



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 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 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	10:00 am - 11:30 am MHSA Stakeholder 's Engagement Meeting	10:10 am-11:00 am Healthy Relationships - H Mtg# 824 9407 9234	10:10 am-11:00 am Fundamentals of Farsi	8:30 am– 11:00 am Volunteer Outing San Clemente Beach Clean Up
11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480	10:10 am -11:00 am Anxiety Management	11:30 am –12:00 pm Vision Board	10:30am - 2:30pm UCI Langson Institute & Museum, Irvine	10:10 am -12:00 pm Garden & Explore @ The Irvine Great Park	10:10 am–11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151
11:10 am-12:00 pm Learning to Meditate	10:10 am-11:00 am Anger Management - H Mtg# 820 0635 8743	12:10 pm–1:00 pm Community Meeting - H Mtg# 895 5733 6953	11:10 am-12:00 pm Neighborhood Clean Up	11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508	11:00 am -1:00 pm Talent Show, Wellness Center Central
12:10 pm-1:00 pm Art Social	11:10 am-12:00 pm A.A.	12:10 pm–1:00 pm Goodwill OC	11:10 am-12:00 pm Creative Hour	11:10 am-12:00 pm Wellness Recovery Action Plan (WRAP+)	11:10 am -12:00 pm Art Journaling
12:10pm-1:00 pm Free Form Exercise With Magdalena	12:10 pm -1:00 pm Fun & Games	1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004	12:10 pm –1:00 pm Social Hour	12:10 pm-1:00 pm Yoga	12:10 pm - 1:30 pm Cooking
1:10 pm–2:00 pm N.A.	1:10 pm – 2:00 pm Whole Person Care	1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770	1:10 am-12:00 pm Chess Club	12:10 pm-1:00 pm Around the World	12:10 pm - 2:00 pm Role Playing Games
1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240	1:10 pm-2:00 pm Laughter Yoga	2:10 pm – 3:00 pm Card Playing Games	1:10 pm-2:00 pm Chair Yoga	1:00 pm-2:00 pm Learn Guitar	1:10 pm - 2:00 pm Creative Hour
2:10 pm – 3:00 pm Outdoor Fitness	2:10 pm – 3:00 pm Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	3:10 pm – 4:00 pm Sports Talk	2:10 pm-3:00 pm Creative Writing	1:10 pm-2:00 pm Water Colors	2:10 pm-3:00 pm OCD Support
2:10 pm-3:00 pm BINGO!	2:10 pm – 3:00 pm Aging Gracefully	3:10 pm - 4:00 pm Karaoke	2:10 pm-3:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	2:10 pm–3:00 pm Dual Diagnosis - H Mtg# 856 3015 2718	3:10 pm-4:30 pm Karaoke
3:10 pm–4:00 pm Depression Bipolar Support Alliance	3:10 pm - 4:00 pm Art Doodling	4:10 pm - 5:20 pm Music Jam	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
4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social	5:30 pm - 6:20 pm NAMI Connections	4:10 pm-4:50 pm Evening Social	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.

