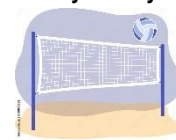


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 – 10:45 a.m. Community Meeting 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	2 10 - 11 a.m. Dog walking 🐕 Volunteering	3 12 - 2 p.m. Linbrook Bowling 🎳 (\$3.00)	4 10:30 - 1 P.M. OAK CANYON NATURE CENTER 6700 E. Walnut Canyon Rd. Anaheim, CA	5 10 - 11 a.m. Neighborhood Volunteering	6 10 - 1 P.M. Lake Forest Pet Expo 28000 Rancho Parkway Lake Forest, CA 
8 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	9 10 – 10:45 a.m. Community Meeting 1 - 4 P.M. STARLIGHT CINEMA (\$5.00) 12111 Valley View St. Garden Grove, CA	10 12 - 2 p.m. Linbrook Bowling 🎳 (\$3.00) 10:30 – 12 p.m MHSА Presentation 	11 10:30 - 1 P.M. Hilbert Museum 167 N. Atchison St. Orange, CA 2 - 3:15 p.m. Goodwill Job Club: Valuable Insights & Practical Skills for Workplace Success 2 – 2:50 p.m. Yoga at the Park	12 10 - 11 a.m. Neighborhood Volunteering 10:30 – 2 p.m. Volleyball Day Collaboration 	13 10:30 – 2P.M. OC Blossoming Together 8000 Great Park Blvd. Irvine, CA 
15 10 - 11 a.m. Laura’s House: Communication/Conflict Resolution 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	16 10 - 11 a.m. Dog walking 🐕 Volunteering	17 10 – 10:45 a.m. Community Meeting 11 – 2 p.m. WCW Education Fair 	18 10 – 12 p.m MHSА Presentation  10:30 - 1 P.M. Fullerton Arboretum 1900 Associated Rd., Fullerton, CA	19 10 - 11 a.m. Neighborhood Volunteering	20 10 - 1 P.M. Goldenwest Swapmeet 15744 Goldenwest St. Huntington Beach, CA
22 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	23 10 - 12 p.m. Seal Beach Cleanup Volunteering (15 1 st St, Seal Beach) 11:30 – 12:30 p.m. New Lungs Presentation	24 12 - 2 p.m. Linbrook Bowling 🎳 (\$3.00)	25 10 – 10:45 a.m. Community Meeting 10-10:50 a.m. Vietnamese NAMI Presentation 10:30 - 1 P.M. TRI-CITY REGIONAL PARK 2301 Kraemer Blvd., Placentia, CA	26 1 - 2 p.m. Neighborhood Volunteering	27 10:30 - 1 P.M. Unlocking Stima Fair 100 Civic Center Dr. Newport Beach, CA
29 10 – 10:45 a.m. Community Meeting 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	30 10 - 11 a.m. Neighborhood Volunteering 10 – 2:00 p.m. WCW Social Outing: The Queen Mary 		Community Meetings (LR): 10 – 10:45 a.m. <i>Groups scheduled at the same time as CM are canceled. for that day.</i> Employment Specialist hours: Tuesday - Saturday 1 - 4 P.M.		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)
10 - 10:50 a.m. Peer Empowerment (LR)	10 - 10:50 a.m. Chair / Hatha Yoga (LR)	10 - 10:50 a.m. About You and Me (LR)	10 - 10:50 a.m. Philosophy (AA)	10 - 10:50 a.m. Codependents Anonymous (SR)	10 - 10:50 a.m. Anger Management (AA/H)-A
11 - 11:50 a.m. Cartoon Drawing (AA)	Món ăn nhẹ Việt Nam Simple Snacks (CA)	Life Skills (AA/H)-A	10:30 - 1 p.m. Social Outing (OS)	Successful Strategies (AA/H)-A	Dance Celebration (LR)
