

Wellness Center South

December 2018

**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

Monday

Wellness Center South
is open every
Saturday from 9-5
please join us you will
have so much fun!!!

Volunteer
Opportunity
Administration
Maintenance
Outreach
Socialization

Please see any of the staff
for
further information on
how
to start

Tuesday



Wednesday

**Birthday's
Celebration**
Once a moth
please join us to
celebrate our
members and
Staff in there
Birthday!!!

If your Birthday is coming up,
please inform one of the staff
and we will celebrate your
birthday on your month

Thursday

**Happy
Holiday's**



Friday

Room Names:

Art A / Art Academy
**Co A /Computer
Academy**
**Cu A /Culinary
Academy**
OS /Off Site
MA /Music Academy
RR /Resource Room
SR /Serenity Room
TR/Training Room

Saturday

1
9:30-10:00
Social Time
10:00-10:50
D.B.S.A **TR**
Dream Catcher **Art**
P.E.A.C.E **MA**
11:00-11:50
Creative
Inspiration **Art A**
Goal Setting **MA**
11:30-3:00
Heritage Park
12100 Mora Dr. Santa
Fe Springs, CA 90670
12:00-12:50
Water Colors **Art A**
1:00-1:50
BINGO **MA**
Holiday History **Art A**
2:00-2:50
Beading for
Beginners **Art A**
Positive Thinking **TR**
3:00-3:50
Art & Crafts **Art A**
Cartooning Class **TR**
4:00-4:50
Relaxation Group **SR**

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Monday-Thursday 9:00 am– 5:00 pm

