

Wellness Center West

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

November 2019

EVENTS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|
|  <small>www.WellnessCenterWest.org</small> | | | | 1 | 2 1:30-3:30 Social Outing: Fullerton Arboretum |
| 4 12-3 Orange County Zoo (\$2) 12-2 Bowling Club @ Linbrook Bowl (\$2) | 5 CM 12-1 SSI/SSDI "Ticket to Work" Sponsored Outing: Starlight Cinema Garden Grove, CA | 6 10-1 Museum: Griffith Observatory Los Angeles, CA | 7 9-12 Volunteering: HEMOPETS 12-2 Bowling Club @ Linbrook Bowl (\$2) | 8 9:30-12:30 Volunteering: Monarch Food Bank | 9 10-1 Outing: Veterans Celebration @ OC Fair Grounds 11-1 Birthday Celebration: Say Thanks Day |
| 11 CLOSED HAPPY VETERAN'S DAY | 12 2:30-4 Volunteering @ St. Anselm's Church | 13 CM 12-12:30 Brand New Day Presentation 12-3 Museum: Chinese American Museum | 14 10-11 Laura's House: Self-Esteem Presentation 10-2 Work Unit Coastal Clean-up | 15 9:30-12:30 Volunteering: Monarch Food Bank | 16 10-1 Social Outing: Costa Mesa Artwalk |
| 18 12-2 Bowling Club @ Linbrook Bowl (\$2) | 19 11-1 WC West Gratitude Luncheon | 20 Social Outing: Thanksgiving Feast @ WC Central | 21 10-12 Neighborhood Volunteering 11-12 Campus Field Trip: Cypress College | 22 CM 9:30-12:30 Volunteering: Monarch Food Bank 12-12:30 Dept of Rehab Presentation | 23 10-1 Social Outing: Wellness Center South |
| 25 CM 12-2 Bowling Club @ Linbrook Bowl (\$2) 2-4 Library and Education: Mesa Verde Branch Library | 26 11-2 Social Outing: Norwalk Theatre (\$2) | 27 12-3 Museum: Fashion Institute and Design Los Angeles ,CA |  The Wellness Center will be closed Thursday, November 28th - Saturday, November 30th for the Thanksgiving holiday.  | | |

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.

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February 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

notes

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March 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

notes

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April 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |

notes

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May 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

notes

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June 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |

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July 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

notes

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August 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |

notes

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September 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |

notes

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October 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

notes

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November 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |

notes

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December 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |

notes