

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 9:15-10:00 Morning Ice Breaker / Social Time 10:00-11:00 Gardening OS / Dance Fitness 107 10:00-11:00 Nutrition 101 114 10:00-11:30 Scrapbooking 113 10:30-11:30 Yoga 111 10:30-11:30 Dual Recovery Anonymous 108 11:30-12:30 Social Time 12:30-1:30 Coping Skills 108 12:30-2:30 Fundamentals of Painting 113 1:30-3:00 Volleyball OS 2:00-3:00 Social Anxiety Support Group 108 3:00-4:00 Meditation 111 3:00-4:00 Healthy Living 108 3:00-4:30 Bingo 113</p>	<p>3 9:15-10:00 Morning Ice Breaker / Social Time 10:00-11:00 Tai Chi 107 / All 'bout Supplements 114 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-3:00 Movie Club: Main Place Mall F 11:30-12:30 Social Time 12:30-1:30 American History 108 12:30-1:30 Intermediate Computer 109 12:30-2:00 Pathways to Recovery 111 12:30-2:30 Glass Arts 113 1:30-2:30 Positive Thinking 108 / WRAP 114 2:00-3:00 12-Step Meeting 111 2:00-3:00 Trans-Folks (Closed Group) 107 2:00-4:00 Bowling F / Tea Time K 3:00-4:00 Healthy Relationships 108 / Basketball OS</p>	<p>4 9:15-10:00 Morning Ice Breaker / Social Time 10:00-11:00 Dance Fitness 107 / Education 101 114 10:00-11:30 Cooking Class K 10:00-11:30 Jewelry Design I 113 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-4:00 Social Outing: Griffith Observatory F 11:30-1:00 Social Time / Community Meeting 12:30-3:00 Volunteerism F 1:00-2:00 Diversity 108 / Uke-N-Sing Ukulele 107 1:00-2:00 Day to Day Living 114 1:30-3:00 Art Workshop 113 2:00-3:00 12-Step Meeting 111 / Music Academy 107 3:00-4:00 Balance and Boundaries 111 / Basic Spanish 114 3:00-4:30 Karaoke 108 / Volleyball OS</p>	<p>5 9:15-10:00 Morning Ice Breaker / Social Time 10:00-11:00 Free Form Exercise 107 / Juicing K 10:00-11:30 Dual Recovery Anonymous 108 10:00-11:30 Arts and Crafts 113 / Employment 114 10:00-11:30 LGBTQ Support (Closed Group) 111 10:00-1:00 Volunteerism F 11:30-12:30 Social Time 12:30-1:30 Goal Setting 108 / Beginning Computer 109 12:30-2:30 Mosaics 113 1:30-2:30 Refreshing English 114 1:30-2:30 Chair Yoga 107 2:00-3:00 Basketball OS 3:00-4:00 Al-Anon 108 3:00-4:30 Horseshoes OS</p>	<p>6 9:15-10:00 Morning Ice Breaker / Social Time 10:00-11:00 Gardening OS 10:00-11:30 Floral Design 113 10:00-11:30 West African Drumming 111 10:30-11:30 Enlightenment 108 11:30-12:30 Social Time 12:30-1:30 Men's Group 108 / Women's Group 111 12:30-2:30 TAY Social OS / Walkabout F / Choir 107 1:30-2:30 Brain Health 108 / Meditation 111 2:00-4:00 Water Colors 113 2:30-3:30 Guitar Lesson 107 2:30-4:00 Chess Club 114 3:00-4:00 Self Empowerment 111 / Open Discussion 108 5:00-8:00 Social Hour 107 108 113 LR</p>	<p>7 9:15-10:00 Morning Ice Breaker / Social Time 10:00-11:00 Video Dance 107 10:00-11:00 Horseshoes OS 10:00-11:30 Fundamentals of Drawing 113 10:00-11:30 Cooking Class K 10:30-4:00 Social Outing: The Wende Museum F 11:00-3:00 Movie Club: Main Place Mall F 11:30-12:30 Social Time 12:30-2:00 Jewelry Design II 113 1:00-2:00 Living in the Now 108 2:00-3:00 Fashion 101 114 2:00-3:30 NAMI Connection 113 3:30-4:30 Fun with Games LR</p>
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Emotional Groups— are designed to aid our members with establishing their own ability to cope and understand themselves, while addressing the overall member goals related to *advocacy and recovery*.

