

\*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.

#### 9:10 am - 10:00 am **Morning Icebreaker**

10:10 am - 11:00 am Train For Your Best Life

1 Tuesday

10:10 am - 2:30 pm Social Outing@



11:10 am-12:00 pm A.A.

12:10 pm -1:00 pm Fun & Games

1:10 pm - 2:00 pm Whole Person Care

1:10 pm-2:00 pm Laughter Yoga

1:10 pm - 2:00 pm **Boundaries/** Co-Dependency - H Mtg# 881 7269 7841

2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743

3:10 pm - 4:00 pm Art Doodling

4:10 pm-4:50 pm **Evening Social** 

### 2 Wednesday

9:10 am - 10:00 am **Morning Icebreaker** 

10:10 am-11:00 am Yoga

10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588

11:10 am -12:00 pm **Community Meeting -H** Mtg# 895 5733 6953

> 12:00 pm - 1:00 pm Wednesday Walk to Lunch: Taqueria de Anda





1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004

1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770

2:10 pm -3:00 pm **Anxiety Management** 

2:10 pm - 3:00 pm **Card Playing Games** 

3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738

3:10 pm - 4:00 pm Karaoke

4:10 pm - 5:20 pm **Music Jam** 

5:30 pm - 6:45 pm **NAMI Connections** 

### 3 Thursday 9:10 am - 10:00 am

**Morning Icebreaker** 

10:10 am - 12:00 pm Cooking

10:10 am-11:00 am **Art Journaling** 

> 10:10 am -11:30 am Disc Golf @ Deerfield Park

#### 11:10 am-12:00 pm Neighborhood clean up

11:10 am-12:00 pm **Creative Hour** 

11:10 am-12:00 pm **Grief Support** 

12:10 pm -1:00 pm Social Hour

1:10 pm-2:00 pm Chair Yoga

1:10 pm-2:00 pm **Healthy Relationships - H** Mtg# 824 9407 9234

2:10 pm-3:00 pm **Creative Writing** 

2:10 pm - 3:00 pm **Aging Gracefully** 

3:10 pm-4:00 pm **Depression Bipolar** Support Alliance - H Mtg# 871 1923 5151

4:10 pm-4:50 pm **Evening Social** 

#### 9:10 am - 10:00 am **Morning Icebreaker**

10:10 am-11:00 am **Fundamentals of Farsi** 

4 Friday

10:10 am -12:00 pm Garden & Explore

#### 10:10 am-11:00 am **Emotional Resilience** 11:10 am-12:00 pm

Fun & Games - H Mtg# 845 6764 2508 11:10 am-12:00 pm Love Yourself

12:10 pm-1:00 pm Yoga 12:10 pm-1:00 pm **Around the World** 

1:00 pm-2:00 pm Learn Guitar 1:10 pm - 2:00 pm

**PTSD Support** 1:10 pm-2:00 pm

**Water Colors** 2:10 pm - 3:00 pm **Sports Talk** 

2:10 pm-3:00 pm

**Dual Diagnosis - H** Mtg# 856 3015 2718

3:10 pm-4:00 pm **Music Jam** 

3:10 pm-4:00 pm **Self Empowerment** 

3:10 pm-4:00 pm Chat with MAB (H)

Mtg# 881 5469 0081

4:10 pm-4:50 pm **Evening Social** 

#### 9:10 am - 10:00 am **Morning Icebreaker**

5 Saturday

10:10 am-11:00 am **Depression Bipolar** Support Alliance - H Mtg# 871 1923 5151

> 10:00 am - 11:30 am Irvine Global Village Festival, **Great Park**

10:10 am-11:00 am **Wellness Recovery** Action Plan (WRAP+)

11:10 am -12:00 pm **Schizophrenia** Alliance - H Mtg# 817 0754 0588

11:10 am -12:00 pm **LGBTQ+ Support** 

12:10 pm - 2:00 pm **Role Playing Games** 

12:10 pm - 1:00 pm Crocheting

1:10 pm - 2:00 pm **Creative Hour** 1:10 pm -2:00 pm

Life In Process

2:10 pm-3:00 pm OCD Support -H-Mtg# 847 285 87362

3:10 pm-4:30 pm

Karaoke 4:10 pm-4:50 pm

**Evening Social** 

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### **Wellness Center South** October 2024

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

takes place both in-person and is

offered online at the same time.

