

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join us for daily Icebreaker at 9 a.m.</p> <p>Weekday Neighborhood Volunteering at 10- 11 a.m.</p>	<p>Linbrook Bowling is \$2.50 per person per game. Bring socks!</p> <p>Community Meetings are hosted by MAB on rotating weekdays at 11 a.m. in the Living Room.</p>	<p>Check out our Weekly calendar for a full list of groups and how to join them. For more information on services, visit our website or call us today!</p>	<p>See staff and MAB for any suggestions or questions on the calendar.</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>2-3 p.m. Virtual Social Outing</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>Mesa Verde Garage Sale</p>
<p>10-11 a.m. Neighborhood Volunteering</p> <p>11-12 p.m. Community Meeting</p>	<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>Heisler Park</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>12-3 p.m. Linbrook Bowling (\$3)</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>2-3 p.m. Virtual Social Outing</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>Gardenwalk Car Show</p>
<p>The Wellness Center will be CLOSED in observance of Indigenous Peoples' Day.</p> 	<p>10-11 a.m. Neighborhood Volunteering</p> <p>11-12 p.m. Community Meeting</p> <p>OC ACCEPT: Coming Out Day</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>Muckenthaler Cultural Center</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>12-3 p.m. Linbrook Bowling (\$3)</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>2-3 p.m. Virtual Social Outing</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>Fullerton Train Museum</p>
<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>11- 12 p.m. GSPD Community Outreach: Substance Use Prevention</p>	<p>11-12 p.m. Community Meeting</p> <p>1-3 p.m. Campus Field Trip</p> <p>TBD</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>12-3 p.m. Linbrook Bowling (\$3)</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>2-3 p.m. Virtual Social Outing</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>Environmental Nature Center</p>
<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>11- 12 p.m. Laura's House: Domestic Violence 101</p>	<p>11 a.m.- 1 p.m. Halloween Party</p> 	<p>10-11 a.m. Neighborhood Volunteering</p> <p>12-3 p.m. Linbrook Bowling (\$3)</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>11-12 p.m. Community Meeting</p> <p>2-3 p.m. Virtual Social Outing</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p>O.C. Fair Halloween Swap-Meet</p>

Virtual events- find more details through Eventbrite and/or the host! Not hosted by Wellness Center West

Community Events – Community (CE) and Eventbrite (EB) events are free social outings that are not hosted by the Wellness Center. See back of calendar for more details.

Farmer’s Markets – Peruse vendors and fresh produce at your local farmer’s market! Recurring every week.

Anaheim 205 W Center St, Anaheim, CA 92805, **Thursdays, 11 a.m.-3 p.m.**

Buena Park Mall parking lot, La Palma Ave St, Buena Park, CA 90620 **Saturdays, 9 a.m.-12 p.m.**

Cerritos 12600 Park Plaza Dr, Cerritos, CA 90703, **Saturdays, 8 a.m.-12 p.m.**

Costa Mesa 3315 Hyland Ave, Costa Mesa, CA 92626, **Saturdays, 9 a.m.-12 p.m.**

Cypress 4505 Katella Ave, Los Alamitos, CA 90720, **Saturdays, 9 a.m.-12 p.m.**

Fullerton 801 W Valencia Dr, Fullerton, CA 92832, **Wednesdays, 8 a.m.-12 p.m.**

Downtown Fullerton 121 E Wilshire Ave, Fullerton, CA 92832, **Thursdays, 4-8 p.m.**

Orange 303 W Palm Ave, Orange, CA 92866, **Saturdays, 9 a.m.-12 p.m.**

Free Santa Ana Zoo Day – for Santa Ana Residents – July

Santa Ana Zoo at Prentice Park, 1801 East Chestnut Avenue, Santa Ana, CA 92701

Volunteer Opportunities

Neighborhood Volunteering- Sinh Hoạt Thiện Nguyện” (WU) Weekdays at 10 a.m. (except Wednesdays)- Members will join staff in a daily community giveback activity and have fun while doing it!

Presentations- hosted in the Wellness Center West living room

- **10/12 – Coming Out Day by [OC ACCEPT](#)** “learn about LGBT+ advocacy efforts and how to be affirming of a friend coming out”
- **10/20 – Substance Use Prevention by [GGPD Community Service Office](#)** – “learn how to stay safe from substances and how to prevent usage in your neighborhood”
- **10/26 – Domestic Violence 101 by [Laura’s House](#)** “learn the signs of an abusive relationship and how to get help”

Events- hosted in the Wellness Center West Living Room

Wednesday, Oct 27 from 11 a.m. – 1 p.m. - Halloween Party

Community Meeting – (Recurring weekly, alternating weekdays at 11 a.m.) This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

- **Monday, 10/4**
- **Tuesday, 10/12** – Coming Out Day by OC ACCEPT
- **Wednesday, 10/20** – Substance Use Prevention & Education by Garden Grove Police Department Community Liaison
- **Friday, 10/29** – Domestic Violence 101 by Laura’s House

Social Outings (DI SINH HOẠT) – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

Wednesdays at 10 a.m. – 1 p.m.

- **10/6 [Heisler Park](#)** – Heisler Park Laguna Beach, 375 Cliff Drive, Laguna Beach, CA 92651
- **10/13 [Muckenthaler Cultural Center](#)**- 1201 W. Malvern Ave, Fullerton, CA 92833
- **10/20 - Campus Field Trip** (see below)

3rd Wednesday at 1-3 p.m. (10/22)

- TBD–Join our Education Specialist for a tour of local campuses. Learn how accessible and achievable higher education can be.

Thursdays at 12 p.m. – 2 p.m.

[Linbrook Bowling](#) – (\$2.50 per person per game) 201 S. Brookhurst Street, Anaheim, CA 92804

Fridays at 2-3 p.m.

- **Virtual/ Social Outing (DI SINH HOẠT) –** Being socially active doesn’t always mean you have to leave your home. Let’s Meet Up on these FREE Virtual outings and stay connected!

Saturdays at 10 a.m. – 1 p.m.

- **10/2 [Mesa Verde Garage Sale](#)** - Mesa Verde 2882 Stromboli, Costa Mesa, CA 92626
- **10/9 [Anaheim Gardenwalk Car Show](#)** - STC Anaheim GardenWalk 400 Disney Way, Anaheim, CA 92802
- **10/16 [Fullerton Train Museum](#)** - 200 E Santa Fe Ave, Fullerton, CA 92832
- **10/23 [Environmental Nature Center](#)** - 1601 E. Sixteenth Street, Newport Beach, CA 92663
- **10/30 [O.C. Fair Halloween Swap-Meet](#)** - OC Fair & Event Center, 88 Fair Drive, Costa Mesa, CA 92626