

JULY 2019

Helping Hands of Lompoc (805)819-0460 Ext. 153

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 MOVIE 1-4PM</p>	<p>2 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 10:40 Tai Chi w/ Yuka 12:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Spanish 101</p>	<p>3 HOURS 8-4 9:30 Fun w/ Friends 10:45ish Nurse Carol 12:00 4th of July BBQ 12:30 Taming Anger 1:30 Art</p> 	<p>4 CLOSED</p>  <p>Happy 4th of July!</p>	<p>5 HOURS 8-4 9:30 Fun w/ Friends 11:00 Grupo de Apoyo 12:30 Walking 4 Wellness 1:00 Hope is Alive</p>
<p>8 MOVIE 1-4PM</p>	<p>9 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Voice Hearers Support 12:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Spanish 101</p>	<p>10 HOURS 8-4 9:30ish Farmers Market 10:45ish Nurse Carol 11:30 50% off @ Goodwill 12:30 Shh... It Happened 1:30 Art</p>	<p>11 CLOSED</p> <p>TMHA Community Picnic Need to Sign Up</p>	<p>12 HOURS 8-4 9:30 Fun w/ Friends 11:00 Grupo de Apoyo 12:30 Walking 4 Wellness 1:00 Hope is Alive</p>
<p>15 MOVIE 1-4PM</p>	<p>16 HOURS 8-4 9:00 Community Meeting 9:30 Voice Hearers Support 12:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Spanish 101</p>	<p>17 HOURS 8-4 9:30 Grief Support 10:45ish Nurse Carol 12:30 Taming Anger 1:30 Art 3-5 BWell Commission Mtg</p>	<p>18 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:30 Highly Sensitive People 12:30 Walking 4 Wellness 1:00 Dual Diagnosis 1-2:30 CFMAC Mtg</p>	<p>19 HOURS 8-4 9:30 Fun w/ Friends 11:00 Grupo de Apoyo 12:30 Walking 4 Wellness 1:00 Hope is Alive</p>
<p>22 MOVIE 1-4PM</p>	<p>23 HOURS 9-4 8:00 Leadership Mtg 9:00 Community Meeting 9:30 Voice Hearers Support 12:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Spanish 101</p>	<p>24 HOURS 8-4 9:30ish Farmers Market 10:45ish Nurse Carol 12:30 Shh... It Happened 1:30 Art 2:30 Chalk Art Workshop</p>	<p>25 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:30 Highly Sensitive People 12:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Life Gets Better Together</p>	<p>26 HOURS 8-4 9:30 Fun w/ Friends 11:00 Grupo de Apoyo 12:30 Walking 4 Wellness 1:00 Hope is Alive</p>
<p>29 MOVIE 1-4PM</p>	<p>30 HOURS 8-4 9:00 Community Meeting 9:30 Voice Hearers Support 12:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Spanish 101</p>	<p>31 HOURS 8-4 9:30 Fun w/ Friends 10:45ish Nurse Carol 12:00 July Birthdays 1:30 Art</p> 	<p>Tues-Wed-Thurs-Fri Open Computer Lab 10:0--12pm & 1-3pm</p>	<p>Saturday July 20th</p>  <p>Bingo Night</p> <p>4-7pm</p>