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 12:00 Community Meeting <u>9:30-10:00</u> Social Time <u>10:00-10:50</u> Baseball board game TR Embroidery Art A Ending Isolation MA <u>11:00-12:00</u> D.B.S.A Art A Job Readiness Co A <u>1:00-1:50</u> Anger Management GR International Cooking Cu A <u>2:00-2:50</u> Our Spirituality SR Healthy Relationships TR Art Class Art A <u>3:00-3:50</u> Cut the Clutter (MA) Schizophrenia Alliance TR <u>4:00-4:50</u> Emotions Anonymous MA Recovery in Action TR</p>	<p>4 <u>9:30-10:00</u> Social Time <u>10:00-10:50</u> Life in Process GR Let Go (MA) <u>11:00-2:00</u> Bowling Club OS <u>11:00-11:50</u> Cooking Class Cu A Pursuit to Happiness MA <u>12:00-12:50</u> Pathways to recovery TR Tournament Games <u>1:00-1:50</u> Building Resumes Co A Comic History Art <u>2:00-2:50</u> NA Meeting MA Crocheting for Beginner Art A <u>3:00-3:50</u> Coping Skills MA DIY Clay Art A <u>4:00-4:50</u> Stretching Dollar MA Stress Management GR</p>	<p>5 <u>9:30 -10:00</u> Social Time <u>10:00-11:00</u> D.B.S.A Art A <u>11:00-11:50</u> Facilitation 101 GR Understanding Mental illness Art A New Lug TR <u>12:00-12:50</u> Adult Coloring Art A <u>12:15-2:00</u> Bowling OS <u>1:00-1:50</u> Life Skills MA Water Colors Art A <u>2:00-2:50</u> Women's Group SR W.R.A.P TR <u>3:00-3:50</u> Grief Support Group MA Safe Solutions SR <u>4:00-4:50</u> Emotions Anonymous MA Declutter Your Mind TR</p>	<p>6 <u>9:30-10:00</u> Social Time <u>10:00-10:50</u> Yoga SR Beading for Beginners Art A <u>10:00-2:00</u> Movie Time OS <u>11:00-11:50</u> BINGO TR Water Colors Art A <u>12:00-12:50</u> Self-Esteem TR D.B.S.A Art A <u>1:00-1:50</u> D.R.A MA Book Club GR Baking on a Budget Cu A <u>2:00-2:50</u> Exploring feelings GR Men's Group MA Adult Coloring Art A <u>3:00-3:50</u> Around The World CA Family Talk MA <u>4:00-4:50</u> Active Listening MA</p>	<p>7 <u>9:30-10:00</u> Social Time <u>10:00-10:50</u> Diversity MA <u>10:00-11:00</u> DIY Clay (Art A) <u>11:00-11:50</u> Creative Writing TR Acceptance MA <u>12:00-12:50</u> Adult Coloring Art A Team Solutions MA <u>1:00-1:50</u> AA Meeting SR LGBTQ+ MA <u>2:00-2:50</u> Cooking on a Budget Cu A NAMI Connections Support TR <u>3:00-3:50</u> Expressive Arts Art A W.R.A.P GR <u>4:00-4:50</u> Relapse Prevention TR Mind Over Mood Art A <u>5:00-5:50</u> Board Games MA D.B.S.A Art A <u>5:00-6:50</u> Movie Night TR</p>	<p>8 <u>9:30-10:00</u> Social Time <u>10:00-10:50</u> D.B.S.A TR Dream Catcher Art P.E.A.C.E MA <u>11:00-11:50</u> Creative Inspiration Art A Goal Setting MA <u>11:30-3:00</u> Downtown Disney 1580 Disneyland Dr. Anaheim , CA 92802 <u>12:00-12:50</u> Water Colors Art A <u>1:00-1:50</u> BINGO MA Holiday History Art A <u>2:00-2:50</u> Beading for Beginners Art A Positive Thinking TR <u>3:00-3:50</u> Art & Crafts Art A Cartooning Class TR <u>4:00-4:50</u> Relaxation Group SR</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10</p> <p>12:00 Community Meeting</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Baseball board game TR</p> <p>Embroidery Art A</p> <p>Ending Isolation MA</p> <p><u>11:00-12:00</u> D.B.S.A Art A</p> <p>Job Readiness Co A</p> <p><u>1:00-1:50</u> Anger Management GR</p> <p>International