

Wellness Center South

December 2017

**Calendar is subject to change*

23072 Lake Center Drive #115
 Lake Forest, CA 92630
 Phone: (949) 528-6822
 www.wellnesscentersouth.org

Hours of Operation
 Monday-Thursday 9:00 am- 5:00 pm
 Friday 9:00am-7:00pm
 Saturday 9:00 am-5:00 pm

				Friday	Saturday
<p>Room Names:</p> <p>Art A / Art Academy</p> <p>Co A /Computer Academy</p> <p>Cu A /Culinary Academy</p> <p>GR /Group Room</p> <p>OS /Off Site</p> <p>MA /Music Academy</p> <p>RR /Resource Room</p> <p>SR /Serenity Room</p> <p>TR/Training Room</p> <p>Employment Preparation with Michele Every Monday 1:00 - 1:50pm</p>	<p><u>Volunteer Opportunity Administration Maintenance Outreach Socialization</u></p> <p><u>Please see any of the staff for further information on how to start</u></p> <p>Giveback to the Community with Volunteering Every other Friday 10:30 a.m.-1:00 p.m. See Michele for more info</p>	<p>Holiday Dance Wellness Center West December 21, 2017 1:00 p.m.-6:00p.m.</p> <p>Thanksgiving Celebration Wellness Center Central December 13, 2017</p>	<p>WCS Holiday Brunch Friday 22nd 10:00-12:00</p> <p>Please join us for a great time Bring your family and friends!!!!</p>	<p>1</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Gardening (OS)</p> <p>10:30-1:30 Food Bank (OS)</p> <p>11:00-11:50 W.R.A.P (GR) Creative Writing (TR)</p> <p>12:00-12:50 Adult Coloring (Art A)</p> <p>1:00-1:50 AA Meeting (GR) Recovery System (RR)</p> <p>2:00-2:50 Diversity (GR) Cooking on a Budget (Cu A)</p> <p>3:00-3:50 Expressive Art (Art A) Self Esteem (TR)</p> <p>4:00-4:50 Relapse Prevention (TR)</p> <p>5:00-5:50 Board Games (RR) D.B.S.A (TR)</p> <p>6:00-6:50 Crochet Away (Art A)</p>	<p>2</p> <p>9:30-10:00 Social Time</p> <p>10:00-11:00 Beading for Beginners (Art A)</p> <p>11:00-11:50 Creative Inspiration (Art A)</p> <p>12:00-1:15 D.B.S.A (TR)</p> <p>11:30-3:00- Social Outing- Farm to Market 27211 La Paz rd Laguna Niguel CA92676</p> <p>1:00-1:50 International Delight (Cu A)</p> <p>2:00-2:50 Water Color (Art A) Positive Thinking (GR)</p> <p>3:00-3:50 Dual recovery Anonymous (GR) Cartooning Class (CoA)</p> <p>4:00-4:50 Relaxation Group (SR)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4 12:30 Community Meeting</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Baseball board game (RR)</p> <p>10:00-11:00 Embroidery (Art A)</p> <p>11:00-12:30 Recovery International (GR)</p> <p>11:00-12:15 D.B.S.A (Art A)</p> <p>1:00-1:50 Music Class (AA) Employment Preparation (RR)</p> <p>2:00-4:30 Disc Golf (OS)</p> <p>2:00-2:50 Our Spirituality (SR)</p> <p>3:00-3:50 Understanding Mental illness (TR)</p> <p>4:00-4:50 Emotions Anonymous (GR) Recovery in Action (TR)</p>	<p>5</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Life in Process (GR)</p> <p>10:30-2:00 Movie Time (OS)</p> <p>11:00-11:50 Learning Apps (Co A) Adult Coloring (Art A)</p> <p>1:00-1:50 Art & Crafts (Art A)</p> <p>2:00-2:50 NA Meeting (GR) Coping Skills (TR)</p> <p>3:00-3:50 Stress Management (GR)</p> <p>4:00-4:50 Goal Setting (GR) Pursuit to Happiness (TR)</p>	<p>6</p> <p>9:30 -10:00 Social Time</p> <p>10:00-11:00 D.B.S.A (Art A)</p> <p>11:00-11:50 Advanced Computer Class (CoA) Poetry (GR)</p> <p>12:30-2:00 Bowling (OS)</p> <p>1:00-1:50 Beading for Beginners (Art A) "Improv" (TR)</p> <p>2:00-2:50 Women's Group (SR) W.R.A.P (TR)</p> <p>3:00-3:50 Grief