



Wellness Center South

December 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

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
<p><u>9:10 am -10:10 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 827 3012 1326</p> <p><u>10:10 am – 11:00 am</u> Outdoor Fitness</p> <p><u>11:10 am-12:00 pm</u> Basic Spanish</p> <p><u>11:10 am-12:00 pm</u> Learning to Meditate</p> <p><u>12:10 pm-1:00 pm</u> Art Social</p> <p><u>12:10 pm-1:00 pm</u> Free Form Exercise</p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</p> <p><u>2:10 pm-3:00 pm</u> BINGO!</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am – 11:00 am</u> Train For Your Best Life</p> <p><u>10:10 am – 11:00 am</u> Stress Management</p> <div style="border: 2px solid red; padding: 5px; margin: 10px 0;"> <p><u>10:30 am - 2:30 pm</u> UCI Langson Museum Of Art, Irvine</p> </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> Fun & Games</p> <p><u>12:10 pm -1:00 pm</u> Art & Social</p> <p><u>1:10 pm – 2:00 pm</u> Whole Person Care</p> <p><u>1:10 pm-2:00 pm</u> Laughter Yoga</p> <p><u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <p><u>3:10 pm - 4:00 pm</u> Art Doodling</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am -11:00 am</u> Yoga</p> <p><u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <div style="border: 2px solid red; padding: 5px; margin: 10px 0;"> <p><u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch: Taqueria de Anda</p> </div> <p><u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770</p> <p><u>2:10 pm – 3:00 pm</u> Anxiety Management</p> <p><u>2:10 pm – 3:00 pm</u> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738</p> <p><u>3:10 pm - 4:00 pm</u> Karaoke</p> <p><u>4:10 pm - 5:20 pm</u> Music Jam</p> <p><u>5:30 pm - 6:45 pm</u> NAMI Connections</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am - 12:00 pm</u> Cooking</p> <p><u>10:10 am-11:00 am</u> Art Journaling</p> <div style="border: 2px solid red; padding: 5px; margin: 10px 0;"> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p><u>11:10 am-12:00 pm</u> Neighborhood clean up</p> <p><u>11:10 am-12:00 pm</u> Creative Hour</p> <p><u>11:10 am-12:00 pm</u> Grief Support</p> <p><u>12:10 pm – 1:00 pm</u> Social Hour</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</p> <p><u>2:10 pm – 3:00 pm</u> Aging Gracefully</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Fundamentals of Farsi</p> <div style="border: 2px solid red; padding: 5px; margin: 10px 0;"> <p><u>10:10 am -12:00 pm</u> Garden & Explore</p> </div> <p><u>10:10 am-11:00 am</u> Emotional Resilience</p> <p><u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508</p> <p><u>11:10 am-12:00 pm</u> Love Yourself</p> <p><u>12:10 pm-1:00 pm</u> Yoga</p> <p><u>12:10 pm-1:00 pm</u> Around the World</p> <p><u>1:00 pm-2:00 pm</u> Learn Guitar</p> <p><u>1:10 pm – 2:00 pm</u> PTSD Support</p> <p><u>1:10 pm-2:00 pm</u> Water Colors</p> <p><u>2:10 pm - 3:00 pm</u> Sports Talk</p> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:30 pm</u> Music Jam</p> <p><u>3:10 pm-4:00 pm</u> Self Empowerment</p> <p><u>3:10 pm-4:00 pm</u> Chat with MAB (H) Mtg# 881 5469 0081</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <div style="border: 2px solid red; padding: 5px; margin: 10px 0;"> <p><u>10:00 am - 1:00 pm</u> Karma Yoga, Trabuco Monastery</p> </div> <p><u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)</p> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>12:10 pm - 1:00 pm</u> Crocheting</p> <p><u>1:10 pm - 2:00 pm</u> Creative Hour</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support -H- Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>