Cooking Cu A</p> <p><u>2:00-2:50</u> Our Spirituality SR</p> <p>Healthy Relationships TR</p> <p>Art Class Art A</p> <p><u>3:00-3:50</u> Cut the Clutter (MA)</p> <p>Schizophrenia Alliance TR</p> <p><u>4:00-4:50</u> Emotions Anonymous MA</p> <p>Recovery in Action TR</p>	<p>11</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Life in Process GR</p> <p>Let Go (MA)</p> <p><u>11:00-2:00</u> Bowling Club OS</p> <p><u>11:00-11:50</u> Cooking Class Cu A</p> <p>Pursuit to Happiness MA</p> <p><u>12:00-12:50</u> Pathways to recovery TR</p> <p>Tournament Games</p> <p><u>1:00-1:50</u> Building Resumes Co A</p> <p>Comic History Art A</p> <p><u>2:00-2:50</u> NA Meeting MA</p> <p>Crocheting for Beginner Art A</p> <p><u>3:00-3:50</u> Coping Skills MA</p> <p>DIY Clay Art A</p> <p><u>4:00-4:50</u> Stretching Dollar MA</p> <p>Stress Management GR</p>	<p>12</p> <p><u>9:30 -10:00</u> Social Time</p> <p><u>10:00-11:00</u> D.B.S.A Art A</p> <p><u>11:00-11:50</u> Facilitation 101 TR</p> <p>Understanding Mental illness Art A</p> <p><u>12:00-12:50</u> Adult Coloring Art A</p> <p><u>12:15-2:00</u> Bowling OS</p> <p><u>1:00-1:50</u> Life Skills MA</p> <p>Water Colors Art A</p> <p><u>2:00-2:50</u> Women's Group SR</p> <p>W.R.A.P TR</p> <p><u>3:00-3:50</u> Grief Support Group MA</p> <p>Safe Solutions SR</p> <p><u>4:00-4:50</u> Emotions Anonymous MA</p> <p>Declutter Your Mind TR</p>	<p>13</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Yoga SR</p> <p>Beading for Beginners Art A</p> <p><u>10:00-2:00</u> Movie Time OS</p> <p><u>11:00-11:50</u> BINGO TR</p> <p>Water Colors Art A</p> <p><u>12:00-12:50</u> Self-Esteem MA</p> <p>D.B.S.A Art A</p> <p>Importance of Journaling TR</p> <p><u>1:00-1:50</u> D.R.A MA</p> <p>Book Club GR</p> <p>Baking on a Budget Cu A</p> <p><u>2:00-2:50</u> Exploring feelings GR</p> <p>Men's Group MA</p> <p>Adult Coloring Art A</p> <p>Wellness Center South Will be Closing at 3:00 For staff Recognition Holiday Party</p>	<p>14</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Diversity MA</p> <p><u>10:00-11:00</u> DIY Clay (Art A)</p> <p><u>11:00-11:50</u> Creative Writing TR</p> <p>Acceptance MA</p> <p><u>12:00-12:50</u> Adult Coloring Art A</p> <p>Team Solutions MA</p> <p><u>1:00-1:50</u> AA Meeting SR</p> <p>LGBTQ+ MA</p> <p><u>2:00-2:50</u> Cooking on a Budget Cu A</p> <p>NAMI Connections Support TR</p> <p><u>3:00-3:50</u> Expressive Arts Art A</p> <p>W.R.A.P GR</p> <p><u>4:00-4:50</u> Relapse Prevention TR</p> <p>Mind Over Mood Art A</p> <p><u>5:00-5:50</u> Board Games MA</p> <p>D.B.S.A Art A</p> <p><u>5:00-6:50</u> Movie Night TR</p>	<p>15</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> D.B.S.A TR</p> <p>Dream Catcher Art</p> <p>P.E.A.C.E MA</p> <p><u>11:00-11:50</u> Creative Inspiration Art A</p> <p>Goal Setting MA</p> <p><u>11:30-3:00</u> Cooking with Friends Day! 23072 Lake Center Drive , Suite 115 Lake Forest , CA 92630</p> <p><u>12:00-12:50</u> Water Colors Art A</p> <p><u>1:00-1:50</u> BINGO MA</p> <p>Holiday History Art A</p> <p><u>2:00-2:50</u> Beading for Beginners Art A</p> <p>Positive Thinking TR</p> <p><u>3:00-3:50</u> Art & Crafts Art A</p> <p>Cartooning Class TR</p> <p><u>4:00-4:50</u> Relaxation Group SR</p>

