

Wellness Center South

April 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

1	M	on	day
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9:10 am - 10:10 am Morning Icebreaker

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

11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480

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

12:10 pm-1:00 pm Art Social

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

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 **Outdoor Fitness**

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

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

2 Tuesday
9:10 am - 10:00 am
Morning Icebreaker

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

10:10 am -11:00 am
Anxiety Management

10:10 am-11:00 am Anger Management - H Mtg# 820 0635 8743

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

2:10 pm - 3:00 pm Boundaries/ Co-Dependency - H Mtg# 881 7269 7841

2:10 pm - 3:00 pm Aging Gracefully

3:10 pm - 4:00 pm Art Doodling

4:10 pm-4:50 pm Evening Social 3 Wednesday 9:10 am - 10:00 am Morning Icebreaker

> 10:00 am - 11:30 am MHSA Stakeholder 's Engagement Meeting

11:30 am -12:00 pm Vision Board

12:10 pm-1:00 pm Community Meeting - H Mtg# 895 5733 6953 Goodwill OC

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 Card Playing Games

3:10 pm - 4:00 pm **Sports Talk**

3:10 pm - 4:00 pm Karaoke

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

5:30 pm - 6:20 pm **NAMI Connections**

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9:10 am - 10:00 am Morning Icebreaker

4 Thursday

10:10 am-11:00 am Healthy Relationships - H Mtg# 824 9407 9234

10:30am - 2:30pm UCI Langson Institute & Museum, Irvine

11:10 am-12:00 pm Neighborhood Clean Up

11:10 am-12:00 pm Creative Hour

12:10 pm -1:00 pm **Social Hour**

1:10 pm-2:00 pm Chess Club

1:10 pm-2:00 pm Chair Yoga

2:10 pm-3:00 pm Creative Writing

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

5 Friday

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

> 10:10 am -12:00 pm Garden & Explore @ The Irvine Great Park

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

11:10 am-12:00 pm Wellness Recovery Action Plan (WRAP+)

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 Water Colors

2:10 pm-3:00 pm Dual Diagnosis - H Mtg# 856 3015 2718

> 3:10 pm-4:00 pm Chat with MAB (H) Mtg# 881 5469 0081

3:10 pm-4:00 pm Music Jam 4:10 pm-4:50 pm Evening Social 9:10 am - 10:00 am Morning Icebreaker

6 Saturday

8:30 am - 11:00 am Volunteer Outing San Clemente Beach Clean Up

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

11:00 am -1:00 pm Talent Show, Wellness Center Central

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

11:10 am -12:00 pm

Art Journaling

12:10 pm - 1:30 pm Cooking

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

1:10 pm - 2:00 pm Creative Hour

2:10 pm-3:00 pm OCD Support

3:10 pm-4:30 pm **Karaoke**

4:10 pm-4:50 pm Evening Social



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Evening Social

Wellness Center South

April 2024

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Hours of Operation

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takes place both in-person and is

offered online at the same time.

