



August 2017

Arroyo Grande Wellness Center

"Safe Haven"

203 Bridge St. Arroyo Grande, CA 93420

(805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</u></p> <p>All events subject to change!</p> <p>Please RSVP for all outings/events!</p> <p><u>Doors close 10 minutes after group begins</u></p>	<p>1</p> <p>10-11 Women's Support Group 11-12 Calendar Planning 12-1 Self-Care with Sherrie 1-4 Cooking Class</p>	<p>2</p> <p><u>9:30-12 Bob Jones Trail</u> <u>12-1 Coping w/Depression</u> <u>1-3 Computer Sessions*</u> 1:30-2:30 Beading/Jewelry Making 3-4 TED talk</p>	<p>3</p> <p>10-11 Good Attitudes 11-2 Target Shopping 2-3 Book Club 3-4 Let's Talk about Employment</p>	<p>4</p> <p><u>10-1 Gem Show in Nipomo</u> 1-2 Sharing Special Sentiments</p>
<p>7</p> <p>10-11 Mind-Body-Spirit 11-12:30 Music Appreciation and Lunch at the park (bring a lunch) 1-2 For the Love of Theater 2-4 Thrift Store Shopping</p>	<p>8</p> <p>10-11 Women's Support Group 11-12 Synergy in a Team Environment 12-1 Self-Care with Sherrie 1-4 Taco Tuesday</p>	<p>9</p> <p>10-12 Mandalas @ Avila <u>12-1 Coping w/Depression</u> <u>1-3 Computer Sessions*</u> 1:30-2:30 Game Hour 2:30-3:30 Wellness Self-Management 3:30-4 One-on-Ones</p>	<p>10</p> <p>10-11 Laughter Wellness w/Marcia 11:30-12:30 Current Events 1-2 Wellness Walk 2-3 "Who's Line is it Anyway" Appreciation Hour 3-4 Let's Talk about Employment</p>	<p>11</p> <p><u>10-11 Book Club</u> 11-12 Building Self-Esteem</p>
<p>14</p> <p>10-11 Mind-Body-Spirit <u>11-12:30 Basketball</u> 1-3 Wellness Recovery Action Plan 3-4 Mindful Meditation</p>	<p>15</p> <p>10-11 Women's Support Group 11-4 Movie Theater Outing & Downtown SLO</p>	<p>16</p> <p><u>10-11 Men's Chat</u> 11-12 Wellness Self-Management <u>12-1 Coping w/Depression</u> <u>1-3 Computer Sessions*</u> 1-3 Cooking Class 3-4 Game Hour</p>	<p>17</p> <p>9-5 <u>Santa Barbara Museum</u></p>	<p>18</p> <p>Center Closed for Staff Training See you Monday</p>
<p>21</p> <p>10-11 Mind-Body-Spirit <u>11-12:30 Tennis</u> 1-3 Wellness Recovery Action Plans 3-4 Mindful Meditation</p>	<p>22</p> <p>10-11 Women's Support Group 11-12 Superfood Facts 12:30-2:30 Art Therapy 3-4 Improve</p>	<p>23</p> <p><u>10-11 Men's Chat</u> 11-12 Wellness Self-Management <u>12-1 Coping w/Depression</u> <u>1-3 Computer Sessions*</u> 1:30-2:30 Current Events 3-4 Coffee Shop</p>	<p>24</p> <p>10-11 Laughter Wellness w/Marcia 11-1 Cooking Class 1:30-2:30 Mindful Meditation 3-4 Let's Talk about Employment</p>	<p>25</p> <p><u>10-11 Book Club</u> 11-12 Writing as a Path to Healing</p>
<p>28</p> <p>10-11 Mind-Body-Spirit <u>11-1 Local Restaurant Outing</u> 1-3 Wellness Recovery Action Plan 3-4 Mindful Meditation</p>	<p>29</p> <p>10-11 Women's Support Group 11-12:30 Stamp Art 1-4 Rancho Bowl</p>	<p>30</p> <p><u>10-11 Men's Chat</u> 11-12 Wellness Self-Management <u>12-1 Coping w/Depression</u> <u>1-3 Computer Sessions*</u> 1-3 Picnic @ Dinosaur Park 3:30-4 One-on-Ones</p>	<p>31</p> <p>10-11 Good Attitudes 11:30-12:30 Light Yoga Movements 1-2 Building Resiliency <u>2-3 Spanish Language Basics</u> 3-4 Let's Talk about Employment</p>	<p>*Computer Sessions are one on one, hour-long, sessions to learn the computer skill(s) of your choice. If interested please call (805) 489-9659 to secure your spot ☺</p>