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Saturday 9:00 am-5:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>12:00 Community Meeting</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Baseball board game TR</p> <p>Embroidery Art A</p> <p>Ending</p> <p>Isolation MA</p> <p><u>11:00-12:00</u> D.B.S.A Art A</p> <p>Job Readiness Co A</p> <p><u>1:00-1:50</u> Anger Management GR</p> <p>International Cooking Cu A</p> <p><u>2:00-2:50</u> Our Spirituality SR</p> <p>Healthy Relationships TR</p> <p>Art Class Art A</p> <p><u>3:00-3:50</u> Cut the Clutter (MA)</p> <p>Schizophrenia Alliance TR</p> <p><u>4:00-4:50</u> Emotions Anonymous MA</p> <p>Recovery in Action TR</p>	<p>18</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Life in Process GR</p> <p>Let Go (MA)</p> <p><u>11:00-2:00</u> Bowling Club OS</p> <p><u>11:00-11:50</u> Cooking Class Cu A</p> <p>Pursuit to Happiness MA</p> <p><u>12:00-12:50</u> Pathways to recovery TR</p> <p>Tournament Games</p> <p><u>1:00-1:50</u> Building Resumes Co A</p> <p>Comic History Art A</p> <p><u>2:00-2:50</u> NA Meeting MA</p> <p>Crocheting for Beginner Art A</p> <p><u>3:00-3:50</u> Coping Skills MA</p> <p>DIY Clay Art A</p> <p><u>4:00-4:50</u> Stretching Dollar Stress Management GR</p>	<p>19</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-11:00</u> D.B.S.A Art A</p> <p><u>11:00-11:50</u> Facilitation 101 TR</p> <p>Understanding Mental illness Art A</p> <p><u>12:00-12:50</u> Adult Coloring Art A</p> <p><u>12:00-2:00</u> WWC Holiday Lunch OS</p> <p><u>1:00-1:50</u> Life Skills MA</p> <p>Water Colors Art A</p> <p><u>2:00-2:50</u> Women's Group SR</p> <p>W.R.A.P TR</p> <p><u>3:00-3:50</u> Grief Support Group MA</p> <p>Safe Solutions SR</p> <p><u>4:00-4:50</u> Emotions Anonymous MA</p> <p>Declutter Your Mind TR</p>	<p>20</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Yoga SR</p> <p>Beading for Beginners Art A</p> <p><u>11:00-11:50</u> BINGO TR</p> <p>Water Colors Art A</p> <p><u>12:00-12:50</u> Self-Esteem TR</p> <p>D.B.S.A Art A</p> <p><u>1:00-1:50</u> D.R.A MA</p> <p>Book Club GR</p> <p>Baking on a Budget Cu A</p> <p><u>1:00-3:00</u> Holiday Dance WCW</p> <p><u>2:00-2:50</u> Exploring feelings GR</p> <p>Men's Group MA</p> <p>Adult Coloring Art A</p> <p><u>3:00-3:50</u> Around The World CA</p> <p>Family Talk MA</p> <p><u>4:00-4:50</u> Active Listening MA</p>	<p>21</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> Diversity MA</p> <p><u>11:00-11:50</u> Creative Writing TR</p> <p>Acceptance MA</p> <p><u>12:00-3:00</u> Wellness Center South Holiday Lunch Please Join us as we Celebrate Special Holidays!!</p> <div data-bbox="1449 828 1680 1071" data-label="Image"> </div> <p><u>3:00</u> Expressive Arts Art A</p> <p>W.R.A.P GR</p> <p><u>4:00-4:50</u> Relapse Prevention TR</p> <p>Mind Over Mood Art A</p> <p><u>5:00-5:50</u> Board Games MA</p> <p>D.B.S.A Art A</p> <p><u>5:00-6:50</u> Movie Night TR</p>	<p>22</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-10:50</u> D.B.S.A TR</p> <p>Dream Catcher Art</p> <p>P.E.A.C.E MA</p> <p><u>11:00-11:50</u> Creative Inspiration Art A</p> <p>Goal Setting MA</p> <p><u>11:30-3:00</u> Heritage History Park 25151 Serrano Road Lake Forest CA, 92630</p> <p><u>12:00-12:50</u> Water Colors Art A</p> <p><u>1:00-1:50</u> BINGO MA</p> <p>Holiday History Art A</p> <p><u>2:00-2:50</u> Beading for Beginners Art A</p> <p>Positive Thinking TR</p> <p><u>3:00-3:50</u> Art & Crafts Art A</p> <p>Cartooning Class TR</p> <p><u>4:00-4:50</u> Relaxation Group SR</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24/31</p> <p>12:00 Community Meeting</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Baseball board game TR</p> <p>Embroidery Art A</p> <p>Ending Isolation MA</p> <p>11:00-12:00 D.B.S.A Art A</p> <p>Job Readiness Co A</p> <p>1:00-1:50 Anger Management GR</p> <p>International Cooking Cu A</p> <p>2:00-2:50 Our Spirituality SR</p> <p>Healthy Relationships TR</p> <p>Art Class Art A</p> <p>3:00-3:50 Cut the Clutter (MA)</p> <p>Schizophrenia Alliance TR</p> <p>4:00-4:50 Emotions Anonymous MA</p> <p>Recovery in Action TR</p>	<p>25</p> <p>Wellness Center South Will be Closed for the Holiday</p> 	<p>26</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 Facilitation 101 TR</p> <p>Understanding Mental illness Art A</p> <p>12:00-12:50 Adult Coloring Art A</p> <p>12:15-2:00 Bowling OS</p> <p>1:00-1:50 Life Skills MA</p> <p>Water Colors Art A</p> <p>2:00-2:50 Women's Group SR</p> <p>W.R.A.P TR</p> <p>3:00-3:50 Grief Support Group MA</p> <p>Safe Solutions SR</p> <p>4:00-4:50 Emotions Anonymous MA</p> <p>Declutter Your Mind TR</p>	<p>27</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Yoga SR</p> <p>Beading for Beginners Art A</p> <p>10:00-2:00 Movie Time OS</p> <p>11:00-11:50 BINGO TR</p> <p>Water Colors Art A</p> <p>12:00-12:50 Self-Esteem TR</p> <p>D.B.S.A Art A</p> <p>1:00-1:50 D.R.A MA</p> <p>Book Club GR</p> <p>Baking on a Budget Cu A</p> <p>2:00-2:50 Exploring feelings GR</p> <p>Men's Group MA</p> <p>Adult Coloring Art A</p> <p>3:00-3:50 Around The World CA</p> <p>Family Talk MA</p> <p>4:00-4:50 Active Listening MA</p>	<p>28</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 Diversity MA</p> <p>10:00-11:00 DIY Clay Art A</p> <p>11:00-11:50 Creative Writing TR</p> <p>Acceptance MA</p> <p>12:00-12:50 Adult Coloring Art A</p> <p>Team Solutions MA</p> <p>1:00-1:50 AA Meeting SR</p> <p>LGBTQ+ MA</p> <p>2:00-2:50 Cooking on a Budget Cu A</p> <p>NAMI Connections Support TR</p> <p>3:00-3:50 Expressive Arts Art A</p> <p>W.R.A.P GR</p> <p>4:00-4:50 Relapse Prevention TR</p> <p>Mind Over Mood Art A</p> <p>5:00-5:50 Board Games MA</p> <p>D.B.S.A Art A</p> <p>5:00-6:50 Movie Night TR</p>	<p>29</p> <p>9:30-10:00 Social Time</p> <p>10:00-10:50 D.B.S.A TR</p> <p>Dream Catcher Art</p> <p>P.E.A.C.E MA</p> <p>11:00-11:50 Creative Inspiration Art A</p> <p>Goal Setting MA</p> <p>11:30-3:00 Ramakrishna Monastery 19961 Live Oak Canyon Road, CA 92672</p> <p>12:00-12:50 Water Colors Art A</p> <p>1:00-1:50 BINGO MA</p> <p>Holiday History Art A</p> <p>2:00-2:50 Beading for Beginners Art A</p> <p>Positive Thinking TR</p> <p>3:00-3:50 Art & Crafts Art A</p> <p>Cartooning Class TR</p> <p>4:00-4:50 Relaxation Group SR</p>