Wellness and Rec	*Calendar is subjec	ject to change			
8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 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 -11:30 am Disc Golf @ Deerfield Park	10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am-11:00 am Healthy Relationships - H Mtg# 824 9407 9234 10:10 am-11:00 am	10:00 am -2:30 pm Wellness Centers Collaborative Volleyball,	10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151
11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480		11:10 am-12:00 pm Community Meeting - H Mtg# 895 5733 6953	LGBTQ+ Support	El Camino Real Park,	11:10 am -12:00 pm
11:10 am-12:00 pm	10:10 am -11:00 am Anxiety Management	12:10 pm -1:00 pm NAMI Connections	10:10 am - 2:30 pm Social Outing	10:10 am-11:00 am Fundamentals of Farsi	Schizophrenia Alliance - H
Learning to Meditate 11:30 pm-12:30 pm	10:10 am-11:00 am Anger	1:10 pm - 2:00 pm	Starlight Cinema Triangle Square, Costa Mesa	11:10 am-12:00 pm Fun & Games - H	Mtg# 817 0754 0588 11:10 am -12:00 pm
New Lung 12:10 pm-1:00 pm	Management - H Mtg# 820 0635 8743	Men's Group - H Mtg# 885 4922 9004		Mtg# 845 6764 2508 11:10 am-12:00 pm	Learn About Hobbies
Art Social	11:10 am-12:00 pm A.A.	1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770	11:10 am-12:00 pm Neighborhood clean up	Wellness Recovery Action Plan (WRAP+)	12:10 pm - 1:30 pm Cooking
12:10 pm-1:00 pm Free Form Exercise With Magdalena	12:10 pm -1:00 pm Fun & Games	Mtg# 892 0324 3770	11:10 am-12:00 pm Creative Hour	12:00 pm-1:00 pm Yoga	12:10 pm - 2:00 pm Role Playing Games
1:10 pm-2:00 pm	1:10 pm – 2:00 pm Whole Person Care	Wellness Center South Closes at	12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Around the World	1:10 pm - 2:00 pm Creative Hour
1:10 pm-2:00 pm	2:10 pm – 3:00 pm	2:00P.M. WCS will be closing	1:10 pm-2:00 pm Chair Yoga	1:00 pm-2:00 pm Learn Guitar	2:10 pm-3:00 pm OCD Support
Positive Thinking - H Mtg# 816 0034 3240	Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	early to take our staff off-site for a staff ap-	1 <u>:45 pm - 3:30 pm</u> IOB CLUB	12:30 pm-2:00 pm M.A.B Meeting	ось зарроге
2:10 pm – 3:00 pm Outdoor Fitness	2:10 pm – 3:00 pm	preciation activity. We thank our mem-	Interactive Viewing	1:10 pm-2:00 pm	3:10 pm - 4:30 pm Park Adventures
2:10 pm-3:00 pm BINGO!	Aging Gracefully 3:10 pm - 4:00 pm	bers for your contin- ued support and	Torre testing	Water Colors 2:10 pm-3:00 pm	
3:10 pm-4:00 pm Depression Bipolar	Art Doodling	partnership.	2:10 pm-3:00 pm Creative Writing	Dual Diagnosis - H Mtg# 856 3015 2718	3:10 pm-4:30 pm Karaoke
Support Alliance 4:10 pm-4:50 pm	4:10 pm-4:50 pm Evening Social	20 1	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H	2:10 pm-3:00 pm Sports Talk	4:10 pm-4:50 pm Evening Social

