



# January 2026

Mon	Tue	Wed	Thu	Fri	Sat
<b>Center Hours, Activities, and Events are Subject to Change. Thank you!</b>	If you are interested in becoming a member, please call to schedule an orientation.	<a href="https://www.t-mha.org/wellness-calendars.php">https://www.t-mha.org/wellness-calendars.php</a> 	<b>1</b> <b>CLOSED</b> 	<b>2</b> <b>Open Hours 9-3pm</b> 10am Music & Film (Last) <b>11-2pm Movie Day &amp; Snacks</b>	<b>3</b>
5 Family Services 12pm Online Family Support Group For Information Contact: Maria (805) 441-3325	6 Open Hours 10-3pm No Food Bank Pick Up! 11-1:30pm Center Beautification & Lunch	7 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness <b>12:30-3pm Baking Group: Focaccia Bread—Must RSVP!</b>	<b>8 Open Hours 10-4pm</b> No Stomping Out Anxiety 12:30-2pm Art Appreciation <b>4-9pm Farmer's Market—Must RSVP and Bring \$\$\$</b>	<b>9 Open Hours 9-3pm</b> 10am Taking Action for Whole Health <b>11-3pm Monarch Trail &amp; Splash Café—Must RSVP &amp; Bring \$\$\$</b>	<b>10 Open 4 Event</b> <b>10-2pm Coffee with Friends in SLO—Must RSVP &amp; Bring \$</b>
12 Family Services 12pm Online Family Support Group	13 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm	14 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 1-2:30pm Calendar Planning—Everyone is Welcomed!	<b>15 Open Hours 9-3pm</b> 9:30am Stomping Out Anxiety 11am Mindful Living 12:30-2pm Art Appreciation	<b>16 Open Hours 9-3pm</b> 10am Taking Action for Whole Health <b>11am Safety Drills &amp; Protocols</b>	<b>17</b>
19 Family Services 12pm Online Family Support Group	20 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm	21 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness <b>12:30-2pm Craft: DIY Snow Globe -Must RSVP!</b>	<b>22 Open Hours 9-3pm</b> 9:30am Stomping Out Anxiety 11am Mindful Living 12:30-2pm Art Appreciation	<b>23 Open Hours 9-3pm</b> 10am Taking Action for Whole Health <b>11:30-2pm Lunch &amp; Karaoke Party</b>	<b>24</b> 
26 Family Services 12pm Online Family Support Group	27 Open Hours 10-3pm No Food Bank Pick Up! 5-8pm Grupo En Español Con/ Banco de Comida-Spanish	28 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness <b>1pm Walking for Wellness</b>	<b>29 Open Hours 9-3pm</b> 9:30am Stomping Out Anxiety 11am Mindful Living 12:30-2pm Art Appreciation	<b>30 Open Hours 9-3pm</b> 10am Taking Action for Whole Health	<b>31</b>