

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



January 2026

Mon	Tue	Wed	Thu	Fri	Sat
Center Hours, Activities, and Events are Subject to Change. Thank you!	If you are interested in becoming a member, please call to schedule an orientation.	https://www.t-mha.org/wellness-calendars.php 	1 CLOSED 	2 Open Hours 9-3pm 10am Music & Film (Last) 11-2pm Movie Day & Snacks 	3 
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  12:30-3pm Baking Group: Focaccia Bread—Must RSVP!	8 Open Hours 10-4pm No Stomping Out Anxiety 12:30-2pm Art Appreciation 4-9pm Farmer's Market—Must RSVP and Bring \$\$\$ 	9 Open Hours 9-3pm 10am Taking Action for Whole Health 11-3pm Monarch Trail & Splash Café— Must RSVP & Bring \$\$\$	10 Open 4 Event 10-2pm Coffee with Friends in SLO— Must RSVP & Bring \$ 
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! 	15 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Mindful Living 12:30-2pm Art Appreciation 	16 Open Hours 9-3pm 10am Taking Action for Whole Health 11am Safety Drills & Protocols 	17 
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 12:30-2pm Craft: DIY Snow Globe -Must RSVP! 	22 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Mindful Living 12:30-2pm Art Appreciation 	23 Open Hours 9-3pm 10am Taking Action for Whole Health 11:30-2pm Lunch & Karaoke Party 	24  
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 1pm Walking for Wellness 	29 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Mindful Living 12:30-2pm Art Appreciation 	30 Open Hours 9-3pm 10am Taking Action for Whole Health 	31