office" Appreciation Hour</p>	<p><b>13</b> 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat &amp; Chew 1-2 Coping w/ Loss 2:30-4:00 Dr. Moreno's Group</p>	<p><b>14</b> 11-12 Health &amp; Wellness Group 12-1 Guided Meditation <b>1-3 Homemade Air Fried Doughnuts</b></p> 
<p><b>17</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Vegetable Proficiency-Beets  6-7 Healing w/Depression</p>	<p><b>18</b> 10-11 <b>Voices &amp; Visions Support Group</b> 11-12 Mindful Meditation <b>12-2:30 Aqua Pilates @ SLO Swim Center (RSVP)</b> 3-5 Young Adult  Night</p>	<p><b>19</b> 9-10 Walking for Wellness 10-11 Social Hour 11-12 Yoga w/ Julie 12-1 Center Clean Up/Drills <b>1-4 White Elephant Re-Gift Exchange (Bring a fun gift from Home)</b> </p>	<p><b>20</b> 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat &amp; Chew 1-2 Coping w/ Loss 2:30-4:00 Dr. Moreno's Group</p>	<p><b>21</b> </p>
<p><b>24</b> </p>	<p><b>25</b> </p>	<p><b>26</b> 9-10 Walking for Wellness 10-11 Social Hour 11-12 Music Sharing-Holiday Songs  <b>12-2 Make Gingerbread</b> 2-4 "Home Alone" Movie</p>	<p><b>27</b> 10-11 Anger Management 11-12 Baking Sugar Cookies 12-2 Holiday Movie 2-4 Decorating Sugar Cookies <b>Dr. Moreno's Group Canceled</b></p>	<p><b>28</b> 11-12 Health &amp; Wellness Group 12-1 Guided Meditation <b>1-3 Homemade Chocolate Chip Peppermint Ice Cream</b></p> 
<p><b>31</b>  <b>Center Closed</b></p>	<p><b>Life happens!</b> <b>Some events/activities subject to change</b></p> 	<p></p>	<p></p>	<p>Please arrive on time as the door will be locked after a 10 minute grace period. Call us to tour Hope House and become a Member! <b>(805) 541-6813</b></p>