


Wellness Center West

11277 Garden Grove Boulevard, Suite 101 A, Garden Grove, CA 92843
(657) 667-6455

December 2019

EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CM 12-12:30 Flu Talk Presentation 12-2 Bowling Club @ Linbrook Bowl (\$2)	3 11-2 Social Outing: Norwalk Theatre (\$2)	4 12-3 Museum: Armory Center for the Arts	5 9:30-11 Volunteering: 2nd Harvest Food Bank 12-2 Bowling Club @ Linbrook Bowl (\$2)	6 9:30-12:30 Volunteering: Monarch Food Bank Social Outing: Seal Beach Pier	7 11-1 Birthday Celebration: Game of Checkmate 1:30-3:30 Social Outing: OC Museum of Art
9 12-2 Bowling Club @ Linbrook Bowl (\$2)	10 CM 10-2 Museum: Autry American West 12-12:30 "Ticket to Work" Presentation 2:30-4 Volunteering @ St. Anselm's	11 10-11: New Lung Presentation 11-2 Social Outing: Disc Golf @ Twila Reid Park	12 9:30-12 Volunteering: HEMOPETS 11-12 Campus Field Trip: Centennial Education Center	13 9:30-12:30 Volunteering: Monarch Food Bank 1-3 Social Outing: Huntington Beach	14 10-1 Outing: Wellness Center South
16 12-2 Bowling Club @ Linbrook Bowl (\$2) 12:30-4:30 Steering Committee Meeting	17 11-3 Social Outing: LA Arboretum	18 CM 12-12:30 HIV in OC Presentation 12-2 Social Outing: Holiday Lunch @ WCC	19 9:30-1 Work Unit Coastal Clean-up 1-4 WCV Holiday Dance	20 9:30-12:30 Volunteering: Monarch Food Bank 12-3 Social Outing: Holiday Lunch @ WCS	21 11-2 Social Outing: Downtown Disney
23 12-2 Bowling Club @ Linbrook Bowl (\$2) 2-4 Library and Education: Costa Mesa Library	24 11-2 Social Outing: Neighborhood Caroling	25 CLOSED	26 9:30-12 Neighborhood Volunteering 12-2 Bowling Club @ Linbrook Bowl (\$2)	27 CM 9:30-12:30 Volunteering: Monarch Food Bank 12-3 Sponsored Outing: Davey's Locker Whale Watching	28 11-3 Social Outing: LA Contemporary Exhibitions
30 CM 12-2 Bowling Club @ Linbrook Bowl (\$2)	31 11-2 Welcome Excursion: LA Chinatown		 www.WellnessCenterWest.org		

notes

CM (Community Meeting): Hosted every weekly from 11:20 a.m.—12 p.m. Member driven meetings are for learning more about the center with announcements from different groups and events. Members use this time to organize and provide feedback.

Presentation: Guest speakers are invited to the Wellness Center to teach about important topics such as domestic violence prevention, suicide awareness, smoking cessation and more.

Volunteering: Giving back to the community in areas such as food banks, churches, beach clean-ups and more.

Sponsored Outing: Members who have filled out a participation punch card may sign up and attend our monthly sponsored outings.

Social Outing: This is an opportunity for members to try something different, have fun and meet new people in the community.

Special Event: Hosted at the Wellness Center on various days during the year to celebrate cultural holidays, social occasions and many more wonderful reasons to gather together.