



# Wellness Center South

## October 2024

*\*Calendar is subject to change*

Phone: (949) 528-6822  
www.wellnesscentersouth.org

23072 Lake Center Dr., Suite #115  
Lake Forest, CA 92630

Hours of Operation  
Monday, Tuesday, Thursday, Friday,  
Saturday  
9:00 am – 5:00 pm  
**Wednesday 9:00 am-7:00 pm**

**New Group Times**

- Thursday**  
Creative Hour  
11:10 am–12:00 pm
- Friday**  
Love Yourself  
11:10 am—12:00 pm
- Saturday**  
Wellness Recovery  
Action Plan (WRAP+)  
10:10 am–11:00 am
- LGBTQ+ Support  
11:10 am–12:00 pm



**H=Hybrid Group.** The group takes place both in-person and is offered online at the same time.

	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday
	9:10 am - 10:00 am <b>Morning Icebreaker</b>  10:10 am - 11:00 am <b>Train For Your Best Life</b>  <div style="border: 2px solid red; padding: 5px; text-align: center;">             10:10 am - 2:30 pm Social Outing@   </div> 11:10 am-12:00 pm A.A.  12:10 pm -1:00 pm <b>Fun &amp; Games</b>  1:10 pm - 2:00 pm <b>Whole Person Care</b>  1:10 pm-2:00 pm <b>Laughter Yoga</b>  1:10 pm - 2:00 pm <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841  2:10 pm-3:00 pm <b>Anger Management - H</b> Mtg# 820 0635 8743  3:10 pm - 4:00 pm <b>Art Doodling</b>  4:10 pm-4:50 pm <b>Evening Social</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>  10:10 am-11:00 am <b>Yoga</b>  10:10 am -11:00 am <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588  11:10 am -12:00 pm <b>Community Meeting -H</b> Mtg# 895 5733 6953  <div style="border: 2px solid red; padding: 5px; text-align: center;">             12:00 pm - 1:00 pm Wednesday Walk to Lunch: Taqueria de Anda   </div> 1:10 pm - 2:00 pm <b>Men's Group - H</b> Mtg# 885 4922 9004  1:10 pm - 2:00 pm <b>Woman's Group - H</b> Mtg# 892 0324 5770  2:10 pm -3:00 pm <b>Anxiety Management</b>  2:10 pm - 3:00 pm <b>Card Playing Games</b>  3:10 pm - 4:00 pm <b>Sports Talk - H</b> Mtg# 831 2051 4738  3:10 pm - 4:00 pm <b>Karaoke</b>  4:10 pm - 5:20 pm <b>Music Jam</b>  5:30 pm - 6:45 pm <b>NAMI Connections</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>  10:10 am - 12:00 pm <b>Cooking</b>  10:10 am-11:00 am <b>Art Journaling</b>  <div style="border: 2px solid red; padding: 5px; text-align: center;">             