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



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9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
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16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
<p><u>9:10 am -10:10 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326</p> <p><u>10:10 am - 11:00 am</u> Outdoor Fitness</p> <p><u>11:10 am-12:00 pm</u> Basic Spanish</p> <p><u>11:10 am-12:00 pm</u> Learning to Meditate</p> <p><u>12:10 pm-1:00 pm</u> Art Social</p> <p><u>12:10 pm-1:00 pm</u> Free Form Exercise</p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</p> <p><u>2:10 pm-3:00 pm</u> BINGO!</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am - 11:00 am</u> Train For Your Best Life</p> <p><u>10:10 am - 11:00 am</u> Stress Management</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>10:30 am - 2:30 pm</u> Muckenthaler Cultural Center, Fullerton</p> </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> Fun & Games</p> <p><u>12:10 pm -1:00 pm</u> Art & Social</p> <p><u>1:10 pm - 2:00 pm</u> Whole Person Care</p> <p><u>1:10 pm-2:00 pm</u> Laughter Yoga</p> <p><u>1:10 pm - 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <p><u>3:10 pm - 4:00 pm</u> Art Doodling</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am -11:00 am</u> Yoga</p> <p><u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <p><u>12:10 pm -1:00 pm</u> Vision Board</p> <p><u>12:10 pm -2:00 pm</u> Holiday In House Cinema</p> <p><u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770</p> <p><u>2:10 pm -3:00 pm</u> Anxiety Management</p> <p><u>2:10 pm - 3:00 pm</u> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738</p> <p><u>3:10 pm - 4:00 pm</u> Karaoke</p> <p><u>4:10 pm - 5:20 pm</u> Music Jam</p> <p><u>5:30 pm - 6:45 pm</u> NAMI Connections</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am - 12:00 pm</u> Cooking</p> <p><u>10:10 am-11:00 am</u> Art Journaling</p> <div style="border: 2px solid red; 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> Neighborhood clean up</p> <p><u>11:10 am-12:00 pm</u> Creative Hour</p> <p><u>11:10 am-12:00 pm</u> Grief Support</p> <p><u>12:10 pm -1:00 pm</u> Social Hour</p> <p><u>1:00 pm-2:00 pm</u> Benefits Workshop With Dung Le-OC HCA.</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</p> <p><u>2:10 pm - 3:00 pm</u> Aging Gracefully</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Fundamentals of Farsi</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>10:10 am -12:00 pm</u> Garden & Explore</p> </div> <p><u>10:10 am-11:00 am</u> Emotional Resilience</p> <p><u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508</p> <p><u>11:10 am-12:00 pm</u> Love Yourself</p> <p><u>12:10 pm-1:00 pm</u> Yoga</p> <p><u>12:10 pm-1:00 pm</u> Around the World</p> <p><u>1:00 pm-2:00 pm</u> Learn Guitar</p> <p><u>1:10 pm - 2:00 pm</u> PTSD Support</p> <p><u>1:10 pm-2:00 pm</u> Water Colors</p> <p><u>2:10 pm-3:00 pm</u> Sports Talk</p> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:30 pm</u> Music Jam</p> <p><u>3:10 pm-4:00 pm</u> Self Empowerment</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)</p> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>12:10 pm - 1:00 pm</u> Crocheting</p> <p><u>1:10 pm - 2:00 pm</u> Creative Hour</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support -H- Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>3:10 pm - 4:30 pm</u> Park Adventures</p> </div> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>





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Wednesday 9:00 am-7:00 pm

23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday
<p>9:10 am -10:10 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326</p> <p><u>10:10 am - 11:00 am</u> Outdoor Fitness</p> <p><u>11:10 am-12:00 pm</u> Basic Spanish</p> <p><u>11:10 am-12:00 pm</u> Learning to Meditate</p> <p><u>12:10 pm-1:00 pm</u> Art Social</p> <p><u>12:10 pm-1:00 pm</u> Free Form Exercise</p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</p> <p><u>2:10 pm-3:00 pm</u> BINGO!</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p> 	<p>9:10 am -10:00 am Morning Icebreaker</p> <p><u>10:10 am - 11:00 am</u> Train For Your Best Life</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:10 am - 2:30 pm Social Outing@ Regal Irvine Spectrum</p>  </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> Fun & Games</p> <p><u>12:10 pm -1:00 pm</u> Art & Social</p> <p><u>1:10 pm -2:00 pm</u> Whole Person Care</p> <p><u>1:10 pm - 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <p><u>3:10 pm - 4:00 pm</u> Art Doodling</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<div style="background-color: red; color: white; padding: 10px; text-align: center;">  <p>Dear Valued Members, WCS Will be Closed December 25, 2024</p>  </div>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am - 12:00 pm</u> Cooking</p> <p><u>10:10 am-11:00 am</u> Art Journaling</p> <div style="border: 2px solid red; 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> Neighborhood clean up</p> <p><u>11:10 am-12:00 pm</u> Creative Hour</p> <p><u>11:10 am-12:00 pm</u> Grief Support</p> <p><u>12:10 pm -1:00 pm</u> Social Hour</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</p> <p><u>2:10 pm - 3:00 pm</u> Aging Gracefully</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Fundamentals of Farsi</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>10:10 am -12:00 pm</u> Garden & Explore</p> </div> <p><u>10:10 am-11:00 am</u> Emotional Resilience</p> <p><u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508</p> <p><u>11:10 am-12:00 pm</u> Love Yourself</p> <p><u>12:10 pm-1:00 pm</u> Yoga</p> <p><u>12:10 pm-1:00 pm</u> Around the World</p> <p><u>1:00 pm-2:00 pm</u> Learn Guitar</p> <p><u>1:10 pm - 2:00 pm</u> PTSD Support</p> <p><u>1:10 pm-2:00 pm</u> Water Colors</p> <p><u>2:10 pm-3:00 pm</u> Sports Talk</p> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:30 pm</u> Music Jam</p> <p><u>3:10 pm-4:00 pm</u> Self Empowerment</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)</p> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>12:10 pm - 1:00 pm</u> Crocheting</p> <p><u>1:10 pm - 2:00 pm</u> Learn About Hobbies</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support -H- Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>3:10 pm - 4:30 pm</u> Park Adventures</p> </div> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>



