

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 "Appetizers" Chew & Chill	<b>2</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence 2:30-3:30 TED Talk & Discussion	<b>3</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:30 Attitude of Gratitude	<b>4</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-3:30 Artistic Expressions (Bring paper and other materials)	<b>5</b> VIRTUAL GROUPS 9-11 Staff Training 12-1 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anonymous
<b>8</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 "Appetizers" Chew & Chill	<b>9</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence 2:30-3:30 Home Scavenger Hunt 4-5:30 PAAT General Meeting	<b>10</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:30 Cool Stuff Show & Tell	<b>11</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-3:30 Artistic Expressions NEXT WEEK ON WEDNESDAY (Bring paper and other materials)	<b>12</b> VIRTUAL GROUPS 9-11 Staff Training 12-1 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anonymous
<b>15</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 "Appetizers" Chew & Chill	<b>16</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence 2:30-3:30 Charades Online	<b>17</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:30 Artistic Expressions (Bring paper and other materials)	<b>18</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group	<b>19</b> VIRTUAL GROUPS 9-11 Staff Training 12-1 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anonymous
<b>22</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 "Appetizers" Chew & Chill	<b>23</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence 2:30-3:30 Attitude of Gratitude 4-5:30 PAAT Planning Meeting	<b>24</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:30 Artistic Expressions (Bring paper and other materials)	<b>25</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group	<b>26</b> VIRTUAL GROUPS 9-11 Staff Training 12-1 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anonymous
<b>29</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 "Appetizers" Chew & Chill	<b>30</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence 2:30-3:30 Karaoke Sing Along	Currently, all groups offered are Virtual Only. Please call for login information or to sign up as a new member. <b>(805) 541-6813</b>	<b>Re-Opening Procedures</b> Members & Employees will be required to wash/sanitize their hands and wear a mask while at the Center. All members attending In- Person or Virtual Groups are required to register as a member to participate.	Members and Employees will be required to follow social distancing guidelines while at the Center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave.