

# Wellness Center West November 2021 Weekly Calendar

[www.WellnessCenterWest.org](http://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><b>9-9:50 a.m.</b> Icebreaker (LR)</p> <hr/> <p><b>10-10:50 a.m.</b> <b>Chair / Hatha Yoga</b> (LR)</p> <hr/> <p><b>10:30-11:50 a.m.</b> WRAP (AA/H)-A</p> <hr/> <p><b>11-11:50 a.m.</b> Gardening (OS) Beginning Spanish (MR)</p> <hr/> <p><b>12-12:50 p.m.</b> Reflective Journaling (MR/H)-A</p> <hr/> <p><b>1-1:50 p.m.</b> Living and Thriving (AA/H)-A <b>Women's Group</b> (MR/H)-B</p> <hr/> <p><b>2-2:50 p.m.</b> Resilient Journey (AA/H)-A <b>Relationships &amp; Communication</b> (MR/H)-B</p> <hr/> <p><b>2:30-3:50 p.m.</b> "Nhóm sức mạnh và hy vọng" "Viet" Strength &amp; Hope (SR/H)-A <b>3 p.m. Group A</b></p> <hr/> <p><b>Community Presentations: Hosted in the Living Room</b></p> <p><b>Tuesday, 11/9 at 11:30-12:30 p.m.</b> <b>Peer Voices of OC: Advocacy &amp; Services</b></p> <p><b>Tuesday, 11/30 at 11-12 p.m.</b> <b>Laura's House: Communication &amp; Conflict Resolution</b></p>	<p><b>9-9:50 a.m.</b> Icebreaker (LR)</p> <hr/> <p><b>10-10:50 a.m.</b> <b>Neighborhood Volunteering (OS)</b> Philosophy (LR)</p> <hr/> <p><b>11-11:50 a.m.</b> Present Priorities (AA/H)-A "Kỹ năng sống độc lập" "Viet" Independent Living Skills (MR/H)-B</p> <hr/> <p><b>12-12:50 p.m.</b> Tai Chi (LR)</p> <hr/> <p><b>12-1:30 p.m.</b> <b>Short Stories (CL/H)-A</b></p> <hr/> <p><b>1-1:50 p.m.</b> 8 Dimensions of Wellness (MR/H)-A <b>2 p.m. Group A</b> Men's Group (AA/H)-B</p> <hr/> <p><b>2-2:50 p.m.</b> English as a Second Language (CL)</p> <hr/> <p><b>3-3:50 p.m.</b> "Kết nối qua văn nghệ" "Viet" Media &amp; Art Connection (AA/H)-A</p> <hr/> <p><b>3-4:30 p.m.</b> DBSA <b>(MR/H)-B</b></p> <hr/> <p>Community Meetings: 11-12 p.m. Monday, 11/1/21, Tuesday, 11/9/21, Friday, 11/19/21, Monday, 11/22/21, Monday, 11/29/21</p>	<p><b>9-9:50 a.m.</b> Icebreaker (LR)</p> <hr/> <p><b>10-10:50 a.m.</b> <b>Life Skills (AA/H)-A</b></p> <hr/> <p><b>10 a.m.-12:50 p.m.</b> <b>Social Outing (OS)</b></p> <hr/> <p><b>11-11:50 a.m.</b> <b>Our Musical Playground (MR)</b> <b>Chair / Hatha Yoga</b> (LR)</p> <hr/> <p><b>12-12:50 p.m.</b> Gardening (OS)</p> <hr/> <p><b>12:30-1:50 p.m.</b> <b>Simple Snacks (CA)</b></p> <hr/> <p><b>1-1:50 p.m.</b> Decision Making Employment (AA/H)-A Codependents Anonymous (SR)</p> <hr/> <p><b>2-2:50 p.m.</b> Schizophrenia Support Group (MR)</p> <hr/> <p><b>2-3:30 p.m.</b> Digital Development (CL)</p> <hr/> <p><b>3-3:50 p.m.</b> Enlightenment (LR) <i>Jamie / Aubree</i> "Kế Hoạch Hành Động Phục Hồi Sức khỏe" "Viet" WRAP (AA/H)-A</p> <hr/> <p><b>4:00-5:00 p.m.</b> <b>The Center is closed for our Team Meeting.