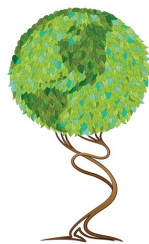




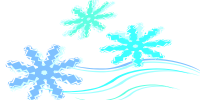


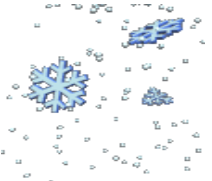


Santa Maria Recovery
 Learning Community (RLC)
 225 E. Inger Drive Suite 101 A
 (805) 928-0139



January 2019

Mon	Tue	Wed	Thu	Fri
 7 Open Hours 8-4 9:30am Microsoft Excel 101	1 CLOSED 	2 Open Hours 8-4 12pm Lunch Program-RSVP Chicken Alfredo	3 Open Hours 8-4 10:30am Anxiety & Depression Group 11:30am Winter Snowmen Craft  2pm Hearing Voices Support Group	4 Open Hours 9:30-12:30pm 11-2pm New Year's Karaoke Pizza Party You Must Sign Up!
7 Open Hours 8-4 9:30am Microsoft Excel 101	8 Open Hours 8-4 10:30-12:30pm Food Bank Members Only 1pm Coloring Group	9 Open Hours 8-4 11am Yoga with Colleen 12pm Lunch Program-RSVP Tortas 	10 Open Hours 8-4 10:30am Anxiety & Depression Group 2pm Hearing Voices Support Group	11 Open Hours 9:30-12:30pm 11-3pm Monarch Butterfly & Lunch at Splash Café You Must Sign Up & Bring \$!
14 Open Hours 8-4 9:30am Microsoft Excel 101	15 Open Hours 8-4 10:30-12:30pm Food Bank Members Only 1pm Coloring Group	16 Open Hours 8-4 12pm Lunch Program-RSVP Chicken Noodle Soup 1pm Calendar Planning 	17 Open Hours 8-4 10:30am Anxiety & Depression Group 11:30-2pm Bread of the Month Sweet Italian Bread You Must Sign Up! 2pm Hearing Voices Support Group	18 Open Hours 9:30-12:30pm 
21 Open Hours 8-4 9:30am Microsoft Excel 101 	22 Open Hours 8-4 10:30-12:30pm Food Bank Members Only 1pm Coloring Group	23 Open Hours 8-4 11am Yoga with Colleen 12pm Lunch Program-RSVP Pork Chops	24 Open Hours 8-4 10:30am Anxiety & Depression Group 2pm Hearing Voices Support Group	25 Open Hours 9:30-12:30pm 
28 Open Hours 8-4 9:30am Microsoft Excel 101	29 Open Hours 8-4 10:30-12:30pm Food Bank Members Only 1pm Coloring Group	30 Open Hours 8-4 12pm Lunch Program-RSVP Beef Nachos & Birthday Celebrations!!!	31 Open Hours 8-4 10:30am Anxiety & Depression Group 12-2pm Movie Madness The Incredibles 2 2pm Hearing Voices Support Group	If you are interested in attending any of our groups & becoming a RLC member, please contact staff to schedule an orientation.