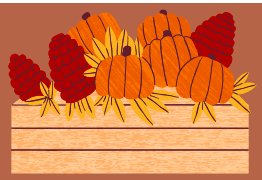
Santa Maria Wellness Center (SMWC)
225 E. Inger Drive, Suite #101A
Phone: (805)-928-0139



# November 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| **2** *Family Services* 12pm Online Family Support Group *For information, contact Maggie (805)-441-3325.* | *Open 10am - 3pm* **3** 11:30am Food Bank Pickup **RSVP by 5pm Monday** Front Room opens @ 1pm | *Open 9am - 4pm* **4** 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Group: Bread of the Month | *Open 9am - 4pm* **5** NO Stomping Out Anxiety 11am Skill Building 1pm Adulting 101 4:30 - 9pm SLO Farmers Market **(RSVP & Bring $)** | *Open 9am - 3pm* **6** 9:30am WHAM 10:30am-4pm Pismo Butterfly Grove & Lunch **(must RSVP & bring $)** | *Open For Event* **7** 10am - 2pm Coffee w/ Friends in Lompoc **(must RSVP & bring $)** |
| **9** *Family Services* 12pm Online Family Support Group | *Open 10am - 3pm* **10** 11:30am Food Bank Pickup **RSVP by 5pm Monday** Front Room opens @ 1pm | *Open 9am - 4pm* **11** 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning **Everyone is welcome!** | *Open 9am - 4pm* **12** 9:30am Stomping Out Anxiety 11am Skill Building 1pm Adulting 101 | **13** CLOSED  | *Open 9am - 2pm* **14** 10am - 2pm Day Trip to Animal Shelter **(must RSVP)** |
| **16** *Family Services* 12pm Online Family Support Group | *Open For Event* **17** **No Food Bank Pickup** 10am - 3:30pm Thanksgiving Dinner in Atascadero **(MUST RSVP)** | *Open 9am - 4pm* **18** 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Thanksgiving Arts & Crafts | *Open 12pm - 4pm* **19** No Stomping Out Anxiety 12pm Skill Building 1pm Adulting 101 | *Open 9am - 3pm* **20** 10am WHAM 11am Create & Connect 11:30-2pm Thanksgiving Movie & Lunch | *Open 9am - 3pm* **21** 10am - 1pm Feel Good Kitchen |
| **23** *Family Services* 12pm Online Family Support Group | *Open 10am - 3pm* **24** **No Food Bank Pickup** 10:30am Grief Recovery 11:30am Center Beautification & Lunch | *Open 9am - 4pm* **25** 10am Gratitude & Wellness 11am Talk & Thrive 12pm Thanksgiving Card Making 1pm Walking 4 Wellness | **26** CLOSED  | *Open 10am - 2pm* **27** 12pm Safety Drills & Protocols | **28** CLOSED  |
| **30** *Family Services* 12pm Online Family Support Group |  | Interested in becoming a member? Call to schedule an orientation! |  | Center Hours, Activities, & Events are subject to change. Thank you! |  |