

JANUARY

2020 Helping Hands of Lompoc (805)819-0460 Ext. 153

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Open Computer Lab Tuesday & Thursday 10am-12pm & 1-4pm</p> 	<p>Hot Lunch Tuesdays & Thursdays Sandwiches Wednesdays & Fridays Served @ 12pm (sign up by 11:30) Lunch is OYO on Farmers Market Days</p>	<p>1 HOURS 8-4 10:30 Libre Office Impress 10:45ish Nurse Carol 1:30 Art 2:30 Hooked On Yarn</p> 	<p>2 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis 2:15 Meditation w/ Brock</p>	<p>3 HOURS 8-4 9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30pm Walking for Wellness</p> 
<p>6 1-4PM</p> 	<p>7 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 11:00 Tai Chi w/ Yuka 1:00 Community Meeting</p>	<p>8 HOURS 8-4 9:30ish Farmers Market 10:30 Libre Office Impress 10:45ish Nurse Carol 1:30 Art 2:30 Hooked On Yarn</p> 	<p>9 HOURS 8-4</p>  <p>8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis</p>	<p>10 HOURS 8-4 9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30pm Walking for Wellness</p>
<p>13 1-4PM</p>  <p>11:30 TAY Cooking Group</p>	<p>14 HOURS 8-4</p>  <p>8:30 Morning Mindfulness 9:30 Voice Hearers Support 10:45 Crafting w/ Amber W. 1:00 Community Meeting</p>	<p>15 HOURS 8-4 10:30 Libre Office Impress 10:45ish Nurse Carol 1:30 Art 2:30 Hooked On Yarn 3-5 BeWell Commission Mtg</p> 	<p>16 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis 1-2:30 CFMAT Mtg</p>	<p>17 HOURS 8-4 9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30pm Walking for Wellness</p> 
<p>20 1-4PM</p> 	<p>21 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:00 Community Meeting</p>	<p>22 HOURS 8-4</p>  <p>9:30ish Farmers Market 10:30 Libre Office Impress 10:45ish Nurse Carol 1:30 Art 2:30 Hooked On Yarn</p>	<p>23 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis</p> 	<p>24 HOURS 8-4 9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30pm Walking for Wellness</p>
<p>27 1-4PM</p> 	<p>28 HOURS 8-4 8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:00 Community Meeting Love on a Leash</p> 	<p>29 HOURS 8-4 10:30 Libre Office Impress 10:45ish Nurse Carol 12:30 January Birthdays 1:30 Art 2:30 Hooked On Yarn</p> 	<p>30 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis</p>	<p>31 HOURS 8-4 9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30pm Walking for Wellness</p> 