



Wellness Center South

September 2026

**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 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday
We are using TEAMS for our hybrid groups. To use Microsoft Teams through a browser navigate to https://teams.microsoft.com in Edge or Chrome, & enter the meeting ID number and password. Or download the Teams app from the App Store on your smartphone. Meeting IDs and passwords are on our monthly calendar and our website. Call our main number (949) 528-6822 if you need help. H=Hybrid Group. The group takes place both in-person and is offered online at the same time. Copyright Clarvida of California, 2025, All Rights Reserved.	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully 10:10am -11:00 am Irvine Great Park <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Meditation <u>12:00 pm– 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am– 11:00am</u> Art Social <u>11:10 am –12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>12:00 pm - 1:00 pm</u> Walk to Lunch Taqueria de Anda <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker 10:10am -11:00 am Disc Golf <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>1:10 pm-2:00 pm</u> Dung Le, Medical & Working <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm–4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker 9:45 am -11:00 am Garden & Explore <u>10:10 am – 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 <u>12:00 pm– 1:00pm</u> Decompress with Yoga <u>12:00 pm– 1:00pm</u> Art Social <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH <u>2:10 pm - 3:00 pm</u> Depression Bipolar Support Alliance <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj 10:00 am - 11:30 am Park Adventures <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm –3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30 pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude



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

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday
WCS WILL BE CLOSED IN HONOR OF LABOR DAY! 	<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> Aging Gracefully	<u>10:10am– 11:00am</u> Art Social	<u>10:10am -11:00 am</u> Disc Golf	<u>9:45 am -11:00 am</u> Garden & Explore	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj
	<u>10:00 am - 11:30am</u> Woodbridge Park Irvine	<u>11:10 am –12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f	<u>10:10 am - 12:00 pm</u> Cooking	<u>10:10 am – 11:00 am</u> Stress Management	<u>10:00am– 11:30am</u> Park Adventures
	<u>11:10 am-12:00 pm</u> A.A.	<u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes	<u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj	<u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6	<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK
	<u>11:10 am-12:00 pm</u> Meditation	<u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3	<u>12:10 pm-1:00 pm</u> Art Journal	<u>12:00 pm– 1:00pm</u> Decompress with Yoga	<u>10:00am– 11:30am</u> Park Adventures
	<u>12:00 pm– 1:00pm</u> Art Journal	<u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW	<u>1:10 pm-2:00 pm</u> Bingo!	<u>12:30pm-2:00 pm</u> Chat with MAB	<u>12:10 pm-1:00 pm</u> Art Social
	<u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7	<u>2:10 pm – 3:00 pm</u> Card Playing Games	<u>2:10 pm-3:00 pm</u> Grief Support	<u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH	<u>1:10 pm -2:00 pm</u> Life In Process
	<u>2:10 pm-3:00 pm</u> Global Knowledge	<u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5	<u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK	<u>12:00 pm– 1:00pm</u> Decompress with Yoga	<u>2:10 pm -3:00 pm</u> Anxiety Management
	<u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY	<u>3:10 pm - 4:00 pm</u> Karaoke	<u>2:10 pm - 3:00 pm</u> Depression Bipolar Support Alliance	<u>12:30pm-2:00 pm</u> Chat with MAB	<u>3:10 pm-4:00 pm</u> LGBTQ+ Support
	<u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>4:10 pm - 5:20 pm</u> Music Jam	<u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>3:10 pm-4:30 pm</u> Music Jam	<u>3:10 pm-4:30pm</u> Karaoke
		<u>5:30 pm - 6:45 pm</u> NAMI Connections		<u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>4:10 pm-4:50 pm</u> Time of Gratitude



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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 Morning Icebreaker <u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>11:30 am—12:30 pm</u> New Lung <u>12:10 pm-1:00 pm</u> Laughter Yoga <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude	9:10 am - 10:00 am Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully <u>11:00 am - 3:00 pm</u> Movies @ Regal Theater Irvine Spectrum <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Meditation <u>12:00 pm– 1:00pm</u> Art Journal <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	9:10 am - 10:00 am Morning Icebreaker <u>10:10am– 11:00am</u> Art Social <u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>12:00 pm - 1:00 pm</u> Walk to Lunch Taqueria de Anda <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	9:10 am - 10:00 am Morning Icebreaker <u>10:10am-11:00 am</u> Disc Golf <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	9:10 am - 10:00 am Morning Icebreaker <u>9:45 am -11:00 am</u> Garden & Explore <u>10:10 am – 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 <u>12:00 pm– 1:00pm</u> Art Social <u>12:30 pm-2:00 pm</u> MAB Closed Meeting <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH <u>2:10 pm - 3:00 pm</u> Depression Bipolar Support Alliance <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	9:10 am - 10:00 am Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>10:00am—11:30am</u> Park Adventures <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm –3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude

21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday	26 Saturday
<u>9:10 am -10:10 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>12:10 pm-1:00 pm</u> Laughter Yoga <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Meditation <u>12:00 pm– 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge 2:45 pm 4:30pm SCO -Food Distribution <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am– 11:00am</u> Art Social <u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>12:10 pm-1:00 pm</u> Social Hour 1:00 pm-3:00 pm Bowling @Saddleback Lanes <u>1:10 pm - 2:00 pm</u> Men’s Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women’s Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker 10:10am -11:00 am Disc Golf <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 12:00 pm-2:00 pm WCS Hispanic Heritage Celebration <u>2:10 pm - 3:00 pm</u> Depression Bipolar Support Alliance <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj 10:00am—11:30am Park Adventures <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm –3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude

28 Monday	29 Tuesday	30 Wednesday	31 Thursday		
<u>9:10 am -10:10 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>12:10 pm-1:00 pm</u> Happy Feet <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude H=Hybrid Group. The group takes place both in-person and is offered online at the same time.	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully <u>10:00 am-12:00 pm</u> El-toro Library Lake Forest <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Meditation <u>12:00 pm– 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am– 11:00am</u> Art Social <u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>12:10 pm-1:00 pm</u> Social Hour <u>1:10 pm - 2:00 pm</u> Men’s Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women’s Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am -11:00 am</u> Disc Golf <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	Wellness Center South provides rides to the members who have transportation barriers. Speak with Zakia Bashir or Jason Cordova to get information about WCS Transportation Services. Call at: 949-528-6822 Or Email zakia.bashir@clarvida.com  Copyright Clarvida of California, 2025, All Rights Reserved.	Join us at WCS HISPANIC HERITAGE CELEBRATION FRIDAY SEPTEMBER 25, 2026 AT 12:00P.M.