











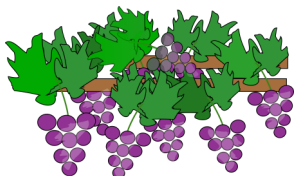


Santa Maria Wellness
Center (SMWC)

225 E. Inger Drive Suite #101A
(805) 928-0139



June 2025

Mon	Tue	Wed	Thu	Fri	Sat
<p>2 Only by Appointment 12pm Family Support</p> 	<p>3 Open Hours 10-4pm 11:30am Food Bank Pick-up RSVP by 5pm Monday (I) Front Room Opens @ 1pm</p> 	<p>4 Open Hours 9-4pm 12pm Gratitude & Wellness 1pm Taking Action Group 2-5pm Baking Group-RSVP! NO Online Group Tonight</p> 	<p>5 Open Hours 9-4pm 10am Stomping Out Anxiety 11am Living Balance 12pm Wellness in a Bowl 1-2:30pm Creative Minds– Art for Wellness 5-9pm Farmers Market RSVP!</p>	<p>6 Open Hours 9-4pm 10am Music & Film Appreciation 11-3pm Thrifting Locally \$ lunch- You Must RSVP & Bring \$!</p>	<p>7 Open for Event 10-2pm Coffee W/ Friends- Must RSVP & Bring \$</p> 
<p>9 Only by Appointment 12pm Family Support</p> 	<p>10 Open Hours 10-4pm 11:30am Food Bank Pick-up RSVP by 5pm Monday (I) Front Room Opens @ 1pm</p> 	<p>11 Open Hours 10-6pm 12pm Gratitude & Wellness 1pm Taking Action Group 2:30pm Calendar Planning – Everyone is Welcome! 5pm Online Group Finding Calm Within</p>	<p>12 Open Hours 9-4pm 10am Stomping Out Anxiety Group 11am Living Balance 12pm Wellness in a Bowl 1-2:30pm Creative Minds– Art for Wellness</p> 	<p>13 Open For Event 12:30-2pm Luncheon & B-Day Celebration Pick-up– Burger & Fries You Must RSVP!</p>	<p>14</p> <p>Closed</p> 
<p>16 Only by Appointment 12pm Family Support</p> 	<p>17 Open Hours 10-4pm No Food Bank Pick Up!</p> 	<p>18 Open Hours 10-6pm 12pm Gratitude & Wellness 1pm Taking Action Group 2-5pm Arts and Crafts-RSVP! 5pm Online Group Finding Calm Within</p>	<p>19 Open Hours 9-4pm 10am Stomping Out Anxiety Group 11am Living Balance 12pm Wellness in a Bowl 1-2:30pm Creative Minds– Art for Wellness</p>	<p>20 Open Hours 9-4pm 10am Music & Film Appreciation 11am Safety Drills & Protocols 1pm Better Together Committee Meeting</p>	<p>21 Hours 10-2pm 10am Coffee W/ Friends</p> 
<p>23 Only by Appointment 12pm Family Support</p>	<p>24 Open Hours 10-4pm No Food Bank Pick-up No Abra Grupo En Español Con/ Banco de Comida-Spanish Support Group</p>	<p>25 Open Hours 10-6pm 12pm Gratitude & Wellness 1pm Taking Action Group 2:30pm Walking For Wellness @ Waller Park– RSVP! 5pm Online Group Finding Calm Within</p>	<p>26 Open Hours 9-4pm 10am Stomping out Anxiety Group 11am Living Balance 12pm Wellness in a Bowl 1-2:30pm Creative Minds– Art for Wellness</p>	<p>27 Open Hours 9-4pm 10am Music & Film Appreciation 11am Better Together Committee Meeting 12pm Movies & Pizza</p>	<p>28 Hours 10-2pm 10am Coffee W/ Friends</p> 
<p>30 Only by Appointment 12pm Family Support</p>		<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>	