


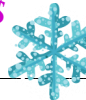












Santa Maria Wellness Center (SMWC)  
225 E. Inger Drive Suite #101A  
(805) 928-0139



# December 2025



Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Family Services <b>12pm Online Family Support Group</b> For Information Contact: Maria (805) 441-3325</p> 	<p>2 Open Hours 1-7:30pm <b>No Foodbank Pick-up</b> <b>1:30-3:30pm Center Beautification &amp; Lunch</b> <b>5:30-7:30pm Virtual BHSA Meeting</b></p> 	<p>3 Open Hours 9-3pm <b>10am Living Balance</b> <b>11am Gratitude &amp; Wellness</b> <b>12:30-3pm Bread of the Month: Monkey Bread—Must RSVP!</b></p> 	<p>4 Open Hours 9-4pm <b>No Stomping Out Anxiety</b> <b>11am Building Healthy Supports</b> <b>12:30-2pm Holiday Card Making</b> <b>4-9pm Farmer's Market—Must RSVP and Bring \$</b></p>  	<p>5 Open Hours 9-4pm <b>10am Music &amp; Film Appreciation</b> <b>11am Christmas Tree Outing—Must RSVP!</b> <b>1-4pm Tree Trimming Party—Must RSVP!</b></p>	<p>6 <b>Open 4 Event</b> <b>10-3pm Julefest Parade in Solvang—Must RSVP!</b></p> 
<p>8 Family Services <b>12pm Online Family Support Group</b></p> 	<p>9 Open Hours 10-3pm <b>11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @1pm</b></p> 	<p>10 Open Hours 9-3pm <b>10am Living Balance</b> <b>11am Gratitude &amp; Wellness</b> <b>1-2:30pm Calendar Planning—Everyone is Welcomed!</b></p> 	<p>11 Open Hours 9-3pm <b>9:30am Stomping Out Anxiety</b> <b>11am Building Healthy Supports</b> <b>12:30-2pm Holiday Craft: Wooden Reindeers—Must RSVP!</b></p> 	<p>12 <b>Open for Event</b> <b>10am Music &amp; Film Appreciation</b> <b>11:30-2:30pm TMHA Holiday Party—Must RSVP!</b></p>	<p>13</p> 
<p>15 Family Services <b>12pm Online Family Support Group</b></p> 	<p>16 Open Hours 10-3pm <b>11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</b></p>	<p>17 Open Hours 9-3pm <b>10am Living Balance</b> <b>11am Gratitude &amp; Wellness</b> <b>12:30-2pm Holiday Craft: Terracotta Christmas Trees -Must RSVP!</b></p>	<p>18 Open Hours 9-3pm <b>9:30am Stomping Out Anxiety</b> <b>11am Building Healthy Supports</b> <b>12-3pm Holiday Cookie Baking Must RSVP!</b></p> 	<p>19 <b>Open for Event</b> <b>No Music &amp; Film Appreciation</b> <b>11-2pm Holiday Cookie Exchange—Must RSVP!</b></p>	<p>20</p> 
<p>22 Family Services <b>12pm Online Family Support Group</b></p> 	<p>23 Open Hours 10-3pm <b>No Food Bank Pick Up!</b> <b>5-8pm Grupo En Español Con/ Banco de Comida-Spanish</b></p>	<p>24 <b>CLOSED</b></p> 	<p>25 <b>CLOSED</b></p> <p><b>Merry Christmas</b></p> 	<p>26 Open Hours 9-3pm <b>10am Music &amp; Film Appreciation</b> <b>11-2pm Holiday Movies &amp; Snack</b></p>	<p>27</p> 
<p>29 Family Services <b>12pm Online Family Support Group</b></p> 	<p>30 Open Hours 10-3pm <b>11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</b></p> 	<p>31 Open Hours 9-2pm <b>10am Living Balance</b> <b>11am Gratitude &amp; Wellness</b></p> 	<p><b>January 1st CLOSED</b></p> 