



2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 1-4PM</p>  <p><b>TAY Cooking Group</b> 11:30am</p>	<p>3 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Voice Hearers Support 11:00 <b>Tai Chi w/ Yuka</b> 1:30 Community Meeting 2:30 <b>CFMAT Presentation</b></p> <p>*NO Chair Yoga today</p>	<p>4 HOURS 8-4</p> <p>9:30 <b>Game Group</b> 10:30 Basic Computer Class 10:45ish Nurse Carol 1:30 Art</p>	<p>5 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1:00 Dual Diagnosis 2:15 <b>Meditation w/ Brock</b></p> 	<p>6 HOURS 8-4</p> <p>9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Hooked On Yarn</p> 
<p>9 1-4PM</p> 	<p>10 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:30 Community Meeting 2:30 Chair Yoga</p>	<p>11 HOURS 8-4</p> <p>9:30ish <b>Farmers Market</b> 10:30 Basic Computer Class 10:45ish Nurse Carol 1:30 Art</p> 	<p>12 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1:00 Dual Diagnosis</p>	<p>13 HOURS 8-4</p> <p>9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:00 <b>Unity St. Patrick's Day Luncheon w/ Santa Maria RLC</b></p> 
<p>16 1-4PM</p>  <p><b>TAY Cooking Group</b> 11:30am</p>	<p>17 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:30 Community Meeting 2:30 Chair Yoga</p> 	<p>18 HOURS 8-4</p> <p>9:30 <b>Game Group</b> 10:30 Basic Computer Class 10:45ish Nurse Carol 1:30 Art 3-5 <b>BeWell Commission Mtg</b></p>	<p>19 <b>HOURS 8-7</b></p> <p>8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1-2:30 <b>CFMAT Mtg</b> 5:00 Build-Your-Own Burrito</p> 	<p>20 HOURS 8-4</p> <p>9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Hooked On Yarn</p> 
<p>23 1-4PM</p>  <p><b>Beatification Day 9-11am</b></p>	<p>24 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:00 <b>Love on a Leash</b>  1:30 Community Meeting 2:30 Chair Yoga</p>	<p>25 HOURS 8-4</p> <p>9:30ish <b>Farmers Market</b> 10:30 Basic Computer Class 10:45ish Nurse Carol 12:30 <b>March Birthdays</b> 1:30 Art</p> 	<p>26 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Bouncing Forward 11:00 Highly Sensitive People 1:00 Dual Diagnosis</p>	<p>27 <b>HOURS 8-12</b></p> <p>9:30 Fun w/ Friends 10:00 Relax Your Mind 11:00 Grupo de Apoyo 12:30 Walking for Wellness 1:00 Hooked On Yarn</p>
<p>30 <b>CLOSED</b> <b>Member Appreciation</b> (by invitation only) 12-4pm</p> 	<p>31 HOURS 8-4</p> <p>8:30 Morning Mindfulness 9:30 Voice Hearers Support 1:30 Community Meeting 2:30 Chair Yoga</p>	<p><b>STOP THE STIGMA OF MENTAL ILLNESS</b></p> <p><b>Join Us For The Strike Out Stigma Bowl-a-Thon on</b></p> <p><b>Saturday, March 21st @ 4pm at Surf Lanes in Lompoc!!</b></p> 		<p><b>Open Computer Lab</b> <b>Tuesday &amp; Thursday</b> 10am-12pm &amp; 1-4pm</p> 
				<p><b>Hot Lunch</b> <b>Tuesdays &amp; Fridays</b> Sandwiches <b>Wednesdays &amp; Thursdays</b> <b>Served @ 12pm</b> (sign up by 11:30)</p> 