



Standard Center Hours
 M 10-4, T 10-4, W 11-5:30,
 TH 11-4:30, F 10-4



Atascadero Wellness Center
 "Life House"
 5850 West Mall Road Atascadero CA
 805-464-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Life Happens Some Events/Activities are subject to Change</p>	<p>Evening Support Group</p> <p>NAMI Family to Family 1st & 3rd Mondays 6:30pm</p>			
<p>3</p> <p>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>4</p> <p>10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:00-1:00 Center Clean-up 1:00-3:00 Galaxy Movie Day 3:30-4:00 Office Hour</p>	<p>5</p> <p>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>6</p> <p>11:00-12:00 Social Hour 12:30-1:30 Men's Group 2:00-3:00 Yoga w/Kitty 4:00-5:00 Paso Robles Support Group</p>	<p>7</p> <p>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>10</p> <p>10:00-11:00 Social Hour 11:00-12:00 Celebrate April Birthdays 12:00-1:00 Heathy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>11</p> <p>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>12</p> <p>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>13</p> <p>11:00-12:00 Social Hour 12:00-1:00 Center Clean-up 1:30-3:00 Paso Bowl 4:00-5:00 Paso Robles Support Group</p>	<p>14</p> <p>10:00-11:00 Social Hour 11:30-1:30 Parenting Class 2:00-3:00 PTSD-Seeking Safety 3:00-4:00 Office Hour</p>
<p>17</p> <p>10:00-11:00 Social Hour 11:00-12:00 Hike to Stadium Park 12:00-1:00 Heathy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>18</p> <p>10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:30-1:30 Music Group 2:00-3:00 Art Group 3:30-4:00 Office Hour</p>	<p>19</p> <p>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>20</p> <p>11:00-12:00 Social Hour 12:00-1:00 Tai Chi 1:00-2:00 Basic Sign Language 4:00-5:00 Paso Robles Support Group</p>	<p>21</p> <p>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>24</p> <p>10:00-11:00 Social Hour 11:00-11:30 Earthquake & Fire Drill 12:00-1:00 Heathy Habits 1:30-3:00 Lift Now Support Gr. 3:00-4:00 Office Hour</p>	<p>25</p> <p>10:00-10:30 Social Hour 10:30-12:30 Abundance Shop in Los Oso 1:00-3:00 Sub Sea Tours- Morro Bay 3:30-4:00 Office Hour</p>	<p>26</p> <p>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>27</p> <p>12:00-1:00 Qigong w/Nancy 1:00-2:00 Yoga w/Kitty 2:00-3:00 Board Games 4:00-5:00 Paso Robles Support Group</p>	<p>28</p> <p>Center Closed For Employee Training</p>