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Wednesday 9:00 am-7:00 pm

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
<u>9:10 am - 10:10 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am-10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker
<u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326	<div><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</div>	<u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588	<u>10:10 am-11:00 am</u> Healthy Relationships - H Mtg# 824 9407 9234	<div><u>10:00 am -2:30 pm</u> Wellness Centers Collaborative Volleyball, El Camino Real Park,</div>	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151
<u>11:10 am-12:00 pm</u> Coping Skills - H Mtg# 847 1888 5480		<u>11:10 am-12:00 pm</u> Community Meeting - H Mtg# 895 5733 6953	<u>10:10 am-11:00 am</u> LGBTQ+ Support		<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588
<u>11:10 am-12:00 pm</u> Learning to Meditate	<u>10:10 am -11:00 am</u> Anxiety Management	<u>12:10 pm -1:00 pm</u> NAMI Connections	<div><u>10:10 am - 2:30 pm</u> Social Outing Starlight Cinema Triangle Square, Costa Mesa</div>	<u>10:10 am-11:00 am</u> Fundamentals of Farsi	<u>11:10 am -12:00 pm</u> Learn About Hobbies
<u>11:30 pm-12:30 pm</u> New Lung	<u>10:10 am-11:00 am</u> Anger Management - H Mtg# 820 0635 8743	<u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004		<u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508	<u>11:10 am -12:00 pm</u> Learn About Hobbies
<u>12:10 pm-1:00 pm</u> Art Social	<u>11:10 am-12:00 pm</u> A.A.	<u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770	<u>11:10 am-12:00 pm</u> Neighborhood clean up	<u>11:10 am-12:00 pm</u> Wellness Recovery Action Plan (WRAP+)	<u>12:10 pm - 1:30 pm</u> Cooking
<u>12:10 pm-1:00 pm</u> Free Form Exercise With Magdalena	<u>12:10 pm -1:00 pm</u> Fun & Games	<div>Wellness Center South Closes at 2:00P.M. WCS will be closing early to take our staff off-site for a staff ap- preciation activity. We thank our mem- bers for your contin- ued support and partnership.</div> <div></div>	<u>11:10 am-12:00 pm</u> Creative Hour	<u>12:00 pm-1:00 pm</u> Yoga	<u>12:10 pm - 2:00 pm</u> Role Playing Games
<u>1:10 pm-2:00 pm</u> N.A.	<u>1:10 pm - 2:00 pm</u> Whole Person Care		<u>12:10 pm -1:00 pm</u> Social Hour	<u>12:10 pm-1:00 pm</u> Around the World	<u>1:10 pm - 2:00 pm</u> Creative Hour
<u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240	<u>2:10 pm - 3:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841		<u>1:10 pm-2:00 pm</u> Chair Yoga	<u>1:00 pm-2:00 pm</u> Learn Guitar	<u>2:10 pm-3:00 pm</u> OCD Support
<u>2:10 pm - 3:00 pm</u> Outdoor Fitness	<u>2:10 pm - 3:00 pm</u> Aging Gracefully		<div><u>1:45 pm - 3:30 pm</u> JOB CLUB Interactive Viewing </div>	<div><u>12:30 pm-2:00 pm</u> M.A.B Meeting</div>	<div><u>3:10 pm - 4:30 pm</u> Park Adventures</div>
<u>2:10 pm-3:00 pm</u> BINGO!	<u>3:10 pm - 4:00 pm</u> Art Doodling		<u>2:10 pm-3:00 pm</u> Creative Writing	<u>1:10 pm-2:00 pm</u> Water Colors	<u>3:10 pm-4:30 pm</u> Karaoke
<u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance	<u>4:10 pm-4:50 pm</u> Evening Social		<u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	<u>2:10 pm-3:00 pm</u> Sports Talk	<u>4:10 pm-4:50 pm</u> Evening Social
<u>4:10 pm-4:50 pm</u> Evening Social			<u>4:10 pm-4:50 pm</u> Evening Social	<u>3:10 pm-4:30 pm</u> Music Jam	
				<u>4:10 pm-4:50 pm</u> Evening Social	H=Hybrid Group. The group takes place both in-person and is offered online at the same time.