Support Group (GR) Art Workshop (Art A)</p> <p>4:00-4:50 Nature Walk (OS) Chess Club (TR)</p>	<p>7</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Active Listening (GR)</p> <p>11:00-11:50 BINGO (RR)</p> <p>12:00-12:50 Men's Group (TR) Adult Coloring (Art A)</p> <p>1:00-1:50 Dual recovery Anonymous (GR) Ending Isolation (RR)</p> <p>2:00-2:50 Anger Management (Co A) Family 1+ 1 (GR)</p> <p>3:00-3:50 Around The World (CoA)</p> <p>4:00-4:50 Basics Of Meditation (SR) Beginning Zumba (TR)</p>	<p>8</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Gardening (OS)</p> <p>10:30-1:00 Exercise Games (OS)</p> <p>11:00-11:50 W.R.A.P (GR) Creative Writing (TR)</p> <p>12:00-12:50 Adult Coloring (Art A)</p> <p>1:00-1:50 AA Meeting (GR) Recovery System (RR)</p> <p>2:00-2:50 Diversity (GR) Cooking on a Budget (Cu A)</p> <p>3:00-3:50 Expressive Art (Art A) Self Esteem (TR)</p> <p>4:00-4:50 Relapse Prevention (TR)</p> <p>5:00-5:50 Board Games (RR) D.B.S.A (TR)</p> <p>6:00-6:50 Crochet Away (Art A)</p>	<p>9</p> <p>9:30-10:00 Social Time</p> <p>10:00-11:00 Beading for Beginners (Art A)</p> <p>11:00-11:50 Creative Inspiration (Art A)</p> <p>12:00-1:15 D.B.S.A (TR)</p> <p>11:30-3:00- Social Outing- Tanaka Farms 5380 University Dr. Irvine ,CA 92612</p> <p>1:00-1:50 International Delight (Cu A)</p> <p>2:00-2:50 Water Color (Art A) Positive Thinking (GR)</p> <p>3:00-3:50 Dual recovery Anonymous (GR) Cartooning Class (CoA)</p> <p>4:00-4:50 Relaxation Group (SR)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11 12:30 Community Meeting</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Baseball board game (RR)</p> <p>10:00-11:00 Embroidery (Art A)</p> <p>11:00-12:30 Recovery International (GR)</p> <p>11:00-12:15 D.B.S.A (Art A)</p> <p>1:00-1:50 Music Class (AA) Employment Preparation (RR)</p> <p>2:00-4:30 Disc Golf (OS)</p> <p>2:00-2:50 Our Spirituality (SR)</p> <p>3:00-3:50 Understanding Mental illness (TR)</p> <p>4:00-4:50 Emotions Anonymous (GR) Recovery in Action (TR)</p>	<p>12</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Life in Process (GR)</p> <p>10:30-2:00 Movie Time (OS)</p> <p>11:00-11:50 Learning Apps (Co A) Adult Coloring (Art A)</p> <p>1:00-1:50 Art & Crafts (Art A)</p> <p>2:00-2:50 NA Meeting (GR) Coping Skills (TR)</p> <p>3:00-3:50 Stress Management (GR)</p> <p>4:00-4:50 Goal Setting (GR) Pursuit to Happiness (TR)</p>	<p>13</p> <p>9:30 -10:00 Social Time</p> <p>10:00-11:00 D.B.S.A (Art A)</p> <p>11:00-11:50 Advanced Computer Class (CoA) Poetry (GR)</p> <p>12:30-2:00 Bowling (OS)</p> <p>1:00-1:50 Beading for Beginners (Art A) "Improv" (TR)</p> <p>2:00-2:50 Women's Group (SR) W.R.A.P (TR)</p> <p>3:00-3:50 Grief Support Group (GR) Art Workshop (Art A)</p> <p>4:00-4:50 Nature Walk (OS) Chess Club (TR)</p>	<p>14</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Active Listening (GR)</p> <p>11:00-11:50 BINGO (RR)</p> <p>12:00-12:50 Men's Group (TR) Adult Coloring (Art A)</p> <p>1:00-1:50 Dual recovery Anonymous (GR) Ending Isolation (RR)</p> <p>2:00-2:50 Anger Management (Co A)</p> <p>Family 1+ 1 (GR)</p> <p>Wellness Center South will be closing at 3:00</p>	<p>15</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Gardening (OS)</p> <p>10:30-1:00 Food Bank (OS)</p> <p>11:00-11:50 W.R.A.P (GR) Creative Writing (TR)</p> <p>12:00-12:50 Adult Coloring (Art A)</p> <p>1:00-1:50 