# \*Calendar is subject to change

Oliven Wellness and Red	*Calendar is subject to change		Lake Forest, CA 92630		suay 9.00 am-7.00 pm
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday
9:10 am -10:10 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326  10:10 am - 11:00 am	10:10 am - 11:00 am Train For Your Best Life	10:10 am -11:00 am Yoga 10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am Art Journaling	10:10 am-11:00 am Fundamentals of Farsi  10:10 am -12:00 pm	10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151
Outdoor Fitness  11:10 am-12:00 pm  Basic Spanish	10:30 am - 2:30 pm Surfing Heritage, Cultural Center, San Clemente	11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953	<u>10:10 am -11:30 am</u> Disc Golf	Garden & Explore  10:10 am-11:00 am  Emotional Resilience	10:10 am - 11:30 am Park Adventures
11:10 am-12:00 pm Learning to Meditate		12:10 pm -1:00 pm Vision Board	11:10 am-12:00 pm Neighborhood clean up 11:10 am-12:00 pm	11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508	10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)
12:10 pm-1:00 pm Art Social 12:10 pm-1:00 pm		1:00 pm-3:00 pm  Bowling  @Saddleback Lanes  Sign-up/Call @ Front Desk	Creative Hour  11:10 am-12:00 pm  Grief Support	11:10 am-12:00 pm <b>Love Yourself</b> 12:10 pm-1:00 pm	11:10 am -12:00 pm Schizophrenia Alliance - H
Free Form Exercise With Magdalena	11:10 am-12:00 pm <b>A.A.</b> 12:10 pm -1:00 pm	1:10 pm - 2:00 pm Men's Group - H	12:10 pm -1:00 pm Social Hour 1:10 pm-2:00 pm Chair Yoga	Yoga 12:10 pm-1:00 pm Around the World	Mtg# 817 0754 0588 11:10 am -12:00 pm LGBTQ+ Support
1:10 pm-2:00 pm N.A. 1:10 pm-2:00 pm Positive Thinking - H	Fun & Games  1:10 pm - 2:00 pm  Whole Person Care	Mtg# 885 4922 9004 1:10 pm - 2:00 pm Woman's Group - H	1:10 pm-2:00 pm Healthy Relationships - H Mtg# 824 9407 9234	12:30 pm-2:00 pm  MAB Meeting  1:00 pm-2:00 pm  Learn Guitar	12:10 pm - 2:00 pm Role Playing Games 12:10 pm - 1:00 pm
Mtg# 816 0034 3240  2:10 pm-3:00 pm  Coping Skills - H	1:10 pm - 2:00 pm Boundaries/ Co-Dependency - H	Mtg# 892 0324 5770 2:10 pm -3:00 pm Anxiety Management	1:45 pm - 3:30 pm JOB CLUB	1:10 pm – 2:00 pm PTSD Support 1:10 pm-2:00 pm	Crocheting  1:10 pm - 2:00 pm  Learn About Hobbies
Mtg# 847 1888 5480 2:10 pm-3:00 pm	Mtg# 881 7269 7841 2:10 pm-3:00 pm	2:10 pm - 3:00 pm Card Playing Games 3:10 pm - 4:00 pm	2:10 pm-3:00 pm Creative Writing	Water Colors 2:10 pm-3:00 pm Sports Talk	1:10 pm -2:00 pm <b>Life In Process</b> 2:10 pm-3:00 pm
BINGO! 3:10 pm-4:00 pm	Anger Management - H Mtg# 820 0635 8743	Sports Talk - H Mtg# 831 2051 4738	2:10 pm - 3:00 pm Aging Gracefully	2:10 pm-3:00 pm Dual Diagnosis - H	OCD Support -H- Mtg# 847 285 87362
Depression Bipolar Support Alliance	3:10 pm - 4:00 pm Art Doodling	3:10 pm - 4:00 pm <b>Karaoke</b> 4:10 pm - 5:20 pm	3:10 pm-4:00 pm  Depression Bipolar Support Alliance - H	Mtg# 856 3015 2718 3:10 pm-4:00 pm Music Jam	3:10 pm-4:30 pm Karaoke 4:10 pm-4:50 pm
4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social	Music Jam 5:30 pm - 6:45 pm NAMI Connections	Mtg# 871 1923 5151 4:10 pm-4:50 pm	3:10 pm-4:00 pm Self Empowerment 4:10 pm-4:50 pm	Evening Social  H=Hybrid Group. The group
Comminute Clarwidg of California		MANI CONNECTIONS	Evening Social		