10:10 am -11:30 am Disc Golf @ Deerfield Park           </div> 11:10 am-12:00 pm <b>Neighborhood clean up</b>  11:10 am-12:00 pm <b>Creative Hour</b>  11:10 am-12:00 pm <b>Grief Support</b>  12:10 pm -1:00 pm <b>Social Hour</b>  1:10 pm-2:00 pm <b>Chair Yoga</b>  1:10 pm-2:00 pm <b>Healthy Relationships - H</b> Mtg# 824 9407 9234  2:10 pm-3:00 pm <b>Creative Writing</b>  2:10 pm - 3:00 pm <b>Aging Gracefully</b>  3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151  4:10 pm-4:50 pm <b>Evening Social</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>  10:10 am-11:00 am <b>Fundamentals of Farsi</b>  <div style="border: 2px solid red; padding: 5px; text-align: center;">             10:10 am -12:00 pm Garden &amp; Explore           </div> 10:10 am-11:00 am <b>Emotional Resilience</b> 11:10 am-12:00 pm <b>Fun &amp; Games - H</b> Mtg# 845 6764 2508 11:10 am-12:00 pm <b>Love Yourself</b>  12:10 pm-1:00 pm <b>Yoga</b>  12:10 pm-1:00 pm <b>Around the World</b>  1:00 pm-2:00 pm <b>Learn Guitar</b>  1:10 pm - 2:00 pm <b>PTSD Support</b>  1:10 pm-2:00 pm <b>Water Colors</b>  2:10 pm - 3:00 pm <b>Sports Talk</b>  2:10 pm-3:00 pm <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718  3:10 pm-4:00 pm <b>Music Jam</b>  3:10 pm-4:00 pm <b>Self Empowerment</b>  3:10 pm-4:00 pm <b>Chat with MAB (H)</b> Mtg# 881 5469 0081  4:10 pm-4:50 pm <b>Evening Social</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>  10:10 am-11:00 am <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151  <div style="border: 2px solid red; padding: 5px; text-align: center;">             10:00 am - 11:30 am Irvine Global Village Festival, Great Park           </div> 10:10 am-11:00 am <b>Wellness Recovery Action Plan (WRAP+)</b>  11:10 am -12:00 pm <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588  11:10 am -12:00 pm <b>LGBTQ+ Support</b>  12:10 pm - 2:00 pm <b>Role Playing Games</b>  12:10 pm - 1:00 pm <b>Crocheting</b>  1:10 pm - 2:00 pm <b>Creative Hour</b>  1:10 pm -2:00 pm <b>Life In Process</b>  2:10 pm-3:00 pm <b> OCD Support -H-</b> Mtg# 847 285 87362  3:10 pm-4:30 pm <b>Karaoke</b>  4:10 pm-4:50 pm <b>Evening Social</b>  <p style="font-size: small; text-align: right;"><i>Copyright Clarvida of California, 2024, All Rights Reserved.</i></p>



