



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



MONDAYS 11-2	TUESDAY 8-4	WEDNESDAY 8-4	THURSDAY 8-4	FRIDAY 8-4
<p><u>12/31 CLOSED</u> <u>11:00</u> Fellowship (starts 1/14) <u>12:00</u> Voice Hearers Support Group w/Tina <u>1:00</u> Pathways to Recovery w/ Sandy <u>2pm on 1/7</u> TAY Cooking Group</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>10:40am on 1/8</u> Tai-Chi w/ Yuka <u>11:30</u> Walking 4 Wellness <u>12:30</u> Hot Lunch <u>1:00</u> Community Mtg <u>2:00</u> Healing Words <u>COMPUTER LAB</u> Open 9:30-2:30</p>	<p><u>1/30 CLOSE @ 3pm</u> <u>9am on 1/2, 1/16 & 1/30</u> <u>Fun w/ Friends</u> <u>9:30ish on 1/9 & 1/23</u> Farmers Market <u>10:30</u> Powerpoint w/ Robert <u>10:40</u> Nurse Carol (starting 1/8) <u>11:30</u> Walking 4 Wellness <u>12:30</u> Lunch (OYO on Farmers Market Days) <u>12:30pm on 1/30</u> January Birthdays <u>1:30</u> Art <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 (need to sign up by 11:30am) <u>1:00</u> Dual Diagnosis (DD) <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>11:30</u> Grupo de Apoyo <u>12:30</u> Hot Lunch <u>1:00</u> Movie</p>