AA Meeting (GR) Recovery System (RR)</p> <p>2:00-2:50 Diversity (GR) Cooking on a Budget (Cu A)</p> <p>3:00-3:50 Expressive Art (Art A) Self Esteem (TR)</p> <p>4:00-4:50 Relapse Prevention (TR)</p> <p>5:00-5:50 Board Games (RR) D.B.S.A (TR)</p> <p>6:00-6:50 Crochet Away (Art A)</p>	<p>16</p> <p>9:30-10:00 Social Time</p> <p>10:00-11:00 Beading for Beginners (Art A)</p> <p>11:00-11:50 Creative Inspiration (Art A)</p> <p>12:00-1:15 D.B.S.A (TR)</p> <p>11:30-3:00- Social Outing- Downtown Disney 1580 Disneyland Dr. Anaheim CA, 92802</p> <p>1:00-1:50 International Delight (Cu A)</p> <p>2:00-2:50 Water Color (Art A) Positive Thinking (GR)</p> <p>3:00-3:50 Dual recovery Anonymous (GR) Cartooning Class (CoA)</p> <p>4:00-4:50 Relaxation Group (SR)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>12:30 Community Meeting</p> <p>9:30-10:00 Social Time</p> <p>10:30-10:50 Baseball board game (RR)</p> <p>10:00-11:00 Embroidery (Art A)</p> <p>11:00-12:30 Recovery International (GR)</p> <p>11:00-12:15 D.B.S.A (Art A)</p> <p>1:00-1:50 Music Class (AA) Employment Preparation (RR)</p> <p>2:00-4:30 Disc Golf (OS)</p> <p>2:00-2:50 Our Spirituality (SR)</p> <p>3:00-3:50 Understanding Mental illness (TR)</p> <p>4:00-4:50 Emotions Anonymous (GR) Recovery in Action (TR)</p>	<p>19</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Life in Process (GR)</p> <p>10:30-2:00 Movie Time (OS)</p> <p>11:00-11:50 Learning Apps (Co A) Adult Coloring (Art A)</p> <p>1:00-1:50 Art & Crafts (Art A)</p> <p>2:00-2:50 NA Meeting (GR) Coping Skills (TR)</p> <p>3:00-3:50 Stress Management (GR)</p> <p>4:00-4:50 Goal Setting (GR) Pursuit to Happiness (TR)</p>	<p>20</p> <p>9:30 -10:00 Social Time</p> <p>10:00-11:00 D.B.S.A (Art A)</p> <p>11:00-11:50 Advanced Computer Class (CoA) Poetry (GR)</p> <p>12:30-2:00 Bowling (OS)</p> <p>1:00-1:50 Beading for Beginners (Art A) "Improv" (TR)</p> <p>2:00-2:50 Women's Group (SR) W.R.A.P (TR)</p> <p>3:00-3:50 Grief Support Group (GR) Art Workshop (Art A)</p> <p>4:00-4:50 Nature Walk (OS) Chess Club (TR)</p>	<p>21</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Active Listening (GR)</p> <p>11:00-11:50 BINGO (RR)</p> <p>12:00-12:50 Men's Group (TR) Adult Coloring (Art A)</p> <p>1:00-1:50 Dual recovery Anonymous (GR) Ending Isolation (RR)</p> <p>2:00-2:50 Anger Management (Co A)</p> <p>Family 1+ 1(GR)</p> <p>3:00-3:50 Around The World (CoA)</p> <p>4:00-4:50 Basics Of Meditation (SR) Beginning Zumba (TR)</p>	<p>22</p> <p>10:00-12:00</p> <p>Wellness Center South Thanksgiving Gathering!!</p> <p>From 10:00 to 12:00 23072 Lake Center Drive Suite#115 Lake Forest Ca, 92630</p> <p>1:00-1:50 AA Meeting (GR) Recovery System (RR)</p> <p>2:00-2:50 Diversity (GR) Cooking on a Budget (Cu A)</p> <p>3:00-3:50 Self Esteem (TR)</p> <p>4:00-4:50 Relapse Prevention (TR)</p> <p>5:00-5:50 Board Games (RR) D.B.S.A (TR)</p> <p>6:00-6:50 Crochet Away (Art A)</p>	<p>23</p> <p>9:30-10:00 Social Time</p> <p>10:00-11:00 Beading for Beginners (Art A)</p> <p>11:00-11:50 Creative Inspiration (Art A)</p> <p>12:00-1:15 D.B.S.A (TR)</p> <p>11:30-3:00- Social Outing- Orange County Zoo 1 Irvine park Rd.</p> <p>1:00-1:50 International Delight (Cu A)</p> <p>2:00-2:50 Water Color (Art A) Positive Thinking (GR)</p> <p>3:00-3:50 Dual recovery Anonymous (GR) Cartooning Class (CoA)</p> <p>4:00-4:50 Relaxation Group (SR)</p>