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Wednesday 9:00 am-7:00 pm

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday
<p>9:10 am -10:10 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Emotions Anonymous</b> Mtg# 827 3012 1326</p> <p>10:10 am – 11:00 am <b>Outdoor Fitness</b></p> <p>11:10 am-12:00 pm <b>Basic Spanish</b></p> <p>11:10 am-12:00 pm <b>Learning to Meditate</b></p> <p>12:10 pm-1:00 pm <b>Art Social</b></p> <p>12:10 pm-1:00 pm <b>Free Form Exercise With Magdalena</b></p> <p>1:10 pm-2:00 pm N.A.</p> <p><u>1:10 pm-2:00 pm</u> <b>Positive Thinking - H</b> Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> <b>Coping Skills - H</b> Mtg# 847 1888 5480</p> <p>2:10 pm-3:00 pm <b>BINGO!</b></p> <p>3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am – 11:00 am <b>Train For Your Best Life</b></p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:30 am - 2:30 pm Surfing Heritage, Cultural Center, San Clemente</p>  </div> <p>11:10 am-12:00 pm A.A.</p> <p>12:10 pm -1:00 pm <b>Fun &amp; Games</b></p> <p>1:10 pm – 2:00 pm <b>Whole Person Care</b></p> <p><u>1:10 pm – 2:00 pm</u> <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> <b>Anger Management - H</b> Mtg# 820 0635 8743</p> <p>3:10 pm - 4:00 pm <b>Art Doodling</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am <b>Yoga</b> <u>10:10 am -11:00 am</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>Community Meeting -H</b> Mtg# 895 5733 6953</p> <p>12:10 pm -1:00 pm <b>Vision Board</b></p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>1:00 pm-3:00 pm <b>Bowling</b> @Saddleback Lanes Sign-up/Call @ Front Desk</p>  </div> <p><u>1:10 pm - 2:00 pm</u> <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p>2:10 pm -3:00 pm <b>Anxiety Management</b></p> <p>2:10 pm – 3:00 pm <b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Sports Talk - H</b> Mtg# 831 2051 4738</p> <p>3:10 pm - 4:00 pm <b>Karaoke</b></p> <p>4:10 pm - 5:20 pm <b>Music Jam</b></p> <p>5:30 pm - 6:45 pm <b>NAMI Connections</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am - 12:00 pm <b>Cooking</b> 10:10 am-11:00 am <b>Art Journaling</b></p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:10 am -11:30 am Disc Golf</p> </div> <p>11:10 am-12:00 pm <b>Neighborhood clean up</b></p> <p>11:10 am-12:00 pm <b>Creative Hour</b></p> <p>11:10 am-12:00 pm <b>Grief Support</b></p> <p>12:10 pm -1:00 pm <b>Social Hour</b></p> <p>1:10 pm-2:00 pm <b>Chair Yoga</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Healthy Relationships - H</b> Mtg# 824 9407 9234</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>1:45 pm - 3:30 pm JOB CLUB</p>  </div> <p>2:10 pm-3:00 pm <b>Creative Writing</b></p> <p>2:10 pm – 3:00 pm <b>Aging Gracefully</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Fundamentals of Farsi</b></p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:10 am -12:00 pm Garden &amp; Explore</p> </div> <p>10:10 am-11:00 am <b>Emotional Resilience</b></p> <p><u>11:10 am-12:00 pm</u> <b>Fun &amp; Games - H</b> Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm <b>Love Yourself</b></p> <p>12:10 pm-1:00 pm <b>Yoga</b></p> <p>12:10 pm-1:00 pm <b>Around the World</b></p> <p>12:30 pm-2:00 pm <b>MAB Meeting</b></p> <p>1:00 pm-2:00 pm <b>Learn Guitar</b></p> <p>1:10 pm – 2:00 pm <b>PTSD Support</b></p> <p>1:10 pm-2:00 pm <b>Water Colors</b></p> <p>2:10 pm-3:00 pm <b>Sports Talk</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718</p> <p>3:10 pm-4:00 pm <b>Music Jam</b></p> <p>3:10 pm-4:00 pm <b>Self Empowerment</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:10 am - 11:30 am Park Adventures</p> </div> <p>10:10 am-11:00 am <b>Wellness Recovery Action Plan (WRAP+)</b></p> <p><u>11:10 am -12:00 pm</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm <b>LGBTQ+ Support</b></p> <p>12:10 pm - 2:00 pm <b>Role Playing Games</b></p> <p>12:10 pm - 1:00 pm <b>Crocheting</b></p> <p>1:10 pm - 2:00 pm <b>Learn About Hobbies</b></p> <p>1:10 pm -2:00 pm <b>Life In Process</b></p> <p><u>2:10 pm-3:00 pm</u> <b>OCD Support -H-</b> Mtg# 847 285 87362</p> <p>3:10 pm-4:30 pm <b>Karaoke</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>



