Wellness Center South
December 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

November 30 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 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 - H** **Mtg# 246 275 812 344 8** **Passcode: jG23Si9T**	10:10 am - 11:00 am **Aging Gracefully**	10:10 am - 11:00 am **Art Social**	**10:10 am - 11:00 am** **Disc Golf**	**9:45 am - 11:00 am** **Garden & Explore**	10:10 am - 11:00 am **Depression Bipolar Support Alliance - H** **Mtg# 244 296 613 337 0** **Passcode: WQ7kb9Pj**
10:10 am - 11:00 am **Resume Building**	**10:00 am - 11:30 am** **Irvine Great Park**	11:10 am - 12:00 pm **Community Meeting - H** **Mtg# 240 387 599 619 9** **Passcode: S8a4eV3f**	10:10 am - 12:00 pm **Cooking**	10:10 am - 11:00 am **Stress Management**	11:10 am - 12:00 pm **Schizophrenia Alliance - H** **Mtg# 273 366 915 706 6** **Passcode: ZS7Zi7oK**
11:10 am - 12:00 pm **WRAP**	11:10 am - 12:00 pm **A.A.**	**1:00 pm - 3:00 pm** **Bowling @Saddleback Lanes**	11:10 am - 12:00 pm **Depression Bipolar Support Alliance - H** **Mtg# 244 296 613 337 0** **Passcode: WQ7kb9Pj**	11:10 am - 12:00 pm **Boundaries / Co-Dependency - H** **Mtg# 264 038 552 915 3** **Passcode: pM7y7KB6**	12:10 pm - 1:00 pm **Art Social**
11:10 am - 12:00 pm **Bingo!**	11:10 am - 12:00 pm **Interview Preparation**	1:10 pm - 2:00 pm **Men's Group - H** **Mtg# 278 455 853 233 8** **Passcode: jL2Xv7g3**	12:10 pm - 1:00 pm **Art Journal**	12:00 pm - 1:00 pm **Decompress with Yoga**	1:10 pm - 2:00 pm **Life in Process**
12:10 am - 1:00 pm **Happy Feet**	12:00 pm - 1:00 pm **Art Journal**	1:10 pm - 2:00 pm **Women's Group - H** **Mtg# 232 224 734 093 8** **Passcode: Uv7GQ2TW**	1:10 pm - 2:00 pm **Bingo!**	12:00 pm - 1:00 pm **Art Social**	2:10 pm - 3:00 pm **Anxiety Management**
1:10 pm - 2:00 pm **Coping Skills - H** **Mtg# 296 347 657 179 0** **Passcode: oB7ds7H7**	1:10 pm - 2:00 pm **Fun & Games - H** **Mtg# 294 820 777 611 9** **Passcode: 84pK9aC7**	2:10 pm - 3:00 pm **Card Playing Games**	1:10 pm - 2:00 pm **Job Search**	1:10 pm - 2:00 pm **Healthy Relationships - H** **Mtg# 294 256 199 343** **Passcode: so9cw3NH**	3:10 pm - 4:00 pm **LGBTQ+ Support**
2:10 pm - 3:00 pm **N.A.**	2:10 pm - 3:00 pm **Global Knowledge**	3:10 pm - 4:00 pm **Sports Talk - H** **Mtg# 247 816 688 860 70** **Passcode: Nb9tC2g5**	2:10 pm - 3:00 pm **Grief Support**	2:10 pm - 3:00 pm **Depression Bipolar Support Alliance**	3:10 pm - 4:30 pm **Karaoke**
3:10 pm - 4:00 pm **Depression Bipolar Support Alliance**	3:10 pm - 4:00 pm **Anger Management - H** **Mtg# 245 679 021 094 0** **Passcode: Js2Kq6zY**	3:10 pm - 4:00 pm **Karaoke**	3:10 pm - 4:00 pm **Schizophrenia Alliance - H** **Mtg# 273 366 915 706 6** **Passcode: ZS7Zi7oK**	3:10 pm - 4:30 pm **Music Jam**	4:10 pm - 4:50 pm **Time of Gratitude**
4:10 pm - 4:50 pm **Time of Gratitude**	4:10 pm - 4:50 pm **Time of Gratitude**	4:10 pm - 5:20 pm **Music Jam**	4:10 pm - 4:50 pm **Time of Gratitude**	4:10 pm - 4:50 pm **Time of Gratitude**	
		5:30 pm - 6:45 pm **NAMI Connections**			

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7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday	12 Saturday
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11:30 am - 12:00 pm **New Lung**	12:00 pm - 1:00 pm **Art Journal**	1:10 pm - 2:00 pm **Women's Group - H** **Mtg# 232 224 734 093 8** **Passcode: Uv7GQ2TW**	1:10 pm - 2:00 pm **Bingo!**	12:00 pm - 1:00 pm **Art Social**	2:10 pm - 3:00 pm **Anxiety Management**
1:10 pm - 2:00 pm **Coping Skills - H** **Mtg# 296 347 657 179 0** **Passcode: oB7ds7H7**	1:10 pm - 2:00 pm **Fun & Games - H** **Mtg# 294 820 777 611 9** **Passcode: 84pK9aC7**	2:10 pm - 3:00 pm **Card Playing Games**	1:10 pm - 2:00 pm **Job Search**	1:10 pm - 2:00 pm **Healthy Relationships - H** **Mtg# 294 256 199 343** **Passcode: so9cw3NH**	3:10 pm - 4:00 pm **LGBTQ+ Support**
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12:10 pm - 1:00 pm **Laughter Yoga**	12:00 pm - 1:00 pm **Art Journal**	1:10 pm - 2:00 pm **Women's Group - H** **Mtg# 232 224 734 093 8** **Passcode: Uv7GQ2TW**	2:10 pm - 3:00 pm **Grief Support**		
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