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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25</p> <p>Wellness Center South</p> <p><i>Closed for the Holiday</i></p> 	<p>26</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Life in Process (GR)</p> <p>10:30-2:00 Movie Time (OS)</p> <p>11:00-11:50 Learning Apps (Co A) Adult Coloring (Art A)</p> <p>1:00-1:50 Art & Crafts (Art A)</p> <p>2:00-2:50 NA Meeting (GR) Coping Skills (TR)</p> <p>3:00-3:50 Stress Management (GR)</p> <p>4:00-4:50 Goal Setting (GR) Pursuit to Happiness (TR)</p>	<p>27</p> <p>9:30 -10:00 Social Time</p> <p>10:00-11:00 D.B.S.A (Art A)</p> <p>11:00-11:50 Advanced Computer Class (CoA) Poetry (GR)</p> <p>12:30-2:00 Bowling (OS)</p> <p>1:00-1:50 Beading for Beginners (Art A) "Improv" (TR)</p> <p>2:00-2:50 Women's Group (SR) W.R.A.P (TR)</p> <p>3:00-3:50 Grief Support Group (GR) Art Workshop (Art A)</p> <p>4:00-4:50 Nature Walk (OS) Chess Club (TR)</p>	<p>28</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Active Listening (GR)</p> <p>11:00-11:50 BINGO (RR)</p> <p>12:00-12:50 Men's Group (TR) Adult Coloring (Art A)</p> <p>1:00-1:50 Dual recovery Anonymous (GR) Ending Isolation (RR)</p> <p>2:00-2:50 Anger Management (Co A) Family 1+ 1 (GR)</p> <p>3:00-3:50 Around The World (CoA)</p> <p>4:00-4:50 Basics Of Meditation (SR) Beginning Zumba (TR)</p>	<p>29</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Gardening (OS)</p> <p>10:30-1:00 Food Bank (OS)</p> <p>11:00-11:50 W.R.A.P (GR) Creative Writing (TR)</p> <p>12:00-12:50 Adult Coloring (Art A)</p> <p>1:00-1:50 AA Meeting (GR) Recovery System (RR)</p> <p>2:00-2:50 Diversity (GR) Cooking on a Budget (Cu A)</p> <p>3:00-3:50 Expressive Art (Art A) Self Esteem (TR)</p> <p>4:00-4:50 Relapse Prevention (TR)</p> <p>5:00-5:50 Board Games (RR) D.B.S.A (TR)</p> <p>6:00-6:50 Crochet Away (Art A)</p>	<p>30</p> <p>9:30-10:00 Social Time</p> <p>10:00-11:00 Beading for Beginners (Art A)</p> <p>11:00-11:50 Creative Inspiration (Art A)</p> <p>12:00-1:15 D.B.S.A (TR)</p> <p>11:30-3:00- Social Outing- Heritage History Park 25151 Serrano Rd Lake Forest</p> <p>1:00-1:50 International Delight (Cu A)</p> <p>2:00-2:50 Water Color (Art A) Positive Thinking (GR)</p> <p>3:00-3:50 Dual recovery Anonymous (GR) Cartooning Class (CoA)</p> <p>4:00-4:50 Relaxation Group (SR)</p>