









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:30 – 1:30 P.M. Cal State Fullerton Tour	2 9 – 9:50 A.M. Community Meeting 10 – 12 P.M. Cerritos Mall 12 – 2 P.M. Melon Madness 
4 11:30-12PM New Lungs Presentation 12 – 2 P.M. Choco Chips and Cheer  1 – 3 P.M. Linbrook Bowling (\$3.50)	5 10:30 – 11 A.M. Community Meeting 1 – 4 P.M. Starlite Cinemas (\$6) 	6 11– 12 P.M. Medi-Cal / SSI (English) 1 – 3 P.M. Linbrook Bowling (\$3.50)	7 11 – 11:50 A.M. Work Ready: The Master Application 10:30 – 2:30 P.M. OC Fair 	8 10 – 12 P.M. Mother’s Beach	9 10 – 12 P.M. Buena Park Farmers Market
11 1 – 3 P.M. Linbrook Bowling (\$3.50)	12 10:30 – 11 A.M. Community Meeting 12 – 2 P.M. Bao Bites! 	13 1 – 3 P.M. Linbrook Bowling (\$3.50)	14 11 – 11:50 A.M. Work Ready: A Positive Professional Resume	15 10 – 12 P.M. Fullerton Aboretum	16 10 – 12 P.M Pretzel Fest @ Old World Huntington Beach* *Limited to 6 members only!*
18 10 – 11 A.M. Laura’s House: Communication/Conflict Resolution 1 – 3 P.M. Linbrook Bowling (\$3.50)	19 10:30 – 11 A.M. Community Meeting	20 12 – 2 P.M. WCS Card Tournament 1 – 3 P.M. Linbrook Bowling (\$3.50)	21 11 – 11:50 A.M. Work Ready: Art of the Cover Letter 12 – 2 P.M. The Big Slice 	22 12 – 2 P.M. WCC Multi-Cultural Celebration	23 11 – 1 P.M Steelcraft Summer Safari 12 – 2 P.M. Be An Angel Day 
25 1 – 3 P.M. Linbrook Bowling (\$3.50)	26 10:30 – 11 A.M. Community Meeting	27 11– 12 P.M. Medi-Cal / SSI (Viet) 1 – 3 P.M. Summer Bash 	28 11 – 11:50 A.M. Work Ready: Thank you Letter	29 10 – 12 P.M. Balboa Pier	30 10 – 12 P.M Huntington Beach Library

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9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker
10 – 10:50 A.M. Basic Drawing	10 – 10:30 A.M. Walk 4 Wellness	10 – 10:50 A.M. Life Skills	10 – 10:50 A.M. Positive Thinking	10 – 10:50 A.M. TAY Space	10 – 10:50 A.M. Dance Celebration / Salsa
Emotions Anonymous	10 – 11:30 A.M. Món ăn nhẹ Việt Nam (Simple Snacks)	Living Your Best Life	Walk 4 Wellness	10 – 11:30 A.M. Simple Snacks	Self-Compassion
Poet’s Society	10:30 – 11 A.M. Community Meeting	Schizophrenia Support	11 – 11:50 A.M. Decision-Making Employment	10 – 12 P.M. Social Outing	10 – 1:00 P.M. Social Outing
11 – 11:50 A.M. Healing & Self-Discovery	11 – 11:50 A.M. Anger Management	11 – 11:50 A.M. Alcoholics Anonymous	Jam Sessions	11:00 – 11:50 P.M. Depression Bipolar Support Alliance (DBSA)	11 – 12:30 P.M. National Alliance on Mental Illness (NAMI) Connections
Men’s Group	Crochet & Knitting	Self-Compassion	Philosophy	Short Stories	Simple Snacks
11 – 12:50 P.M. Crochet & Knitting	Women’s Group	Tiếng Anh Sơ Cấp (Beginning English)	12 – 1 P.M. Social Hour	Tai Chi	11 – 1 P.M. Films with Friends
12 – 1 P.M. Social Hour	12 – 1 P.M. Social Hour	12 – 1P.M. Social Hour	1 – 1:50 P.M. Basic Sewing	12 – 1 P.M. Crochet & Knitting	12 – 1 P.M. Social Hour
1 – 1:50 P.M. Ceramic Painting	1 – 1:50 P.M. Beading	1 – 1:50 P.M. Beginning Piano	Reflective Journaling	1 – 1:50 P.M. Kế hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP)	1 – 1:50 P.M. Anger Management
Codependents Anonymous	Nutrition	Gardening	Wellness Recovery Action Plan (WRAP)	Video Games	Chair Yoga
1 – 3 P.M. Linbrook Bowling	Tai Chi	Linbrook Bowling	Beginning Piano	Walk 4 Wellness	Beginning Guitar
2 – 2:50 P.M. Enlightenment	2 – 2:50 P.M. Resilient Journey	2 – 2:50 P.M. Narcotics Anonymous	2 – 2:50 P.M. 8 Dimensions of Wellness	Bingo!	2 – 2:50 P.M. Bingo!
Relationships & Communication	Successful Strategies	Managing Anxiety	Beginning Computer Skills	Acting 101	Jam Session
2:00 – 3:30 P.M. Nhóm sức mạnh và hy vọng (Strength & Hope)	Video Games	Nhóm Hỗ Trợ Tinh Thần (DBSA)	Chair Yoga	Bingo!	3 – 4:30 P.M. Karaoke
3 – 3:50 P.M. Chair Yoga	3 – 3:50 P.M. Chair Yoga	3 – 3:50 P.M. Life Enhancement	3 – 3:50 P.M. Câu Lạc Bộ Trò Chơi (Game Club)	Supported Education	Interested in attending groups virtually? Give us a call to set you up!
4 – 4:50 P.M. Karaoke	Wellness Recovery Action Plan (WRAP)	Kết nối qua văn nghệ (Media & Art Connection)	Gardening	3 – 4:30 P.M. Karaoke	
			3:30 – 4:30 P.M. Community Mental Health Night		
			4:30 – 6:30 P.M. Karaoke		