Art Workshop – This is an open art class, and members can explore various / different mediums of art of their choosing; or follow the facilitators planned special project.

Arts and Crafts – Members use expressive art coloring projects and occasionally special seasonal projects.

Balance and Boundaries – Members can explore steps to establishing and maintaining healthy boundaries.

Choir – This class offers an opportunity for members to sing fun/popular songs and perform at various events in the community.

Day to Day Living - This group offers tips and suggestions so that members can take things one day at a time during their journey to recovery.

DBSA (Depression, Bipolar Support Alliance) –DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Depression Coping Skills — This is a psychoeducational group in which members may learn new methods of managing and coping with depression.

Diversity – This group provides a safe and supportive environment for members to discuss feelings of being different and unique while exploring coping techniques.

Education 101—If you've been thinking about going back to school, or are curious if you should go back, then this group is for you. The facilitator will assist and guide you through the process and provide information for members about school related materials. Members are encouraged to speak to the facilitator anytime.

Employment – This class provides support and assistance as members see employment. Members can get help with locating hot job leads, resume help, interview tips and much more. Individual assistance is available as needed.

Fashion 101 – This group emphasizes proper attire for various events including casual, formal, and professional attire.

Floral Design – Members learn how to create beautiful floral arrangements with faux flowers, vases or holiday related containers.

Fundamentals of Drawing – This class is a building block for successful art making. Members receive step-by-step instructions to create various drawings.

Fundamentals of Painting – This class offers the fundamentals of art. Members receive step-by-step instructions to create various paintings.

Goal Setting— This class offers an exploration into bringing out the full potential of the individual through attitude and conceptual adjustments; opening ourselves to new possibilities and achieving our brand of excellence.

Glass Arts -Members practice many forms of glass art including etching, mosaics and stained glass.

Healthy Relationships - Members explore different types of relationships and how to engage in healthy relationships.

Jewelry Design – Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

LGBTIQ - Closed Group—Share and Care Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTIQ community to discuss their successes and concerns exclusive of outside influence.

Life Skills – Members learn ways to manage time productively, shop wisely, and budget effectively.

Men's Group - This group is an open forum to share ideas, concerns, and solutions specific to men.

Mosaics - In this class members practice many forms of glass art including etching, mosaics, and stained glass.

NAMI Connections - NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from sharing experiences and coping strategies in a positive and supportive environment.

Positive Thinking - Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

Scrapbooking – Members learn the artistic skill of scrapbooking their own personal fun memories and pictures.

Self-Empowerment – Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process.

Social Anxiety Support Group—In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

Women's Group – This group is an open forum to share ideas, concern, and solutions specific to women.

Water Colors — Learn water color and graphite techniques from a fellow member.

Physical Groups—are designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to *physical health, nutrition, and overall well-being*.

All 'bout Supplements— Class examining the uses and benefits of a variety of dietary supplements taught by our Health Educator.

Basketball -Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus.

Bowling – Members have an opportunity to meet in the community and go bowling. Members explore techniques of bowling while competing and having fun. This is a community integrated activity.

Brain Health – This group discusses ways to improve one's memory and introduces practical memory techniques, overall health of the brain and what science newly discovers on brain health.

Cooking Classes—Make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

Dance Fitness - There is no such thing as a wrong way to dance. In this class, you just dance and express yourself!

Free Form Exercise - Focus on variety of warm up and stretches. Open to members co-facilitation, Aerobics, Zumba, etc.

Healthy Living - Members learn different steps, actions and strategies one puts in place to achieve optimum health.

Gardening – This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

Horsehoes – Members practice throwing horseshoes on a half court located on the Wellness Center campus.