**Evening Social** 

**Evening Social** 



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**Hours of Operation** 

Monday, Tuesday, Thursday, Friday, Saturday

9:00 am- 5:00 pm Wednesday 9:00 am-7:00 pm

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday	19 Saturday
9:10 am -10:10 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am
Morning Icebreaker	Morning Icebreaker	Morning Icebreaker	Morning Icebreaker	Morning Icebreaker	Morning Icebreaker
			8	10:10 am-11:00 am	8 11 11
10:10 am-11:00 am	<u>10:10 am – 11:00 am</u>	10:10 am -11:00 am		Fundamentals of Farsi	10:10 am-11:00 am
Emotions Anonymous	Train For Your Best Life	Yoga	PAC Meeting	runuamentais oi raisi	Depression Bipolar
Mtg# 827 3012 1326		10:10 am -11:00 am		10.10	Support Alliance - H
10:10 am - 11:00 am		Schizophrenia Alliance - H	10:00 am -12:00 pm	10:10 am -12:00 pm	Mtg# 871 1923 5151
Outdoor Fitness	10:10 am - 2:30 pm	Mtg# 817 0754 0588	OCHCA Prevention	Garden & Explore	
	Social Outing@	Ğ	Early Intervention		
11:10 am-12:00 pm		<u>11:10 am –12:00 pm</u>	(PEI)	10:10 am-11:00 am	<u> 10:10 am - 11:30 am</u>
Basic Spanish	(A) REGAL	Community Meeting -H	Overview Budget	Emotional Resilience	Park Adventures
11:10 am-12:00 pm		Mtg# 895 5733 6953	Update Continued	<u>11:10 am-12:00 pm</u>	
Learning to Meditate	W CHEST AND V	Laura's House		Fun & Games - H	
				Mtg# 845 6764 2508	11:10 am -12:00 pm
11:30 am-12:30 pm		<u>12:00 pm - 1:00 pm</u>			Schizophrenia
New Lung	Jan J. P. A. Miller & March & L. P.	Wednesday Walk to Lunch:	<u>12:10 pm –1:00 pm</u>	11:10 am-12:00 pm	Alliance - H
12:10 pm-1:00 pm	<b>"</b> 是是我们的是一个一种的人 <b>没有更加</b>	Taqueria de Anda	Social Hour	Love Yourself	Mtg# 817 0754 0588
Art Social	11:10 am-12:00 pm				14tg# 017 0731 0300
	A.A.		1:00 pm-2:00 pm	12:10 pm-1:00 pm	11:10 am -12:00 pm
12:10 pm-1:00 pm	11.11		Benefits Workshop With	Yoga	LGBTQ+ Support
Free Form Exercise	12:10 pm -1:00 pm	1:10 pm - 2:00 pm	Dung Le-OC HCA.	12:10 pm-1:00 pm	12:10 pm - 2:00 pm
1:10 pm-2:00 pm	Fun & Games	Men's Group - H	1:10 pm-2:00 pm	Around the World	Role Playing Games
N.A.	12:10 pm -1:00 pm	Mtg# 885 4922 9004	Chair Yoga		
	Art & Social	1:10 pm - 2:00 pm	o a constant of the constant o	1:00 pm-2:00 pm	12:10 pm - 1:00 pm
1:10 pm-2:00 pm	Art & Social	Woman's Group - H	1:10 pm-2:00 pm	Learn Guitar	Crocheting
Positive Thinking - H	<u>1:10 pm – 2:00 pm</u>	Mtg# 892 0324 5770	Healthy Relationships - H	1:10 pm – 2:00 pm	1 10 2 00
Mtg# 816 0034 3240	Whole Person Care		Mtg# 824 9407 9234	PTSD Support	1:10 pm - 2:00 pm Creative Hour
2:10 pm-3:00 pm		2:10 pm -3:00 pm			Creative Hour
Coping Skills - H	1:10 pm – 2:00 pm	Anxiety Management	2:10 pm-3:00 pm	1:10 pm-2:00 pm	1:10 pm -2:00 pm
Mtg# 847 1888 5480	Boundaries/	2:10 pm – 3:00 pm	Creative Writing	Water Colors	Life In Process
2:10 pm-3:00 pm	Co-Dependency - H	Card Playing Games	2:10 nm 2:00 nm	2:10 pm-3:00 pm	2:10 pm-3:00 pm
2:10 pm-3:00 pm BINGO!	Mtg# 881 7269 7841		2:10 pm - 3:00 pm Aging Gracefully	Sports Talk	OCD Support -H-
	2:10 pm-3:00 pm	3:10 pm - 4:00 pm	Aging Graceiuny	2:10 pm-3:00 pm	Mtg# 847 285 87362
3:10 pm-4:00 pm	Anger	Sports Talk - H	3:10 pm-4:00 pm	Dual Diagnosis - H	Mig# 04/ 203 0/302
Depression Bipolar	Management - H	Mtg# 831 2051 4738	Depression Bipolar	Mtg# 856 3015 2718	3:10 pm-4:30 pm
Support Alliance	Mtg# 820 0635 8743	<u>3:10 pm - 4:00 pm</u>	Support Alliance - H		Karaoke
4:10 pm-4:50 pm		Karaoke	Mtg# 871 1923 5151	3:10 pm-4:30 pm	4.10 pm 4.50
Evening Social	3:10 pm - 4:00 pm	4:10 nm 5:20 nm	-10g 11 0 / 1 1 / 20 0 10 1	Music Jam	4:10 pm-4:50 pm Evening Social
Lvening Social	Art Doodling	4:10 pm - 5:20 pm	4:10 pm-4:50 pm	3:10 pm-4:00 pm	Evening Social
		Music Jam	Evening Social	Self Empowerment	
H=Hybrid Group. The group	4:10 pm-4:50 pm	<u>5:30 pm - 6:45 pm</u>	<b>8</b>	4:10 pm-4:50 pm	a
takes place both in-person and is	Evening Social	NAMI Connections		Evening Social	Copyright Clarvida of California, 2024 All Rights Reserved.
offered online at the same time.				8	



