

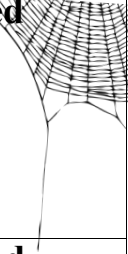
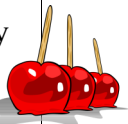
Santa Maria Wellness Center
(SMWC)

225 E. Inger Drive Suite #101A

(805) 928-0139



October 2025

Mon	Tue	Wed	Thu	Fri	Sat
Center Hours, Activities, and Events are Subject to Change. Thank you! 	Please call our center if you need more information about becoming a SMWC Member.	1 Open Hours 9-3pm No Living Balance 11am Gratitude & Wellness 12pm Center Beautification & Lunch 	2 Open Hours 9-3pm No Stomping Out Anxiety 11am Building Healthy Supports 12-2pm Canvas & Connection 	3 Open Hours 9-1pm 10am Music & Film Appreciation 11-4pm Visit to Cambria "Scarecrow Festival" Must Sign Up & Bring \$ 	4 Open for Event 9-2pm Coffee with Friends in Solvang Must RSVP & Bring \$ 
6 Family Services 12pm Online Family Support Group For Information Contact: Maria (805) 441-3325	7 Open Hours 10-1pm No Food Bank Pick Up! 1-6:30pm BHSA Community Workshop— Must RSVP!	8 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 12:30-2:30pm Halloween Wreath— Must RSVP! 	9 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Building Healthy Supports 12:30-2pm Canvas & Connection	10 Open Hours 9-4pm 12-4pm Virtual Peer Conference 	11 Closed 
13 Family Services 12pm Online Family Support Group 	14 Open Hours 10-3pm No Food Bank Pick Up! 12:30-2:30pm Baking Pumpkin Cornbread Must RSVP! 	15 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 1-2:30pm Calendar Planning — Everyone is Welcome!	16 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Building Healthy Supports 12:30-2pm Canvas & Connection	17 Open Hours 9-3pm 10am Music & Film Appreciation 12-2pm Making Candy Apples w/ Gabby— Must RSVP! 	18 Closed 
20 Family Services 12pm Online Family Support Group 	21 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm	22 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 12:30pm Mask Making Must RSVP! 	23 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Building Healthy Supports 12:30-2pm Canvas & Connection	24 Open Hours 9-3pm 10am Music & Film Appreciation 11am Safety Drills & Protocols 12pm Bike Repair	25 Closed 
27 Family Services 12pm Online Family Support Group 	28 Open Hours 10-3pm No Food Bank Pick Up! 5-8pm Grupo En Español Con/ Banco de Comida-Spanish	29 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 1:30pm Walking For Wellness 	30 11:30-3pm TMHA Halloween Party— Must RSVP! 	31 Open Hours 9-3pm 10am Music & Film Appreciation 11am Halloween Movie & Snacks (TBD)	https://www.t-mha.org/wellness-calendars.php 