








NOVEMBER 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Open Computer Lab Tuesday & Thursday 10am-12pm & 1-4pm	Hot Lunch Tuesdays & Thursdays Sandwiches Wednesdays & Fridays Served @ 12pm (sign up by 11:30) Lunch is OYO on Farmers Market Days		1 CLOSED Rhythm of Recovery Awards
4 CLOSED CASRA Conference	5 CLOSED CASRA Conference	6 CLOSED CASRA Conference	7 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis	8 HOURS 8-4 9:30 Fun w/ Friends 11:00 Grupo de Apoyo 12:30pm Walking for Wellness
11 1-4PM 	12 HOURS 8-4 8:30 Morning Mindfulness 10:00 Voice Hearers Support 11:00 Tai Chi w/ Yuka 1:00 Community Meeting 2:00 Spanish 101	13 HOURS 3-7pm	14 HOURS 8-4 8:30 Morning Mindfulness 9:30 Bouncing Forward 10:45 Highly Sensitive People 1:00 Dual Diagnosis 2:00 Life Gets Better Together	15 HOURS 8-4 9:30 Fun w/ Friends 11:00 Grupo de Apoyo 12:30pm Walking for Wellness
18 1-4PM  11:30 TAY Cooking Group Dr. Kalir	19 HOURS 8-4 8:30 Morning Mindfulness 10:00 Voice Hearers Support 1:00 Community Meeting 2:00 Spanish 101	20 HOURS 8-4 9:30ish Farmers Market 10:30 Embracing Aging Part 2 10:45ish Nurse Carol LUNCH OYO 12:30 Shh...It Happens! 1:30 Art 2:30 Hooked On Yarn 3-5 BeWell Commission 	21 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	22 HOURS 8-12 9:30 Fun w/ Friends 11:00 Grupo de Apoyo
25 CLOSED Volunteer Appreciation Luncheon 12-4 Dr. Kalir	26 HOURS 8-4 8:30 Morning Mindfulness 10:00 Voice Hearers Support 1:00 Community Meeting Love on a Leash 2:00 Spanish 101 	27 HOURS 8-4 10:30 Embracing Aging Part 2 10:45ish Nurse Carol 1:00 Thanksgiving Luncheon 2:00 November Birthdays 2:30 Hooked On Yarn 	28 HOURS 12-5  	29 CLOSED