

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.



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 TAY Space 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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