

Wellness Center West September 2021 Event Calendar

www.WellnessCenterWest.org Phone: (657) 667-6455 Address: 11277 West Garden Grove Blvd. Suite 101A, Garden Grove, CA 92843

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Join us for daily Icebreaker at 9 a.m.</p> <p style="text-align: center;">Weekday Neighborhood Volunteering at 10- 11 a.m.</p>	<p style="text-align: center;">Linbrook Bowling is \$2.50 per person per game. Bring socks!</p> <p style="text-align: center;">Community Meetings are hosted by MAB on rotating weekdays at 11 a.m. in the Living Room.</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: red;">11-12 p.m. Community Meeting</p> <p>10 a.m.- 1 p.m. Social Outing</p> <p style="color: blue;">Laguna Lake Park</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: blue;">12-2 p.m. Linbrook Bowling (\$3)</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: green;">11 a.m.-12 p.m. Norooz Clinic: Anxiety & Depression Management</p> <p>2-3 p.m. Virtual Social Outing</p>	<p>10 a.m.- 1 p.m. Social Outing</p> <p style="color: blue;">Environmental Nature Center</p> <p>3-4 p.m. Neighborhood Volunteering</p>
<p style="text-align: center; color: red; font-weight: bold;">The Center is CLOSED TODAY in observance of Labor Day.</p>	<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>10 a.m.- 1 p.m. Social Outing</p> <p style="color: blue;">Orange County Center for Contemporary Art</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: blue;">12-2 p.m. Linbrook Bowling (\$3)</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: red;">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 style="color: blue;">Long Beach Sagely Monastery</p> <p>3-4 p.m. Neighborhood Volunteering</p>
<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: red;">11-12 p.m. Community Meeting</p>	<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: purple;">11-1 p.m. Meet & Greet Job Fair</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: blue;">12-2 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 style="color: blue;">SteelCraft Cultural Fair</p> <p>3-4 p.m. Neighborhood Volunteering</p>
<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: red;">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 style="color: blue;">UCI Institute and Museum of California Art</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: blue;">12-2 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 style="color: blue;">Recovery Connection Rally</p> <p>3-4 p.m. Neighborhood Volunteering</p>
<p>10-11 a.m. Neighborhood Volunteering</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: green;">11 a.m.-12 p.m. Laura's House: Healthy Relationships</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p>10 a.m.- 1 p.m. Social Outing</p> <p style="color: blue;">Mothers Beach</p> <p style="color: red;">11-12 p.m. Community Meeting</p>	<p>10-11 a.m. Neighborhood Volunteering</p> <p style="color: blue;">12-2 p.m. Linbrook Bowling (\$3)</p>		<p style="text-align: center; color: red;">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>

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

Virtual Game Night Santa Ana - [Santa Ana Virtual Game Night: Trivia, Charades, and Drawing over Video Tickets, Multiple Dates | Eventbrite](#)

By Let's Roam Scavenger Hunt Adventures. Play fun online games, answer trivia, laugh 'til it hurts, and connect with friends near and far.

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.

Community Meeting – 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.

Icebreakers- Members will gather to discuss their day and plans for the daily events at the center.

Social Outing / “Viet” Local Outing- (DI SINH HOẠT) – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

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.- Members will join staff in a daily community giveback activity and have fun while doing it!

OC Habitats Wetlands Restoration - [OCH Restoration at Huntington Beach Wetlands Conservancy Tickets, Multiple Dates | Eventbrite](#)

21900 Pacific Coast Highway, Huntington Beach, CA 92646

Presentations- hosted in the Wellness Center West living room

(Recurring weekly, alternating weekdays at 11 a.m.) Community Meeting – 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.

- **9/2 [Norooz Clinic](#)** – “Anxiety & Depression Management”
 - Hosted virtually through Webex 11 a.m. Group B. | Phone: 1 (415) 655-0001 | Meeting ID: 126 125 9356 | Password: 92843
- **9/28 [Laura’s House](#)** – “Healthy Relationships”
 - Hosted in Living Room

Events- hosted in the Wellness Center West Living Room

- **9/15 Virtual Meet & Greet Job Fair** – Hear from community resources & network with employers.

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.

- **9/1 [Laguna Lake Park](#)** – 3120 Lakeview Dr, Fullerton, CA 92835
- **9/8 [Orange County Center for Contemporary Art](#)** - 117 North Sycamore, Santa Ana, CA. 92701 USA
- **9/15 Canceled**
- **9/22 [UCI Institute and Museum of California Art](#)** - 18881 Von Karman Avenue, Suite 100. Irvine, CA 92612 - *Need to contact
- **9/29 [Mother’s Beach](#)** - 5839 E Appian Way, Long Beach, CA 90803

Thursdays at 12 p.m. – 2 p.m.

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

Wednesday at 12-3 p.m. (9/22)

- **Campus Field Trip – [Recovery Education Institute](#).** 401 S. Tustin St., Bldg. B. Orange, CA 92866
 - Join our Education Specialist for a tour of local campuses. Learn how accessible and achievable higher education can be.

Saturdays at 10 a.m. – 1 p.m.

- **9/3 [Environmental Nature Center](#)** - 1601 East 16th Street, Newport Beach, CA 92663
- **9/11 [Long Beach Sagely Monastery](#)** - 3361 East Ocean Blvd, Long Beach 90803
- **9/18 [SteelCraft Cultural Fair](#)** - 12900 Euclid St., Garden Grove, CA 92840
- **9/25 [Recovery Connection Rally](#) [KiwanisLand](#)** - 9840 Larson Avenue Garden Grove, CA 92844