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15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
<u>9:10 am - 10:10 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am-10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker
<u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326	<u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park	<u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588	<u>10:10 am-11:00 am</u> Healthy Relationships - H Mtg# 824 9407 9234	<u>10:10 am-11:00 am</u> Fundamentals of Farsi	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151
<u>11:10 am-12:00 pm</u> Coping Skills - H Mtg# 847 1888 5480		<u>10:30 am -1:00 pm</u> Education Fair, Wellness Center West	<u>10:30am - 2:30pm</u> Hilbert Museum of Art Chapman University, Orange	<u>10:10 am -12:00 pm</u> Garden & Explore @ The Irvine Great Park	<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588
<u>11:10 am-12:00 pm</u> Learning to Meditate	<u>10:10 am-11:00 am</u> Anxiety Management	<u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953		<u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508	<u>11:10 am -12:00 pm</u> Art Journaling
<u>12:10 pm-1:00 pm</u> Art Social	<u>10:10 am-11:00 am</u> Anger Management - H Mtg# 820 0635 8743	<u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch: Taqueria de Anda	<u>11:10 am-12:00 pm</u> Neighborhood Clean Up	<u>11:10 am-12:00 pm</u> Wellness Recovery Action Plan (WRAP+)	<u>12:10 pm-1:30 pm</u> Cooking
<u>12:10 pm-1:00 pm</u> Free Form Exercise With Magdalena	<u>11:10 am-12:00 pm</u> A.A.	<u>1:10 pm -2:00 pm</u> Vision Board	<u>11:10 am-12:00 pm</u> Creative Hour	<u>12:00 pm-1:00 pm</u> Yoga	<u>12:10 pm - 2:00 pm</u> Role Playing Games
<u>1:10 pm-2:00 pm</u> N.A.	<u>12:10 pm -1:00 pm</u> Fun & Games	<u>1:10 pm -2:00 pm</u> Men's Group - H Mtg# 885 4922 9004	<u>12:10 pm -1:00 pm</u> Social Hour	<u>12:10 pm-1:00 pm</u> Around the World	<u>1:10 pm - 2:00 pm</u> Creative Hour
<u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240	<u>12:10 pm -1:00 pm</u> Art Social	<u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770	<u>1:00 pm-2:00 pm</u> Benefits Workshop With Dung Le-OC HCA.	<u>1:00 pm-2:00 pm</u> Learn Guitar	<u>2:10 pm-3:00 pm</u> OCD Support
<u>2:10 pm - 3:00 pm</u> Outdoor Fitness	<u>1:10 pm-2:00 pm</u> Laughter Yoga	<u>2:10 pm - 3:00 pm</u> Card Playing Games	<u>1:10 pm-2:00 pm</u> Chess Club	<u>1:10 pm-2:00 pm</u> Water Colors	<u>3:10 pm - 4:30 pm</u> Park Adventures
<u>2:10 pm-3:00 pm</u> BINGO!	<u>2:10 pm - 3:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	<u>3:10 pm - 4:00 pm</u> Sports Talk	<u>2:10 pm-3:00 pm</u> Creative Writing	<u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718	<u>3:10 pm-4:30 pm</u> Karaoke
<u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance	<u>2:10 pm - 3:00 pm</u> Aging Gracefully	<u>3:10 pm - 4:00 pm</u> Karaoke	<u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	<u>2:10 pm-3:00 pm</u> Sports Talk	<u>4:10 pm-4:50 pm</u> Evening Social
<u>4:10 pm-4:50 pm</u> Evening Social	<u>3:10 pm - 4:00 pm</u> Art Doodling	<u>4:10 pm - 5:20 pm</u> Music Jam	<u>4:10 pm-4:50 pm</u> Evening Social	<u>3:10 pm-4:30 pm</u> Music Jam	
	<u>4:10 pm-4:50 pm</u> Evening Social	<u>5:30 pm - 6:20 pm</u> NAMI Connections		<u>4:10 pm-4:50 pm</u> Evening Social	