Healing & Self-Discovery (MR/H)-A	Volunteering (OS)	Schizophrenia Support Group (MR)	11 - 11:50 a.m. Decision Making Employment (CL/H)-B	10:30 - 12:00 p.m. Simple Snacks (CA)	10 - 1:00 p.m. Social Outing (OS)
11 - 12:50 a.m. Crochet & Knitting (LR)	11 - 11:50 a.m. Anger Management (AA/H)-A	11 - 11:50 a.m. Our Musical Playground (MR)	Relationships & Communication (MR/H)-A	11 - 11:50 a.m. Alcoholics Anonymous (MR)	11 - 12:30 p.m. NAMI Connection (AA)
12 - 12:50 p.m. Emotions Anonymous (SR/H)-A	Crochet & Knitting (LR)	Self-Esteem (AA/H)-A	Vietnamese” Women’s Group (SR)	Gardening (OS)	11 - 12:50 p.m. Films with Friends (LR)
Living Your Best Life (AA/H)-B	Open Socialization: Media & Art Connection (LR)	Women’s Group (SR/H)-B	12 - 12:50 p.m. Positive Thinking (AA/H)-B	Short Stories (CL)	12 - 1:30 p.m. Open Socialization: Arts and Crafts (RC)
1 - 1:50 p.m. Ceramic Painting (AA)	12 - 12:50 p.m. Tai Chi (LR)	12 - 12:50 p.m. Gardening (OS)	1 - 1:50 p.m. Reflective Journaling (MR/H)-A	12 - 1:30 p.m. DBSA (AA/H)-B	1 - 1:50 p.m. Animal Allies (AA/H)-A
Life Enhancement (MR/H)-A	Beading (AA)	Poet’s Society (AA)	1:00 - 2:50 p.m. Vietnamese Social Hour (RC)	1 - 1:50 p.m. Neighborhood Volunteering (OS)	Beginning Spanish (SR)
1 - 3:00 p.m. Linbrook Bowling (OS) - \$3.00 cash	1 - 1:50 p.m. 8 Dimensions of Wellness (MR/H)-A	12 - 1:50 p.m. Linbrook Bowling (OS) \$3.00 cash	2 - 2:50 p.m. Chair / Hatha Yoga (LR)	Video Game Group (LR)	1 - 2:30 p.m. Simple Snacks (CA)
2 - 2:50 p.m. Dual Diagnosis (MR)	Resilient Journey (AA/H)-B	1 - 1:50 p.m. Beginning Piano Group (LR)	Open Socialization: Media & Art Connection (LR)	Walk 4 Wellness (OS)	2 - 2:50 p.m. Bingo! (LR)
Enlightenment (LR)	Video Game Group (LR)	Managing Anxiety (AA/H)-A	3 - 3:50 p.m. Beginning Spanish (AA)	1 - 2:50 p.m. Open Socialization: Puzzles / Legos (RC)	3 - 4:30 p.m. Karaoke (LR)
2:00 - 3:30 p.m. “Nhóm sức mạnh và hy vọng” “Viet” Strength & Hope (SR)	2 - 2:50 p.m. Men’s Group (MR/H)-A	Narcotics Anonymous (SR)-B	Guided Imagery/Meditation (SR)	2 - 2:50 p.m. Bingo!	
3 - 3:50 p.m. Chair/Hatha Yoga (LR)	Nutrition Group (AA/H)-B	2 - 2:50 p.m. “Kết nối qua văn nghệ” “Viet” Media & Art Connection (LR)	Tech Tutor (CL)	Supported Education (AA/H)-B	
4 - 4:50 p.m. Karaoke (LR)	Walk 4 Wellness (OS)	WRAP (SR)	3:30 - 4:30 p.m. Community Mental Health Night (AA)	3 - 4:30 p.m. Karaoke (LR)	
	2:30 - 4:30 p.m. Films with Friends (LR)	Beginning Art (AA)	4:30 - 6:30 p.m. Karaoke (LR)		
	Vietnamese Films with Friends (SR)	3 - 3:50 p.m. “Viet” Nhóm Hỗ Trợ Tinh Thần DBSA (SR)			
	3 - 3:50 p.m. DBSA (SR/H)-A	Alcoholics Anonymous (AA)			

Room Abbreviations:
 Art Academy (AA) | Computer Lab (CL)
 Culinary Academy (CA) | Living Room (LR)
 Music Room (MR) | Offsite (OS)
 Serenity Room (SR)
 Hybrid (XX/H)-A or B or C

Highlight Key:
 New / Returning Group
 Time Change Name Change