Support Alliance - H

Mtg# 871 1923 5151

4:10 pm-4:50 pm

Evening Social

3:10 pm-4:30 pm

4:10 pm-4:50 pm

Evening Social

Music Jam



Wellness Center South

April 2024

5:30 pm - 6:20 pm

NAMI Connections

4:10 pm-4:50 pm

Evening Social

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

Wellness and Re	*Calendar is subject	t to change	Lake Polest, CA 92030 Wednesday 7100 am 7100 pm		
15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 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
10:10 am-11:00 am		<u>10:10 am -11:00 am</u>	10:10 am-11:00 am	10:10 am-11:00 am	10:10 am-11:00 am
Emotions Anonymous	<u>10:10 am -11:30 am</u>	Schizophrenia Alliance - H	Healthy Relationships - H	Fundamentals of Farsi	Depression Bipolar
Mtg# 827 3012 1326	Disc Golf @ Deerfield Park	Mtg# 817 0754 0588	Mtg# 824 9407 9234		Support Alliance - H
11:10 am-12:00 pm	@ Deerlieid Park	10.00		<u>10:10 am -12:00 pm</u>	Mtg# 871 1923 5151
Coping Skills - H		<u>10:30 am -1:00 pm</u> Education Fair,		Garden & Explore @	11:10 am -12:00 pm
Mtg# 847 1888 5480	10:10 am -11:00 am	Wellness Center West	10:30am - 2:30pm	The Irvine Great Park	Schizophrenia
	Anxiety Management	Weimess denter West	Hilbert Museum of Art		Alliance - H
11:10 am-12:00 pm		11 10 12 00	Chapman University, Orange	<u>11:10 am-12:00 pm</u>	Mtg# 817 0754 0588
Learning to Meditate	10:10 am-11:00 am	11:10 am -12:00 pm Community Meeting -H	Orange	Fun & Games - H	11:10 am -12:00 pm
12:10 pm-1:00 pm	Anger Management - H	Mtg# 895 5733 6953		Mtg# 845 6764 2508	Art Journaling
Art Social	Mtg# 820 0635 8743			11:10 am-12:00 pm	, ,
		12:00 pm - 1:00 pm		Wellness Recovery	12:10 pm-1:30 pm
12:10 pm-1:00 pm	11:10 am-12:00 pm A.A.	Wednesday Walk to Lunch:	11:10 am-12:00 pm	Action Plan (WRAP+)	Cooking
Free Form Exercise With Magdalena		Taqueria de Anda 🌇	Neighborhood Clean Up		12:10 pm - 2:00 pm
Maguarena	12:10 pm -1:00 pm		11:10 am-12:00 pm	12:00 pm-1:00 pm	Role Playing Games
1:10 pm-2:00 pm	Fun & Games	1:10 pm -2:00 pm	Creative Hour	Yoga	1:10 pm - 2:00 pm
N.A.	12:10 pm -1:00 pm	Vision Board	12:10 pm –1:00 pm	12:10 pm-1:00 pm	Creative Hour
1 10 2 00	Art Social	1:10 pm - 2:00 pm	Social Hour	Around the World	
1:10 pm-2:00 pm Positive Thinking - H	1:10 pm – 2:00 pm	Men's Group - H		1:00 pm-2:00 pm	2:10 pm-3:00 pm
Mtg# 816 0034 3240	Whole Person Care	Mtg# 885 4922 9004	1:00 pm-2:00 pm	Learn Guitar	OCD Support
	1:10 pm-2:00 pm	1:10 pm - 2:00 pm	Benefits Workshop With Dung Le-OC HCA.		
2:10 pm – 3:00 pm	Laughter Yoga	Woman's Group - H	bung Le-OC HCA.	1:10 pm-2:00 pm	3:10 pm - 4:30 pm
Outdoor Fitness		Mtg# 892 0324 5770	1:10 pm-2:00 pm	Water Colors	Park Adventures
2:10 pm-3:00 pm	2:10 pm - 3:00 pm Boundaries/	2:10 pm - 3:00 pm	Chess Club	2:10 pm-3:00 pm	
BINGO!	Co-Dependency - H	Card Playing Games	2 10 2 00	Dual Diagnosis - H	3:10 pm-4:30 pm
	Mtg# 881 7269 7841	3:10 pm - 4:00 pm	2:10 pm-3:00 pm Creative Writing	Mtg# 856 3015 2718	Karaoke
3:10 pm-4:00 pm	2:10 pm – 3:00 pm	Sports Talk		2.10 2.00	
Depression Bipolar Support Alliance	Aging Gracefully	3:10 pm - 4:00 pm	3:10 pm-4:00 pm Depression Bipolar	2:10 pm-3:00 pm Sports Talk	4:10 pm-4:50 pm
Support Amance		Karaoke	Support Alliance - H	Sports rain	Evening Social
4:10 pm-4:50 pm	3:10 pm - 4:00 pm	4 <u>:10 pm - 5:20 pm</u>	Mtg# 871 1923 5151	3:10 pm-4:30 pm	
Evening Social	Art Doodling	Music Jam		Music Jam	