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9:00 am- 5:00 pm

Wednesday 9:00 am-7:00 pm

**Hours of Operation** 

Monday, Tuesday, Thursday, Friday,

Saturday

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21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday	26 Saturday
9:10 am -10:10 am Morning Icebreaker	9:10 am -10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous	10:10 am - 11:00 am Train For Your Best Life	10:10 am-11:00 am Yoga	10:10 am - 12:00 pm Cooking	10:10 am-11:00 am Fundamentals of Farsi	10:10 am-11:00 am  Depression Bipolar Support Alliance - H
Mtg# 827 3012 1326 10:10 am - 11:00 am Outdoor Fitness	10:10 am - 2:30 pm Outing Group	10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am-11:00 am  Art Journaling	<u>10:10 am -12:00 pm</u> Garden & Explore	Mtg# 871 1923 5151
11:10 am-12:00 pm Basic Spanish	Mission San Juan Capistrano	11:10 am -12:00 pm Community Meeting -H	10:10 am -11:30 am Disc Golf	10:10 am-11:00 am Emotional Resilience	10:10 am - 11:30 am Park Adventures
11:10 am-12:00 pm Learning to Meditate	11:10 am-12:00 pm A.A.	Mtg# 895 5733 6953 12:10 pm –1:00 pm Vision Board	@ Deerfield Park	<u>11:10 am-12:00 pm</u> <b>Fun &amp; Games -</b> H	10:10 am-11:00 am Wellness Recovery
12:10 pm-1:00 pm Art Social	12:10 pm -1:00 pm Fun & Games	1:00 pm-3:00 pm Bowling	11:10 am-12:00 pm Neighborhood clean up	Mtg# 845 6764 2508  11:10 am-12:00 pm  Love Yourself	Action Plan (WRAP+)  11:10 am -12:00 pm  Schizophrenia
12:10 pm-1:00 pm Free Form Exercise	12:10 pm -1:00 pm Art & Social	@Saddleback Lanes Sign-up/Call @ Front Desk	11:10 am-12:00 pm Creative Hour 11:10 am-12:00 pm	12:10 pm-1:00 pm Yoga	Alliance - H Mtg# 817 0754 0588
1:10 pm-2:00 pm N.A.	1:10 pm -2:00 pm Whole Person Care	1:10 pm - 2:00 pm	Grief Support  12:10 pm -1:00 pm	12:10 pm-1:00 pm Around the World	11:10 am -12:00 pm LGBTQ+ Support
1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240	1:10 pm - 2:00 pm Boundaries/	Men's Group - H Mtg# 885 4922 9004 1:10 pm - 2:00 pm	Social Hour  1:10 pm-2:00 pm	1:00 pm-2:00 pm Learn Guitar	12:10 pm - 2:00 pm Role Playing Games
2:10 pm-3:00 pm Coping Skills - H	Co-Dependency - H Mtg# 881 7269 7841	Woman's Group - H Mtg# 892 0324 5770	Chair Yoga 1:10 pm-2:00 pm	1:10 pm - 2:00 pm PTSD Support 1:10 pm-2:00 pm	12:10 pm - 1:00 pm Crocheting
Mtg# 847 1888 5480 2:10 pm-3:00 pm	2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743	2:10 pm -3:00 pm Anxiety Management	Healthy Relationships - Mtg# 824 9407 9234	Water Colors 2:10 pm-3:00 pm	1:10 pm - 2:00 pm <b>Learn About Hobbies</b> 1:10 pm -2:00 pm
BINGO! 3:10 pm-4:00 pm	2:30 - 4:30	2:10 pm – 3:00 pm Card Playing Games	2:10 pm-3:00 pm Creative Writing	Sports Talk 2:10 pm-3:00 pm	Life In Process 2:10 pm-3:00 pm
Depression Bipolar Support Alliance	SCO Monthly	3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738	2:10 pm - 3:00 pm Aging Gracefully	Dual Diagnosis - H Mtg# 856 3015 2718 3:10 pm-4:00 pm	OCD Support -H- Mtg# 847 285 87362
4:10 pm-4:50 pm Evening Social	Food Distribution	3:10 pm - 4:00 pm Karaoke	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H	3:10 pm-4:00 pm Music Jam 3:10 pm-4:00 pm	3:10 pm-4:30 pm Karaoke
H=Hybrid Group. The group takes place both in-	3:10 pm - 4:00 pm Art Doodling	4:10 pm - 5:20 pm Music Jam	Mtg# 871 1923 5151 4:10 pm-4:50 pm	Self Empowerment 4:10 pm-4:50 pm	4:10 pm-4:50 pm Evening Social
person and is offered online at the same time.	4:10 pm-4:50 pm Evening Social	5:30 pm - 6:45 pm NAMI Connections	Evening Social	<b>Evening Social</b>	Copyright Clarvida of California, 2024, All Rights Reserved.