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padding: 5px; text-align: center;"> <p><b>PAC Meeting</b></p> <p><u>10:00 am -12:00 pm</u> <b>OCHCA Prevention Early Intervention (PEI)</b> <b>Overview Budget Update Continued</b></p> </div> <p><u>12:10 pm -1:00 pm</u> <b>Social Hour</b></p> <p><u>1:00 pm-2:00 pm</u> <b>Benefits Workshop With Dung Le-OC HCA.</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Chair Yoga</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Healthy Relationships - H</b> Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> <b>Creative Writing</b></p> <p><u>2:10 pm - 3:00 pm</u> <b>Aging Gracefully</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p><u>9:10 am - 10:00 am</u> <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Fundamentals of Farsi</b></p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>10:10 am -12:00 pm</u> Garden &amp; Explore</p> </div> <p><u>10:10 am-11:00 am</u> <b>Emotional Resilience</b></p> <p><u>11:10 am-12:00 pm</u> <b>Fun &amp; 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21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday	26 Saturday
<p>9:10 am -10:10 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Emotions Anonymous</b> Mtg# 827 3012 1326</p> <p><u>10:10 am - 11:00 am</u> <b>Outdoor Fitness</b></p> <p><u>11:10 am-12:00 pm</u> <b>Basic Spanish</b></p> <p><u>11:10 am-12:00 pm</u> <b>Learning to Meditate</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Art Social</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Free Form Exercise</b></p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> <b>Positive Thinking - H</b> Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> <b>Coping Skills - H</b> Mtg# 847 1888 5480</p> <p><u>2:10 pm-3:00 pm</u> <b>BINGO!</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Depression Bipolar Support Alliance</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p> <p><b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.</p>	<p>9:10 am -10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am - 11:00 am</u> <b>Train For Your Best Life</b></p> <div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> <p><u>10:10 am - 2:30 pm</u> <b>Outing Group</b> <b>Mission San Juan Capistrano</b></p> </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> <b>Fun &amp; Games</b></p> <p><u>12:10 pm -1:00 pm</u> <b>Art &amp; Social</b></p> <p><u>1:10 pm -2:00 pm</u> <b>Whole Person Care</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> <b>Anger Management - H</b> Mtg# 820 0635 8743</p> <div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> <p><u>2:30 - 4:30</u> SCO Monthly Food Distribution</p> </div> <p><u>3:10 pm - 4:00 pm</u> <b>Art Doodling</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Yoga</b></p> <p><u>10:10 am-11:00 am</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>Community Meeting -H</b> Mtg# 895 5733 6953</p> <p><u>12:10 pm -1:00 pm</u> <b>Vision Board</b></p> <div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> <p><u>1:00 pm-3:00 pm</u> <b>Bowling</b> @Saddleback Lanes Sign-up/Call @ Front Desk</p> </div> <p><u>1:10 pm - 2:00 pm</u> <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p><u>2:10 pm -3:00 pm</u> <b>Anxiety Management</b></p> <p><u>2:10 pm - 3:00 pm</u> <b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Sports Talk - H</b> Mtg# 831 2051 4738</p> <p><u>3:10 pm - 4:00 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u> <b>Music Jam</b></p> <p><u>5:30 pm - 6:45 pm</u> <b>NAMI Connections</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am - 12:00 pm</u> <b>Cooking</b></p> <p><u>10:10 am-11:00 am</u> <b>Art Journaling</b></p> <div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p><u>11:10 am-12:00 pm</u> <b>Neighborhood clean up</b></p> <p><u>11:10 am-12:00 pm</u> <b>Creative Hour</b></p> <p><u>11:10 am-12:00 pm</u> <b>Grief Support</b></p> <p><u>12:10 pm -1:00 pm</u> <b>Social Hour</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Chair Yoga</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Healthy Relationships - H</b> Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> <b>Creative Writing</b></p> <p><u>2:10 pm - 3:00 pm</u> <b>Aging Gracefully</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Fundamentals of Farsi</b></p> <div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> <p><u>10:10 am -12:00 pm</u> Garden &amp; Explore</p> </div> <p><u>10:10 am-11:00 am</u> <b>Emotional Resilience</b></p> <p><u>11:10 am-12:00 pm</u> <b>Fun &amp; Games - H</b> Mtg# 845 6764 2508</p> <p><u>11:10 am-12:00 pm</u> <b>Love Yourself</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Yoga</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Around the World</b></p> <p><u>1:00 pm-2:00 pm</u> <b>Learn Guitar</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>PTSD Support</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Water Colors</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Sports Talk</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:00 pm</u> <b>Music Jam</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Self Empowerment</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> <p><u>10:10 am - 11:30 am</u> <b>Park Adventures</b></p> </div> <p><u>10:10 am-11:00 am</u> <b>Wellness Recovery Action Plan (WRAP+)</b></p> <p><u>11:10 am -12:00 pm</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>LGBTQ+ Support</b></p> <p><u>12:10 pm - 2:00 pm</u> <b>Role Playing Games</b></p> <p><u>12:10 pm - 1:00 pm</u> <b>Crocheting</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Learn About Hobbies</b></p> <p><u>1:10 pm -2:00 pm</u> <b>Life In Process</b></p> <p><u>2:10 pm-3:00 pm</u> <b>OCD Support -H-</b> Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>