4:10 pm-4:50 pm

4:10 pm-4:50 pm

Evening Social

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22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 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 -1:30 pm IVC Resource Fair, Irvine	10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am-11:00 am Healthy Relationships Mtg# 824 9407 9234	10:10 am-11:00 am Fundamentals of Farsi	10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151
11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480	10:10 am -11:00 am Anxiety Management	11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953	10:10 am-11:00 am LGBTQ+ Support 11:10 am-12:00 pm	8:00 am—5:00 pm Meeting of the Minds, Anaheim	11:00 am - 2:00 pm
11:10 am-12:00 pm Learning to Meditate	10:10 am-11:00 am Anger Management - H	12:10 pm -1:00 pm Vision Board	Neighborhood clean up 11:10 am-12:00 pm		Unlocking Stigma Resource Fair, Newport Beach
12:10 pm-1:00 pm Art Social	Mtg# 820 0635 8743 11:10 am-12:00 pm A.A.	1:00 pm-2:00 pm Bowling @Saddleback Lanes	Creative Hour 10:10 am - 2:30 pm	11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508	
12:10 pm-1:00 pm Free Form Exercise With Magdalena	12:10 pm -1:00 pm Fun & Games	Sign-up/Call @ Front Desk	Social Outing Starlight Cinema Triangle Square,	12:00 pm-1:00 pm Yoga	11:10 am -12:00 pm Schizophrenia Alliance - H
1:10 pm-2:00 pm N.A.	1:10 pm - 2:00 pm Whole Person Care 2:10 pm - 3:00 pm	1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004	Costa Mesa	12:10 pm-1:00 pm Around the World 1:00 pm-2:00 pm	Mtg# 817 0754 0588 11:10 am -12:00 pm Learn About Hobbies
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2:10 pm – 3:00 pm Outdoor Fitness	2:10 pm – 3:00 pm Aging Gracefully	2:10 pm - 3:00 pm Card Playing Games	1:10 pm-2:00 pm Chess Club 1:10 pm-2:00 pm Chair Yoga	Water Colors 2:10 pm-3:00 pm Dual Diagnosis - H	12:10 pm - 2:00 pm Role Playing Games
2:10 pm-3:00 pm BINGO! 3:10 pm-4:00 pm	2::30 pm- 4:00 pm SCO Monthly Food Distribution	3:10 pm - 4:00 pm Sports Talk 3:10 pm - 4:00 pm	2:10 pm-3:00 pm Creative Writing	Mtg# 856 3015 2718 3:10 pm-4:30 pm Music Jam	1:10 pm - 2:00 pm Creative Hour 2:10 pm-3:00 pm
Depression Bipolar Support Alliance	3:10 pm - 4:00 pm Art Doodling	Karaoke 4:10 pm - 5:20 pm Music Jam	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H	4:10 pm-4:50 pm Evening Social	OCD Support 3:10 pm-4:30 pm
4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social	5:30 pm - 6:20 pm NAMI Connections	Mtg# 871 1923 5151 4:10 pm-4:50 pm Exercise Societ	H=Hybrid <i>Group</i> . The group takes	Karaoke 4:10 pm-4:50 pm

Evening Social



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*Calendar is subject to change

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29 Monday

9:10 am - 10:10 am Morning Icebreaker

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

11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480

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

12:10 pm-1:00 pm Art Social

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

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 **Outdoor Fitness**

2:10 pm-3:00 pm BINGO!

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

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30 Tuesday

9:10 am - 10:00 am Morning Icebreaker

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

10:10 am -11:00 am Anxiety Management

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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

2:10 pm - 3:00 pm **Boundaries/ Co-Dependency - H Mtg#** 881 7269 7841

2:10 pm - 3:00 pm Aging Gracefully

3:10 pm - 4:00 pm **Art Doodling**

4:10 pm-4:50 pm Evening Social

To 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.

To 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!

<u>Drop off a note in person or on our website.</u>

wellnesscentersouth.org

under comments & suggestions

Please share with us your good news, gratitude & accomplishments

New Groups & New Times For Groups

Monday Outdoor Fitness 2:10 pm—3:00 pm

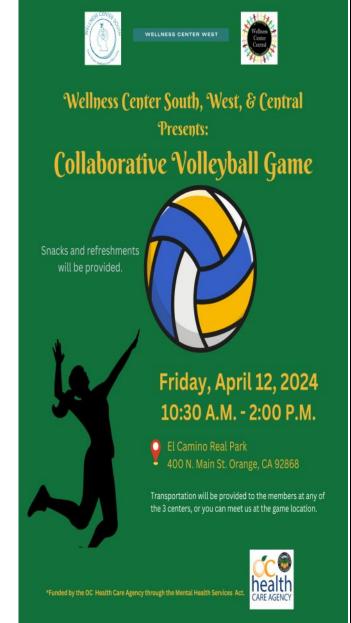
Tuesday Anger Management 10:10 am—11:00 am

Art Doodling 3:10 pm—4:00 pm

> Thursday Chair Yoga

1:10 pm—2:00 pm

Friday Sports Talk, 12th & 19th 2:10 pm—3:00 pm



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