



AT Wellness Center “Life House”



May 2017

Standard Center Hours
(Unless Otherwise Specified)
M 10:00-4:00 / T 10:00-4:00
W 11:00-5:30 / Th 11:00-4:00
F 10:00-4:00

5850 West Mall Road. Atascadero (805) 464-0512

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00-11:00 Social Hour 11:00-12:00 Current Events 12:00-1:00 Heathy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>2 10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:30-1:30 Music Group 2:00-3:00 Art Group 3:00-4:00 Office Hour</p>	<p>3 11:00-12:00 Social Hour 12:00-2:00 Explore Downtown SLO 2:00-4:00 Each Mind Matters Open House @ Hope House DRA Cancelled Today</p>	<p>4 11:00-12:00 Social Hour 12:30-1:30 Men's Group 2:00-3:00 Vision/Calendar Planning 3:00-4:00 Office Hour 4:00-5:00 Paso Robles Support Group</p>	<p>5 10:00-10:30 Social Hour 10:30-11:30 Celebrate Cinco de Mayo w/Sally 11:30-1:30 Parenting Class 2:00-3:00 PTSD-Seeking Safety 3:00-4:00 Office Hour</p>
<p>8 10:00-11:00 Social Hour 11:00-12:00 Yoga w/Kitty 12:00-1:00 Heathy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>9 10:00-10:30 Social Hour 10:30-1:30 Fun Farm Day @ Growing Grounds Farm SLO 2:00-3:00 Art Group 3:00-4:00 Office Hour</p>	<p>10 11:00-2:00 Each Mind Matters Open House @ Life House 3:00-4:00 Dual Recovery Anonymous</p>	<p>11 11:00-12:00 Social Hour 12:30-1:30 Men's Group 1:30-3:00 Paso Bowl 3:00-4:00 Office Hour 4:00-5:00 Paso Robles Support Group</p>	<p>12 10:00-10:30 Social Hour 10:30-11:30 Women's Group 11:30-1:30 Parenting Class 2:00-3:00 PTSD-Seeking Safety 3:00-4:00 Office Hour</p>
<p>15 10:00-11:00 Social Hour 11:00-12:00 Celebrate May Birthdays 12:00-1:00 Heathy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>16 10:00-11:00 Social Hour 11:00-12:00 Zen Coloring 12:00-1:00 Center Clean-up 1:00-3:00 Galaxy Movie Day 3:00-4:00 Office Hour</p>	<p>17 11:00-12:00 Social Hour 12:00-1:00 Meal Planning 1:30-2:30 Smoking Cessation 3:00-5:30 Cooking Class 3:00-4:00 Dual Recovery Anonymous</p>	<p>18 11:00-12:00 Social Hour 12:00-1:00 Tai Chi 1:30-2:30 Bi-Polar Support 3:00-4:00 Office Hour 4:00-5:00 Paso Robles Support Group</p>	<p>19 Center Closed For Employee Training</p>
<p>22 10:00-11:00 Social Hour 11:00-12:00 Yoga w/Kitty 12:00-1:00 Earthquake & Fire Drill 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>23 10:00-11:00 Social Hour 11:00-1:00 Visit to Pismo Boardwalk 1:00-3:00 Each Mind Matters Open House @ Safe Haven</p>	<p>24 11:00-12:00 Social Hour 12:00-1:00 Meal Planning 1:30-2:30 Smoking Cessation 3:00-5:30 Cooking Class 3:00-4:00 Dual Recovery Anonymous</p>	<p>25 11:00-12:00 Social Hour 12:00-1:00 Qigong w/Nancy 1:30-2:30 Combating “What If” Thinking 3:00-4:00 Office Hour 4:00-5:00 Paso Robles Support Group</p>	<p>26 10:00-10:30 Social Hour 10:30-11:30 Women's Group 11:30-1:30 Parenting Class 2:00-3:00 Hospice Grief Support Group 3:00-4:00 Office Hour</p>
<p>29 LIFE HOUSE CLOSED HAPPY MEMORIAL DAY!!</p>	<p>30 10:00-11:00 Social Hour 11:00-12:30 Jewelry Making w/Bill 1:30-3:00 Creative Writing at Atascadero Lake w/Roberta 3:00-4:00 Office Hour</p>	<p>31 11:00-12:00 Social Hour 12:00-1:00 Meal Planning 1:30-2:30 Smoking Cessation 3:00-5:30 Cooking Class 3:00-4:00 Dual Recovery Anonymous</p>	<p>Evening Support Groups 1st & 3rd Mondays 6:30pm NAMI Family to Family</p>	



