WELLNESS CENTER WEST

NOVEMBER 2026

HOURS: MON - TUE: 9 A.M. - 5 P.M. | WED: 9 A.M. - 4 P.M. | THU: 9 A.M. - 7 P.M. | FRI - SAT: 9 A.M. - 5 P.M. | SUN: CLOSED **ADDRESS:** 11277 GARDEN GROVE BLVD., SUITE 101A, GARDEN GROVE, CA 92843 **PHONE:** (657) 667-6455

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 1 - 3 P.M. Linbrook Bowling ($3.50) **2 – 2:30 P.M. Cuộc Họp Cộng Đồng**	**3** **10:30 – 11 A.M. Community Meeting** 2 - 3:30 P.M. Fast Track to Work	**4** 1 - 3 P.M. Linbrook Bowling ($3.50) **2– 3 P.M. SSI/SSDI : Medi-Cal and Working (English)**	**5** 11 - 12 P.M. Work Ready: Work Responsibilities	**6** 10 - 11 A.M. Job Search Lab **11:30 – 12 P.M. New Lungs**	**7** **9:30 – 10 A.M. Community Meeting** 10 - 12 P.M. Roger's Gardens
9 1 - 3 P.M. Linbrook Bowling ($3.50)	**10** **10:30 – 11 A.M. Community Meeting** 1 - 4:30 P.M. Starlite Cinemas ($6) 2 - 3:30 P.M. Fast Track to Work	**11** 	**12** 11 - 12 P.M. Work Ready: Workplace Success	**13** 10 - 11 A.M. Job Search Lab	**14** 10 - 12 P.M. Heritage Museum Powwow
16 1 - 3 P.M. Linbrook Bowling ($3.50)	**17** **10:30 – 11 A.M. Community Meeting** 11 - 2:30 P.M. Cypress College Tour 2 - 3:30 P.M. Fast Track to Work	**18** **1 - 3 P.M. Thanksgiving Luncheon** 	**19** 11 - 12 P.M. Work Ready: Soft Skills	**20** 10 - 11 A.M. Job Search Lab	**21** 10 - 12 P.M. Woodbridge Modern Makers Mart
23 **10 – 11 A.M. Laura's House: Anti-Bullying** 1 - 3 P.M. Linbrook Bowling ($3.50)	**24** **10:30 – 11 A.M. Community Meeting** 2 - 3:30 P.M. Fast Track to Work	**25** 1 - 3 P.M. Linbrook Bowling ($3.50) **11 - 12 P.M. SSI/SSDI: Medi-Cal and Working (Viet)**	**26** 	**27** 	**28** 10 - 12 P.M. Small Business Marketplace
30 1 - 3 P.M. Linbrook Bowling ($3.50)	**1** 10:30 – 11 A.M. Community Meeting 2 - 3:30 P.M. Fast Track to Work	**2** 1 - 3 P.M. Linbrook Bowling ($3.50)	**3**	**4**	**5** **Community Meetings** include Work-Order Day Q&A and are also held at the start of monthly social events.

PLEASE NOTE: THE CALENDAR IS SUBJECT TO CHANGE AND MAY BE UPDATED AS NEEDED.

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NOVEMBER 2026

EDUCATION SPECIALIST: TUE. - WED: 1 - 2 P.M., 3 - 4 P.M. | SAT: 1 - 3 P.M.

EMPLOYMENT SPECIALIST: TUE. 1 - 2 P.M. | WED. 1 - 4 PM | FRI. 10:15 AM - 12 PM; 1 - 4PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 – 9:50 A.M. Icebreaker **10 – 10:50 A.M.** Basic Drawing Emotions Anonymous **11 – 11:50 A.M.** Basic Sewing Men's Group Poet's Society **11 – 12:50 P.M.** Crochet & Knitting **12 – 1 P.M.** Social Hour **1 – 1:50 P.M.** Beginning Spanish Ceramic Painting Codependents Anonymous **1 – 3 P.M.** Linbrook Bowling **2 – 2:50 P.M.** Enlightenment Relationships & Communication **2:00 – 3:30 P.M.** Nhóm sức mạnh và hy vọng (Strength & Hope) **3 – 3:50 P.M.** Chair Yoga **4 – 4:50 P.M.** Karaoke	**9 – 9:50 A.M.** Icebreaker **10 – 10:30 A.M.** Walk 4 Wellness **10 – 11:30 A.M.** Simple Snacks (Món ăn nhẹ Việt Nam) **10:30 – 11 A.M.** Community Meeting **11 – 11:50 A.M.** Anger Management Crochet & Knitting Women's Group **12 – 1 P.M.** Social Hour **1 – 1:50 P.M.** Beading Nutrition Tai Chi **2 – 2:50 P.M.** Resilient Journey Video Games **2 – 3:30 P.M.** Fast Track to Work **3 – 3:50 P.M.** Chair Yoga	**9 – 9:50 A.M.** Icebreaker **10 – 10:50 A.M.** Life Skills Living Your Best Life Schizophrenia Support **11 – 11:50 A.M.** Alcoholics Anonymous Self–Compassion Tiếng Anh Sơ Cấp (Beginning English) **12 – 1P.M.** Social Hour **1 – 1:50 P.M.** Beginning Piano Gardening Suy Nghĩ Tích Cực (Positive Thinking) **1 – 2:50 P.M.** Linbrook Bowling **2 – 2:50 P.M.** Managing Anxiety Narcotics Anonymous Nhóm Hỗ Trợ Tinh Thần (DBSA) **3 – 3:50 P.M.** Life Enhancement Kết nối qua văn nghệ (Media & Art Connection)	**9 – 9:50 A.M.** Icebreaker **10 – 10:50 A.M.** Positive Thinking Walk 4 Wellness **11 – 11:50 A.M.** Decision-Making Employment Jam Sessions Philosophy **12 – 1 P.M.** Social Hour **1 – 1:50 P.M.** Beginning Piano Reflective Journaling Self–Empowerment **2 – 2:50 P.M.** 8 Dimensions of Wellness Chair Yoga Tech Tutor **3 – 3:50 P.M.** Câu Lạc Bộ Trò Chơi (Game Club) Gardening **3:30 – 4:30 P.M.** Community Mental Health Night **4:30 – 6:30 P.M.** Karaoke	**9 – 9:50 A.M.** Icebreaker **10 – 10:50 A.M.** Job Search Lab Walk 4 Wellness **11:00 – 11:50 P.M.** Depression Bipolar Support Alliance (DBSA) Short Stories Tai Chi **12 – 1 P.M.** Crochet & Knitting **1 – 1:50 P.M.** Kế hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP) Video Games Wellness Recovery Action Plan **2 – 2:50 P.M.** Acting 101 Bingo! Supported Education **3 – 4:30 P.M.** Karaoke	**9 – 9:50 A.M.** Icebreaker **10 – 10:50 A.M.** Dance Celebration / Salsa **10 – 1:00 P.M.** Social Outing **11 – 12:30 P.M.** National Alliance on Mental Illness (NAMI) Connections **11 – 1 P.M.** Films with Friends **12 – 1 P.M.** Social Hour **1 – 1:50 P.M.** Anger Management Chair Yoga **2 – 2:50 P.M.** Bingo! Jam Sessions **3 – 3:50 P.M.** Beginning Guitar Painting **3 – 4:30 P.M.** Karaoke Interested in attending groups virtually? Give us a call to set you up!

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