Wellness Center South

December 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

30 Monday

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

31 Tuesday

9:10 am - 10:00 am
Morning Icebreaker

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

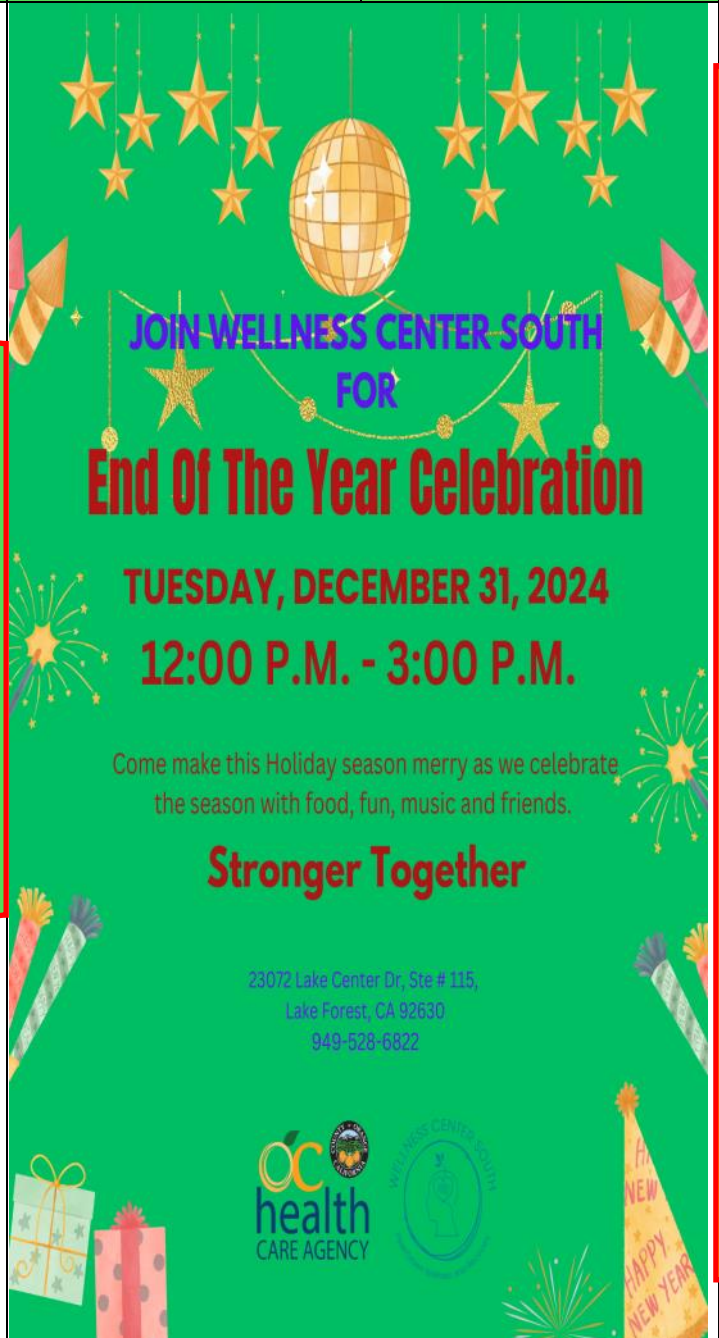
11:10 am-12:00 pm
A.A.

12:00 pm - 3:00 pm
End of Year Celebration
Lunch
Music, Games,
& Fun



3:10 pm - 4:00 pm
Art Doodling

4:10 pm-4:50 pm
Evening Social



JOIN WELLNESS CENTER SOUTH FOR

End Of The Year Celebration


TUESDAY, DECEMBER 31, 2024

12:00 P.M. - 3:00 P.M.

Come make this Holiday season merry as we celebrate the season with food, fun, music and friends.

Stronger Together

23072 Lake Center Dr, Ste # 115,
Lake Forest, CA 92630
949-628-6822



Join Groups Via

Phone:

Please Call:
213-338-8477
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.

Join Groups via Computer:

Please go to:
www.zoom.com & click Join a Meeting
You will enter the meeting number (mtg#)
Listed under the groups.

We value your feedback!

Drop off a note in person or 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, gratitude & accomplishments button

WCS provides shuttle rides to the members who have transportation barriers.

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 Cab Taxi rides.

call at: 949-528-6822

Or Email
Zakia.bashir@clarvida.com

New Group Times

Tuesday
Stress Management
10:10 am—11:00 am
3rd & 10th of Dec.

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

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