



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:30 - 11 A.M. Community Meeting 11:30 – 12 P.M. New Lungs	2 1 – 3 P.M. Linbrook Bowling (\$3.50)	3 11 – 11:50 A.M. Work Ready: Personal Appraisal 12 – 2 P.M. Stars and Stripes Celebration 	4 	5 9 - 9:50 A.M. Community Meeting 10:00– 12 P.M. Main Place Mall
7 1 – 3 P.M. Linbrook Bowling (\$3.50)	8 10:30 - 11 A.M. Community Meeting 1 – 4 P.M. Starlite Cinemas (\$6) 	9 1 – 3 P.M. Linbrook Bowling (\$3.50)	10 11 – 11:50 A.M. Work Ready: 30 Second Elevator Pitch	11 10 – 12 P.M. Huntington Beach Pier 12 - 2 P.M. Friendly Fry-Day 	12 12:00– 2 P.M. Spooky Art Walk 12 - 2 P.M. The Big Slice 
14 1 – 3 P.M. Linbrook Bowling (\$3.50)	15 10:30 - 11 A.M. Community Meeting	16 12 – 2 P.M. Pineapple Palooza  1 – 3 P.M. Linbrook Bowling (\$3.50)	17 11 – 11:50 A.M. Work Ready: Personal Strengths / “Hire Me!”	18 10 – 12 P.M. Mother’s Beach	19 10:00 – 12 P.M. IKEA
21 10 – 11 A.M. Laura’s House: Online Safety 1 – 3 P.M. Linbrook Bowling (\$3.50)	22 10:30 - 11 A.M. Community Meeting	23 11– 12 P.M. Medi-Cal / SSI: Ticket to Work (Viet) 1 – 3 P.M. Linbrook Bowling (\$3.50)	24 11 – 11:50 A.M. Work Ready: Employer Evaluation Professional Work Etiquette 12 - 2 P.M. The Big Slice 	25 10 – 12 P.M. Newport Beach Pier	26 10 – 12 P.M. Bites of Kindness  1:00 – 3 P.M. Gente Marketplace (RSVP 5 only!)
28 1 – 3 P.M. Linbrook Bowling (\$3.50)	29 10:30 - 11 A.M. Community Meeting	30 11– 12 P.M. Medi-Cal / SSI: Ticket to Work (English)  12 - 2 P.M. Chili Dog Fest 1 – 3 P.M. Linbrook Bowling (\$3.50)	31 11 – 11:50 A.M. Work Ready: Writing the Job Objective 1 – 3 P.M. WCC Art Fair		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>9 – 9:50 A.M. Icebreaker</div> <div>10 – 10:50 A.M. Basic Drawing</div> <div>Emotions Anonymous</div> <div>Poet’s Society</div> <div>11 – 11:50 A.M. Healing & Self-Discovery</div> <div>Men’s Group</div> <div>11 – 12:50 P.M. Crochet & Knitting</div> <div>12 – 1 P.M. Social Hour</div> <div>1 – 1:50 P.M. Ceramic Painting</div> <div>Codependents Anonymous</div> <div>1 – 3 P.M. Linbrook Bowling</div> <div>2 – 2:50 P.M. Enlightenment</div> <div>Relationships & Communication</div> <div>2:00 – 3:30 P.M. Nhóm sức mạnh và hy vọng (Strength & Hope)</div> <div>3 – 3:50 P.M. Chair Yoga</div> <div>4 – 4:50 P.M. Karaoke</div>	<div>9 – 9:50 A.M. Icebreaker</div> <div>10 – 10:30 A.M. Walk 4 Wellness</div> <div>10 – 11:30 A.M. Món ăn nhẹ Việt Nam (Simple Snacks)</div> <div>10:30 – 11 A.M. Community Meeting</div> <div>11 – 11:50 A.M. Anger Management</div> <div>Crochet & Knitting</div> <div>Women’s Group</div> <div>12 – 1 P.M. Social Hour</div> <div>1 – 1:50 P.M. Beading</div> <div>Nutrition</div> <div>Tai Chi</div> <div>2 – 2:50 P.M. Resilient Journey</div> <div>Successful Strategies</div> <div>Video Games</div> <div>3 – 3:50 P.M. Chair Yoga</div> <div>Wellness Recovery Action Plan (WRAP)</div>	<div>9 – 9:50 A.M. Icebreaker</div> <div>10 – 10:50 A.M. Life Skills</div> <div>Living Your Best Life</div> <div>Schizophrenia Support</div> <div>11 – 11:50 A.M. Alcoholics Anonymous</div> <div>Self-Compassion</div> <div>Tiếng Anh Sơ Cấp (Beginning English)</div> <div>12 – 1P.M. Social Hour</div> <div>1 – 1:50 P.M. Beginning Piano</div> <div>Gardening</div> <div>Linbrook Bowling</div> <div>2 – 2:50 P.M. Narcotics Anonymous</div> <div>Managing Anxiety</div> <div>Nhóm Hỗ Trợ Tinh Thần (DBSA)</div> <div>3 – 3:50 P.M. Life Enhancement</div> <div>Kết nối qua văn nghệ (Media & Art Connection)</div>	<div>9 – 9:50 A.M. Icebreaker</div> <div>10 – 10:50 A.M. Positive Thinking</div> <div>Walk 4 Wellness</div> <div>11 – 11:50 A.M. Decision-Making Employment</div> <div>Jam Sessions</div> <div>Philosophy</div> <div>12 – 1 P.M. Social Hour</div> <div>1 – 1:50 P.M. Basic Sewing</div> <div>Reflective Journaling</div> <div>Wellness Recovery Action Plan (WRAP)</div> <div>2 – 2:50 P.M. 8 Dimensions of Wellness</div> <div>Beginning Computer Skills</div> <div>Chair Yoga</div> <div>3 – 3:50 P.M. Câu Lạc Bộ Trò Chơi (Game Club)</div> <div>Gardening</div> <div>3:30 – 4:30 P.M. Community Mental Health Night</div> <div>4:30 – 6:30 P.M. Karaoke</div>	<div>9 – 9:50 A.M. Icebreaker</div> <div>10 – 10:50 A.M. TAY Space</div> <div>10 – 11:30 A.M. Simple Snacks</div> <div>10 – 12 P.M. Social Outing</div> <div>11:00 – 11:50 P.M. Depression Bipolar Support Alliance (DBSA)</div> <div>Short Stories</div> <div>Tai Chi</div> <div>12 – 1 P.M. Crochet & Knitting</div> <div>1 – 1:50 P.M. Kế hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP)</div> <div>Video Games</div> <div>Walk 4 Wellness</div> <div>2 – 2:50 P.M. Bingo!</div> <div>Supported Education</div> <div>3 – 4:30 P.M. Karaoke</div>	<div>9 – 9:50 A.M. Icebreaker</div> <div>10 – 10:50 A.M. Dance Celebration / Salsa</div> <div>Self-Compassion</div> <div>10 – 1:00 P.M. Social Outing</div> <div>11 – 12:30 P.M. National Alliance on Mental Illness (NAMI) Connections</div> <div>Simple Snacks</div> <div>11 – 1 P.M. Films with Friends</div> <div>12 – 1 P.M. Social Hour</div> <div>1 – 1:50 P.M. Anger Management</div> <div>Chair Yoga</div> <div>Beginning Spanish</div> <div>2 – 2:50 P.M. Bingo!</div> <div>Jam Session</div> <div>3 – 4:30 P.M. Karaoke</div> <div>Interested in attending groups virtually? Give us a call to set you up!</div>