



Wellness Center South

October 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 Thursday	2 Friday	3 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.	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 	 Join us At the Wellness Center South Halloween Party Friday October 30, 2026 12pm—2pm 	<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	<u>9:10 am - 10:00 am</u> 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>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 <u>10:00 am - 11:30 am</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-4:30 pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude



Wellness Center South

October 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

5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 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>11:30 am - 12:00 pm</u> New Lung <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	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully <u>10:00 am - 11:30am</u> Woodbridge Park Irvine <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 <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	<u>9:10 am - 10:00 am</u> 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> Decompress with Yoga <u>12:30pm-2:00 pm</u> Chat with MAB <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 <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



Wellness Center South

October 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

12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 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>10:00 am - 11:30am</u> Nature Park Irvine <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>1:00 pm-3:00 pm</u> 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 <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	<u>9:10 am - 10:00 am</u> 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> Chair Yoga <u>12:30pm-2:00 pm</u> MAB Meeting—Closed <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 <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



Wellness Center South

October 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

19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 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>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	9:10 am - 10:00 am Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully 11:00 am - 3:00 pm 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>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	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 12:00 pm - 1:00 pm 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 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	9:10 am - 10:00 am 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> Art Social <u>12:00 pm– 1:00pm</u> Decompress with Yoga <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 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

 Wellness Center South October 2026 <i>*Calendar is subject to change</i>		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		
26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 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 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>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>2:45 pm 4:30pm</u> 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 <u>1:00 pm-3:00 pm</u> 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 <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	<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 <u>12:00 pm-2:00 pm</u> WCS Halloween Party <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 <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 Copyright Clarvida of California, 2025, All Rights Reserved.