

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Community Meetings include Work-Order Day Q&A and are also held at the start of monthly social events.					1 10:30 – 11 A.M. Community Meeting
3  1 - 3 P.M. Linbrook Bowling (\$3.50) 2 – 2:30 P.M. Cuộc Họp Cộng Đồng	4 10:30 – 11 A.M. Community Meeting  2 - 3:30 P.M. Fast Track to Work	5  1 - 3 P.M. Linbrook Bowling (\$3.50)	6 11 - 12 P.M. Work Ready: Accomplishments, Values & Interests 	7 11:30 – 12 P.M. New Lungs  10 - 11 A.M. Job Search Lab	8  10 - 12 P.M. OC Zoo (\$3)
10  1 - 3 P.M. Linbrook Bowling (\$3.50)	11 10:30 – 11 A.M. Community Meeting  1 - 4:30 P.M. Starlite Cinemas (\$6)  2 - 3:30 P.M. Fast Track to Work	12  1 - 3 P.M. Linbrook Bowling (\$3.50) 11– 12 P.M. SSI/SSDI (English)	13 11 - 12 P.M. Work Ready: Job Duty Descriptions & Employer Feedback 	14  10 - 11 A.M. Job Search Lab	15
17 10 – 11 A.M. Laura’s House: Communication and Conflict Resolution  1 - 3 P.M. Linbrook Bowling (\$3.50)	18 10:30 – 11 A.M. Community Meeting  2 - 3:30 P.M. Fast Track to Work	19 1 - 3 P.M. WCW Summer Bash	20 11 - 12 P.M. Work Ready: Personal Strengths List 	21  10 - 11 A.M. Job Search Lab	22  11 - 1 P.M. Plum Festival - Old World Village Huntington Beach
24 / 31  1 - 3 P.M. Linbrook Bowling (\$3.50)	25 10:30 – 11 A.M. Community Meeting  2 - 3:30 P.M. Fast Track to Work	26  1 - 3 P.M. Linbrook Bowling (\$3.50) 11 - 12 P.M. SSI/SSDI (Viet)	27 10 - 12 P.M. Resume Building Workshop 	28  10 - 11 A.M. Job Search Lab	29

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 Nghi 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 Piana 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 TAY Space 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 Walk 4 Wellness 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!