Juicing – Members learn about juicing of fruit and vegetables and its health benefits.

Nutrition 101 - "You are what you eat." Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health—no matter how you slice it. This class teaches members to choose healthy eating.

Social Dance – Members learn different social dances such as the tango and salsa from a professional instructor.

Tai Chi - Eastern exercise, using breaths and slow movements to build energy and strength. Daily practice helpful for self-defense.

Volley Ball -Members practice volleyball skills and learn to play a team sport on a court located at the Wellness Center campus.

Walkabout and Nature Walk – Members can explore local trails, lakes, parks and beaches of Orange County while learning the benefits of walking in Nature Walk, and at local attractions such as indoor and outdoor malls in Walkabout.

Yoga Classes: Yoga – Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

Chair Yoga—Using a chair as the main prop, this yoga class is perfect for those who are looking to build strength in a slower, more supported manner and/or have a difficult time getting up and down from the floor.

Why Weight—Achieve your healthiest body—A new class providing resources, tools and education to assist in achieving weight loss goals.

Spiritual Groups—are designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to *values and wellness*:

AI-Anon - Strength and hope for friends and families of problem drinkers. Members hear experience, strength, hope & learn detachment with kindness.

12-Step Meeting, Wed. - This 12-Step group provides support and social networking through community involvement while recovering from alcohol abuse/dependence.

12-Step Meeting, Tue. - This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from narcotic abuse/dependence.

Coping Skills – Members learn techniques to better manage and how to effectively cope with daily struggles in life.

Dual Recovery Anonymous - This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence.

Enlightenment – Members share moments in life that helped them to gain wisdom, spiritual achievements, and/or physical progress and are encouraged to discuss their personal Ah-ha moments.

Meditation – This class helps to increase awareness for oneself through spiritual exercises like breathing and mindfulness.

Mindfulness & Living in the Now– Members learn to focus one's attention on the emotions, thoughts and sensations occurring in the present moment & use as a coping skill.

West African Drumming—Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums.

WRAP (Wellness Recovery Action Plan) – Members learn that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life.

Social Groups—are designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are *indoor or outdoor recreation and/or community involvement*:

Ambassador Meeting – Wellness Center Ambassadors are members who have completed an orientation and meet weekly to contribute to the center in their own unique way. Our Ambassadors, for example, assist other members in the Computer Lab, in the kitchen, and welcome others in the reception area.

American History - The members learn about American History from a knowledgeable historian. They have the opportunity to hear the history of early settlers and how their travels/experiences helped to shape our country.

Basic Spanish – Members learn basic and conversational Spanish.

Beginning Computer - This class offers an introduction to all things computers, from hardware to software such as the Microsoft Office. This class is open to all levels of proficiency and covers internet browsing and e-mail as well.

Bingo – Members enjoy the game of B I N G O!!!! Enjoy spending time with fellow members playing a fun game!

Chess Club– Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

Community Meeting – This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Fun With Games – Time to play fun games together like chess, Wii, cards, board games, Scrabble, and puzzles while socializing and honing our skills.

Guitar Lessons – Get free guitar lessons here at the Wellness Center from a fellow member. Learn chords, rhythm and riffs.

Intermediate Computer – This group explores the Microsoft Office Suite including Excel, Publisher, and PowerPoint. Proficient typing skills are highly encouraged.

Karaoke – Members share their love for singing and connect with others through music. No singing skills required.

Movie Club – Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Music Academy— High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

Open Discussion— This group provides support for members to help them through their recovery, self esteem, confidence, etc. It is also a group that discuss various subjects.

Refreshing English—Come work on building your vocabulary, improve your reading comprehension, speed reading skills, and English grammar. Explore and expand inspirations and motivational interests, empower yourself, learn to co-facilitate groups and take part in group readings.

Social Hour - This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

Social Outing – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

TAY Social Hour – TAY is the abbreviation for Transitional Age Youth. This social time introduces various activities which are targeted to our TAY population as well as the young at heart.

Tea Time - Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

Volunteerism – This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of the recovery.