# Wellness Center South

## October 2024

*\*Calendar is subject to change*

Phone: (949) 528-6822  
www.wellnesscentersouth.org

23072 Lake Center Dr., Suite #115  
Lake Forest, CA 92630

**Hours of Operation**  
Monday, Tuesday, Thursday, Friday,  
Saturday  
9:00 am – 5:00 pm  
**Wednesday 9:00 am-7:00 pm**

28 Monday	29 Tuesday	30 Wednesday	31 Thursday		
<p>9:10 am -10:10 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Emotions Anonymous</b> Mtg# 827 3012 1326</p> <p>10:10 am – 11:00 am <b>Outdoor Fitness</b></p> <p>11:10 am-12:00 pm <b>Basic Spanish</b></p> <p>11:10 am-12:00 pm <b>Learning to Meditate</b></p> <p>12:10 pm-1:00 pm <b>Art Social</b></p> <p>12:10 pm-1:00 pm <b>Free Form Exercise</b></p> <p>1:10 pm-2:00 pm N.A.</p> <p>1:10 pm-2:00 pm <b>Positive Thinking - H</b> Mtg# 816 0034 3240</p> <p>2:10 pm-3:00 pm <b>Coping Skills - H</b> Mtg# 847 1888 5480</p> <p>2:10 pm-3:00 pm <b>BINGO!</b></p> <p>3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am – 11:00 am <b>Train For Your Best Life</b></p> <div data-bbox="346 438 682 803" style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:10 am - 2:30 pm Social Outing@</p>  </div> <p>11:10 am-12:00 pm A.A.</p> <p>12:10 pm -1:00 pm <b>Fun &amp; Games</b></p> <p>12:10 pm -1:00 pm <b>Art &amp; Social</b></p> <p>1:10 pm – 2:00 pm <b>Whole Person Care</b></p> <p>1:10 pm – 2:00 pm <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841</p> <p>2:10 pm-3:00 pm <b>Anger Management - H</b> Mtg# 820 0635 8743</p> <p>3:10 pm - 4:00 pm <b>Art Doodling</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Yoga</b></p> <p>10:10 am -11:00 am <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm <b>Community Meeting -H</b> Mtg# 895 5733 6953</p> <p>12:10 pm -1:00 pm <b>Vision Board</b></p> <div data-bbox="682 665 1039 917" style="border: 2px solid red; padding: 5px; text-align: center;"> <p>12:30 pm- 3:30 pm Halloween Bash Wellness Center West</p>  </div> <p>1:10 pm - 2:00 pm <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p>1:10 pm - 2:00 pm <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p>2:10 pm -3:00 pm <b>Anxiety Management</b></p> <p>2:10 pm – 3:00 pm <b>Card Playing Games</b></p> <p>3:10 pm - 4:00 pm <b>Sports Talk - H</b> Mtg# 831 2051 4738</p> <p>3:10 pm - 4:00 pm <b>Karaoke</b></p> <p>4:10 pm - 5:20 pm <b>Music Jam</b></p> <p>5:30 pm - 6:45 pm <b>NAMI Connections</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am - 12:00 pm <b>Cooking</b></p> <p>10:10 am-11:00 am <b>Art Journaling</b></p> <p>11:10 am-12:00 pm <b>Neighborhood clean up</b></p> <p>11:10 am-12:00 pm <b>Creative Hour</b></p> <div data-bbox="1039 673 1396 1185" style="border: 2px solid red; padding: 5px; text-align: center;"> <p>12:00 pm- 2:00 pm <b>WCS HALLOWEEN PARTY</b></p>  </div> <p>2:10 pm-3:00 pm <b>Creative Writing</b></p> <p>2:10 pm – 3:00 pm <b>Aging Gracefully</b></p> <p>3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p style="text-align: center;"><b>Join Groups Via Phone:</b></p> <p style="text-align: center;">Please Call: <b>213-338-8477</b></p> <p>Enter the meeting number (mtg#) listed under the group when prompted.</p> <p>.....</p> <p>You can also download the ZOOM App from the App Store or Google play.</p> <p style="text-align: center;"><b>Join Groups via Computer:</b></p> <p>Please go to: www.zoom.com &amp; click <b>Join a Meeting</b></p> <p>You will enter the meeting number (mtg#) Listed under the groups.</p> <p>-----</p> <p style="text-align: center;">We value your feedback!</p> <p>Drop off a note in person or on our website.</p> <p style="text-align: center;">wellnesscentersouth.org</p> <p style="text-align: center;">under comments &amp; suggestions</p> <p>Please share with us your good news, gratitude &amp; accomplishments</p> <p style="text-align: center;"><b>Drop off a note in person or on our website</b></p> <p style="text-align: center;">under the good news, gratitude &amp; accomplishments button</p>	<p style="text-align: center;"><b>WCS provides shuttle rides to the members who have transportation barriers.</b></p> <p style="text-align: center;"><b>Please speak with Zakia Bashir to get information about WCS Transportation Service and California Yellow Cab Taxi rides.</b></p> <p style="text-align: center;"><b>call at: 949-528-6822</b></p> <p style="text-align: center;"><b>Or Email</b> Zakia.bashir@clarvida.com</p> <div data-bbox="1764 1177 2079 1437" style="text-align: center;">  </div> <p style="text-align: center;"><b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.</p>