



RLC

“Helping Hands of Lompoc”

513 North G St.

MARCH

819-0460 ext. 153

Open Mon-Fri 8-4 & Sun 10-2



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

		<p>Don't Forget to Attend the Community Mtg on Tuesday. Please Call Before 1 pm if You are unable to Attend.</p>	<p>1 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 12 Lunch 1:30 Art</p>	<p>2 OPEN 8-4 10ish Farmers Market 11:30 Lunch NO Dual Diagnosis</p>	<p>3 OPEN 8-4 9:30 Coffee w/ Friends 10:30 ZUMBA w/ Derek 12 Lunch</p>
<p>5 OPEN 10-2 12 Lunch</p>	<p>6 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Brunch 11:30 Movie 1 Depression/Bipolar Group</p>	<p>7 OPEN 8-4 9 Community Meeting 10:30 Basic Word 11:30 Lunch 12:30 Publisher 1 Community Meeting 1:30 Bilingual Group</p>	<p>8 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Diabetes Awareness 12 Lunch 12:30 Seeking Safety 1:30 Art</p>	<p>9 OPEN 8-4 10ish Farmers Market 11:30 Lunch 1 Dual Diagnosis</p>	<p>10 OPEN 8-4 9:30 Coffee w/ Friends 10:30 ZUMBA w/ Derek 12 Lunch 2 Crafts w/Patty</p>
<p>12 OPEN 10-2 12 Lunch</p>	<p>13 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Brunch 11:30 Movie 1 Depression/Bipolar Group</p>	<p>14 OPEN 8-4 9 Community Meeting 10:30 Basic Word 11:30 Lunch 12:30 Publisher 1 Community Meeting 1:30 Bilingual Group</p>	<p>15 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 12 Lunch 12:30 Seeking Safety 1:30 Art</p>	<p>16 OPEN 8-4 10ish Farmers Market 11:30 Lunch 1 Dual Diagnosis</p>	<p>17 OPEN 8-2 9:30 Coffee w/ Friends 10:30 ZUMBA w/ Derek 12 Lunch</p> 
<p>19 OPEN 10-2 12 Lunch</p>	<p>20 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Brunch 11:30 Movie 1 Depression/Bipolar Group</p>	<p>21 OPEN 8-4 9 Community Meeting 10:30 Basic Word 11:30 Lunch 12:30 Publisher 1 Community Meeting 1:30 Bilingual Group</p>	<p>22 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Diabetes Awareness 12 Lunch NO Seeking Safety today 1:30 Art</p>	<p>23 OPEN 8-4 10ish Farmers Market 11:30 Lunch 1 Dual Diagnosis</p>	<p>24 OPEN 8-4 9:30 Coffee w/ Friends 10:30 ZUMBA w/ Derek 12 Lunch 2 Crafts w/Patty</p>
<p>26 OPEN 10-2 12 Lunch</p>	<p>27 CLOSED BEAUTIFICATION DAY PLEASE SHOW UP BEFORE 9AM WITH YOUR HELPING HANDS 1pm ALL STAFF MEETING</p>	<p>7 OPEN 8-4 9 Community Meeting 10:30 Basic Word 11:30 Lunch 12:30 Publisher 1 Community Meeting 1:30 Bilingual Group</p>	<p>29 OPEN 8-4 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 12 Lunch & March Birthdays 12:30 Seeking Safety 1:30 Art</p>	<p>30 OPEN 8-4 10ish Farmers Market 11:30 Lunch 1 Dual Diagnosis</p>	<p>31 OPEN 8-4 9:30 Coffee w/ Friends 10:30 ZUMBA w/ Derek 12 Lunch</p>