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9:00 am - 5:00 pm Wednesday 9:00 am-7:00 pm

### 28 Monday 29 Tuesday

9:10 am -10:10 am Morning Icebreaker

10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326

10:10 am - 11:00 am **Outdoor Fitness** 

11:10 am-12:00 pm Basic Spanish

11:10 am-12:00 pm Learning to Meditate

12:10 pm-1:00 pm Art Social

12:10 pm-1:00 pm Free Form Exercise

1:10 pm-2:00 pm **N.A.** 

1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240

2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480

2:10 pm-3:00 pm BINGO!

3:10 pm-4:00 pm Depression Bipolar Support Alliance

4:10 pm-4:50 pm Evening Social

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9:10 am - 10:00 am Morning Icebreaker

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Train For Your Best Life

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12:10 pm -1:00 pm **Fun & Games** 

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2:10 pm-3:00 pm Anger Management - H

Mtg# 820 0635 8743 3:10 pm - 4:00 pm

4:10 pm-4:50 pm Evening Social

Art Doodling

30 Wednesday 9:10 am - 10:00 am

Morning Icebreaker

10:10 am-11:00 am Yoga

10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588 11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953 12:10 pm -1:00 pm Vision Board

> 12:30 pm- 3:30 pm Halloween Bash Wellness Center West



1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004

1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770

2:10 pm -3:00 pm Anxiety Management

2:10 pm - 3:00 pm Card Playing Games

3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738

3:10 pm - 4:00 pm **Karaoke** 

4:10 pm - 5:20 pm **Music Jam** 5:30 pm - 6:45 pm

NAMI Connections

9:10 am - 10:00 am Morning Icebreaker

31 Thursday

<u>10:10 am - 12:00 pm</u> **Cooking** 

10:10 am-11:00 am
Art Journaling

11:10 am-12:00 pm Neighborhood clean up

11:10 am-12:00 pm Creative Hour

> 12:00 pm- 2:00 pm WCS HALLOWEEN PARTY



2:10 pm-3:00 pm Creative Writing

2:10 pm - 3:00 pm Aging Gracefully

3:10 pm-4:00 pm **Depression Bipolar Support Alliance - H Mtg# 871 1923 5151** 

4:10 pm-4:50 pm Evening Social Join Groups Via Phone:

213-338-8477
Enter the meeting number

Enter the meeting number (mtg#) listed under the group when prompted.

You can also download the **ZOOM App** from the App Store or Google play.

<u>Join Groups via</u>

<u>Computer</u>

Please go to:
www.zoom.com
& click
Join a Meeting
ou will enter the

meeting number
(mtg#)

<u>Listed under the</u>
groups.

We value you feedback!

Drop off a note in person on our website.

wellnesscentersouth.org

under comments & suggestions

Please share with us your good news, gratitude & accomplishments

Drop off a note in person or on our website under the good news, WCS provides shuttle rides to the members who have transportation barriers.

Please speak with
Zakia Bashir
to get information
about WCS Transportation Service
and
California Yellow

call at: 949-528-6822
Or Email
Zakia.bashir@clarvida.com

Cab Taxi rides.



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