

Santa Maria Wellness
Center (SMWC)

225 E. Inger Drive Suite #101A

(805) 928-0139



August 2025

Mon	Tue	Wed	Thu	Fri	Sat
https://www.t-mha.org/wellness-calendars.php 		<p>Please call our center if you need more information about becoming a SMWC Member.</p>	<p>Center Hours, Activities, and Events are Subject to Change. Thank you!</p>	<p>1 Open Hours 9-3pm 10am Music & Film Appreciation 11am Center Beautification & Lunch</p>	<p>2 Event 10-2pm Caffeinated Cat Cafe in Grover Beach- Must RSVP & Bring \$7</p>
<p>4 Family Services 12pm Online Family Support Group</p> <p>For Information Contact: Maria (805) 441-3325</p>	<p>5 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday!</p>	<p>6 Open Hours 9-3pm 11am Gratitude & Wellness 12:30-2:30pm Baking Group—Apple Cinnamon Zucchini Bread- Must RSVP!</p>	<p>7 Open Hours 10-4pm 9:30am Stomping Out Anxiety 11am Living Balance 12-2pm Canvas & Connection 5-9pm Farmers Market- Must RSVP & Bring \$</p>	<p>8 Open Hours 9-1:30pm 10am Music & Film Appreciation 11-3pm Solvang & Picnic - Must RSVP!</p>	<p>9 Closed</p>
<p>11 Family Services 12pm Online Family Support Group</p>	<p>12 Open Hours 10-3pm No Food Bank Pick Up!</p>	<p>13 Open Hours 9-3pm 11am Gratitude & Wellness 1-2:30pm Calendar Planning —Everyone is Welcome!</p>	<p>14 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Living Balance 12-2pm Canvas & Connection</p>	<p>15 Open Hours 9-3pm 10am Music & Film Appreciation 12pm Movie & Snacks</p>	<p>16 Closed</p>
<p>18 Family Services 12pm Online Family Support Group</p>	<p>19 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday!</p>	<p>20 Open Hours 9-3pm 11am Gratitude & Wellness 1-3pm Arts and Crafts— Seashell Candles— Must RSVP!</p>	<p>21 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Living Balance 12:30-2pm Canvas & Connection</p>	<p>22 Open Hours 9-3pm 10am Music & Film Appreciation 11am Safety Drills & Protocols</p>	<p>23 Closed</p>
<p>25 Family Services 12pm Online Family Support Group</p>	<p>26 Open Hours 10-3pm No Food Bank Pick Up! 5-8pm Grupo En Español Con/ Banco de Comida-Spanish Support Group</p>	<p>27 Open Hours 9-3pm 11am Gratitude & Wellness 1:30pm Walking For Wellness</p>	<p>28 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Living Balance 12:30-2pm Canvas & Connection</p>	<p>29 Open for Event Only 11:30-3pm Unity Event: Ice Cream Social— Must RSVP</p>	<p>30 Closed</p>