</b></p> <hr/> <p>*Groups may be canceled on event day or community meeting.</p>	<p><b>9-9:50 a.m.</b> Icebreaker (LR)</p> <hr/> <p><b>10-10:50 a.m.</b> <b>Neighborhood Volunteering (OS)</b> Poet's Society (AA/H)-A</p> <hr/> <p><b>11-11:50 a.m.</b> Supported Education (MR/H)-A Healing Foods (AA/H)-B</p> <hr/> <p><b>12 -1:50 p.m.</b> <b>Linbrook Bowling (OS) \$2.50 cash</b></p> <hr/> <p><b>1-1:50 p.m.</b> Life Enhancement (MR/H)-B</p> <hr/> <p><b>2-2:50 p.m.</b> Facilitation 101 (AA/H)-A</p> <hr/> <p><b>3-3:50 p.m.</b> Everyday Wisdom (SR/H)-A</p> <hr/> <p><b>3-4:30 p.m.</b> Art Connections (AA)</p> <hr/> <p><b>4-4:50 p.m.</b> Alcoholics Anonymous (MR)</p> <hr/> <p><b>4:30-6:30 p.m.</b> Karaoke (LR)</p> <hr/> <p><b>The Center will be closed Thursday, November 11<sup>th</sup> for Veterans Day &amp; November 25<sup>th</sup>-27<sup>th</sup>, for Thanksgiving Weekend.</b></p> <hr/> <p>---</p> <p><b>Gratitude Luncheon on Wednesday, 11/17 from 12-2 p.m.</b></p>	<p><b>9-9:50 a.m.</b> Icebreaker (LR)</p> <hr/> <p><b>10-10:50 a.m.</b> <b>Neighborhood Volunteering (OS)</b> Self-Empowering (AA/H)-A</p> <hr/> <p><b>11-11:50 a.m.</b> Dual Recovery (MR/H)-A Walk for Wellness (OS)</p> <hr/> <p><b>12-12:50 p.m.</b> Gardening (OS) <b>Rainbow Alliance</b> (MR/H)-A</p> <hr/> <p><b>1-2:50 p.m.</b> Crochet &amp; Knitting (LR)</p> <hr/> <p><b>2-2:50 p.m.</b> Emotions Anonymous (AA/H)-A <b>Virtual Social Outing (LR/H)-B</b></p> <hr/> <p><b>3-3:50 p.m.</b> Happy Harmony (AA/H)-A</p> <hr/> <p><b>3-4:30 p.m.</b> Karaoke (LR)</p> <hr/> <p><b>Education and learning support appointments available with Education Specialist Carole.</b></p> <hr/> <p>---</p> <p><b>Resume-building and employment readiness appointments available with Employment Specialist Denise.</b></p>	<p><b>9-9:50 a.m.</b> Icebreaker (LR)</p> <hr/> <p><b>10-11:30 a.m.</b> DBSA (MR/H)-A</p> <hr/> <p><b>10-12:50 p.m.</b> <b>Social Outing (OS)</b></p> <hr/> <p><b>11 a.m. - 12:50 p.m.</b> Movie Club (LR)</p> <hr/> <p><b>12-1:50 p.m.</b> Creative Beading &amp; Crafts (LR)</p> <hr/> <p><b>12:30-1:30 p.m.</b> Power of Positivity (MR/H)-A</p> <hr/> <p><b>2-2:50 p.m.</b> Bingo Bingo! (LR)</p> <hr/> <p><b>3-3:50 p.m.</b> Animal Allies (AA/H)-A</p> <hr/> <p><b>3-4:30 p.m.</b> Karaoke (LR)</p> <hr/> <p><b>Room Abbreviations:</b> Art Academy (AA) Serenity Room (SR) Music Room (MR) Computer Lab (CL) Culinary Academy (CA) Living Room (LR)   Offsite (OS) Hybrid (XX/H)-A or B</p> <hr/> <p>---</p> <p><b>Highlight Key:</b> New / Returning Group <b>Group Time Change</b> <b>Name Change</b></p>

Wellness Center West Open Hours:

Monday-Saturday: 9 a.m.-5 p.m., Wednesdays: 9 a.m.-4 p.m., & Thursdays: 9 a.m.-7 p.m. Sundays: Closed

Calendar subject to change.

Revised: 11-4-21

