

September

2020



301 Mission Avenue #101A Oceanside CA

28
Aug.

NATIONAL BOW TIE DAY
Wear a bow tie to Bliss for a free tea tasting
#NationalBowTieDay
Tune in on Facebook and IG for bow tie lesson and fun trivia...

BOOK CLUB

Where the Crawdads Sing by Delia Owens
Cost: \$15

(celebrating National Read a Book Day)

04
Sept.

12
Sept.

Reveal Your Inner Picasso

1-3pm Kickoff the school year with a parent and child paint class.

4-7pm Adult Paint Night
Cost: \$37

TEA TASTING & BLENDING

This wellness session will explore the origin of tea varieties, and health benefits of ingredients
September 19th 3-5pm

Free

19
Sept.

26
Sept.

POETIC SANCTUARY

Experience Spoken Word and Acapella by local poets. September 26th 6-8pm

Free

National Women's Health and Fitness

#WomensHealthFitnessDay
Check in with us all month - LIVE on FB and IG for Meal Prep, Sleep tips, and more...

30
Sept.