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

22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 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>11:10 am-12:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</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 With Magdalena</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> Outdoor Fitness</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> <div> <p><u>10:10 am -1:30 pm</u> IVC Resource Fair, Irvine</p> </div> <p><u>10:10 am -11:00 am</u> Anxiety Management</p> <p><u>10:10 am-11:00 am</u> Anger Management - H Mtg# 820 0635 8743</p> <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>1:10 pm – 2:00 pm</u> Whole Person Care</p> <p><u>2:10 pm – 3:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm – 3:00 pm</u> Aging Gracefully</p> <div> <p><u>2:30 pm- 4:00 pm</u> SCO Monthly Food Distribution</p> </div> <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> 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> <div> <p><u>1:00 pm-2:00 pm</u> Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</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> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk</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 - 6:20 pm</u> NAMI Connections</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Healthy Relationships Mtg# 824 9407 9234</p> <p><u>10:10 am-11:00 am</u> LGBTQ+ Support</p> <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> <div> <p><u>10:10 am - 2:30 pm</u> Social Outing Starlight Cinema Triangle Square, Costa Mesa</p> </div> <p><u>12:10 pm –1:00 pm</u> Social Hour</p> <p><u>1:10 pm-2:00 pm</u> Chess Club</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</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> <p><u>8:00 am—5:00 pm</u> Meeting of the Minds, Anaheim</p> </div> <p><u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508</p> <p><u>12:00 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> Water Colors</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>4:10 pm-4:50 pm</u> Evening Social</p> <p>H=Hybrid Group. The group takes place both in-person and is offered online at the same time.</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> <div> <p><u>11:00 am - 2:00 pm</u> Unlocking Stigma Resource Fair, Newport Beach</p> </div> <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> Learn About Hobbies</p> <p><u>12:10 pm-1:30 pm</u> Cooking</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>1:10 pm - 2:00 pm</u> Creative Hour</p> <p><u>2:10 pm-3:00 pm</u> OCD Support</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>

29 Monday	30 Tuesday			
<p>9:10 am - 10:10 am Morning Icebreaker</p> <p>10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326</p> <p>11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480</p> <p>11:10 am-12:00 pm Learning to Meditate</p> <p>12:10 pm-1:00 pm Art Social</p> <p>12:10pm-1:00 pm Free Form Exercise With Magdalena</p> <p>1:10 pm-2:00 pm N.A.</p> <p>1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240</p> <p>2:10 pm – 3:00 pm Outdoor Fitness</p> <p>2:10 pm-3:00 pm BINGO!</p> <p>3:10 pm-4:00 pm Depression Bipolar Support Alliance</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <div> <p>10:10 am -11:30 am Disc Golf @ Deerfield Park</p> </div> <p>10:10 am -11:00 am Anxiety Management</p> <p>10:10 am-11:00 am Anger Management - H Mtg# 820 0635 8743</p> <p>11:10 am-12:00 pm A.A.</p> <p>12:10 pm -1:00 pm Fun & Games</p> <p>1:10 pm – 2:00 pm Whole Person Care</p> <p>2:10 pm – 3:00 pm Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p>2:10 pm – 3:00 pm Aging Gracefully</p> <p>3:10 pm - 4:00 pm Art Doodling</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>To Join Groups via Phone:</p> <p>Please Call: 213-338-8477</p> <p>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.</p> <p>To Join Groups via Computer:</p> <p>Please go to: www.zoom.com & click Join a Meeting You will enter the meeting number (mtg#) <u>Listed under the groups.</u> ----- -</p> <p>We value your feedback!</p> <p><u>Drop off a note in person or on our website.</u></p> <p>wellnesscenter-south.org</p> <p>under comments & suggestions</p> <p>Please share with us your good news, gratitude & accomplishments</p>	<p><u>New Groups & New Times For Groups</u></p> <p>Monday Outdoor Fitness 2:10 pm—3:00 pm</p> <hr/> <p>Tuesday Anger Management 10:10 am—11:00 am</p> <p>Art Doodling 3:10 pm—4:00 pm</p> <hr/> <p>Thursday Chair Yoga 1:10 pm—2:00 pm</p> <hr/> <p>Friday Sports Talk, 12th & 19th 2:10 pm—3:00 pm</p>	<div>    </div> <p>Wellness Center South, West, & Central Presents:</p> <h2>Collaborative Volleyball Game</h2>  <p>Snacks and refreshments will be provided.</p> <p>Friday, April 12, 2024 10:30 A.M. - 2:00 P.M.</p> <p> El Camino Real Park 400 N. Main St. Orange, CA 92868</p> <p>Transportation will be provided to the members at any of the 3 centers, or you can meet us at the game location.</p>  <div>  <p><small>*Funded by the OC Health Care Agency through the Mental Health Services Act.</small></p> </div>

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