



Wellness City Temecula-Adult Program

September 2017 Program Classes and Activities

40925 County Center Dr. #120 Temecula CA 92591
(951) 600-6410

If you are interested in our services we invite you to
New Citizen Orientations
Mondays @ 10:00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Come create, have fun and build your <u>Circle of Friends!</u></p> <ul style="list-style-type: none"> Farmer's Market 9/6/17 9am-11am Temeku Cinema 9/20/17 To be announced Call for details Call for details 			<p>Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside County Mental Health Dept.</p> <p>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</p>	<p>1 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
<p>4 Closed for Holiday</p> <p><i>Happy Labor Day!</i></p>	<p>5 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 WRAP (wk 8) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 2) 2:00-3:00 Recovery Games 3:00-4:30 Open Resource Room</p>	<p>6 8:00-9:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 Artist's Way (wk 8) 11:00-12:00 Overcoming Loneliness (wk 6) 12:00-1:00 Town Hall Meeting 1:00-2:00 Back to Life (wk 3) 2:00-3:00 Recovery thru Art 3:00-4:30 Open Resource Room</p>	<p>7 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Moving Beyond Anger (wk 4) 11:00-12:00 Social Skills Bingo 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 5) 2:00-3:00 Building Friendships (wk 3) 3:00-4:30 Open Resource Room</p>	<p>8 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
<p>11 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Who Moved My Cheese (wk 2) 11:00-12:00 Home is Where the Heart Is (wk 7) 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 1)</p>	<p>12 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 WRAP (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 3) 2:00-3:00 Recovery Games 3:00-4:30 Open Resource Room</p>	<p>13 8:00-9:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 Artist's Way (wk 9) 11:00-12:00 Overcoming Loneliness (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 4) 2:00-3:00 Recovery thru Art 3:00-4:30 Open Resource Room</p>	<p>14 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Moving Beyond Anger (wk 5) 11:00-12:00 Social Skills Bingo 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 6) 2:00-3:00 Building Friendships (wk 4) 3:00-4:30 Open Resource Room</p>	<p>15 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
<p>18 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Who Moved My Cheese (wk 3) 11:00-12:00 Home is Where the Heart Is (wk 8) 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 2)</p>	<p>19 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Book Club 11:00-12:00 Nine Dimensions of Wellness (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 4) 2:00-3:00 Recovery Games 3:00-4:30 Open Resource Room</p>	<p>20 8:00-9:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 Artist's Way (wk 10) 11:00-12:00 Overcoming Loneliness (wk 8) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 5) 2:00-3:00 Recovery thru Art 3:00-4:30 Open Resource Room</p>	<p>21 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Moving Beyond Anger (wk 6) 11:00-12:00 Social Skills Bingo 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 7) 2:00-3:00 Building Friendships (wk 5) 3:00-4:30 Open Resource Room</p>	<p>22 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
<p>25 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Who Moved My Cheese (wk 4) 11:00-12:00 Forgiveness and Letting Go (wk 1) 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 2)</p>	<p>26 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Book Club 11:00-12:00 Nine Dimensions of Wellness (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 5) 2:00-3:00 Recovery Games 3:00-4:30 Open Resource Room</p>	<p>27 8:00-9:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 Artist's Way (wk 11) 11:00-12:00 Overcoming Loneliness (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 6) 2:00-3:00 Recovery thru Art 3:00-4:30 Open Resource Room</p>	<p>28 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Moving Beyond Anger (wk 7) 11:00-12:00 Social Skills Bingo 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 8) 2:00-3:00 Building Friendships (wk 6) 3:00-4:30 Open Resource Room</p>	<p>29 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>

DESCRIPTION OF CLASSES

- **Artist's Way:** Using our artistic creativity, this class focuses on journaling and various other activities to increase our wellness.
- **Back to Life:** This class covers emotions and the stages of grief. Topics include initial grief, telling your story, indulging your grief, forgiving others, anger, guilt, celebrating life, connecting with others, and finally the silver lining.
- **Book Club:** During this group, citizens will gather to read a novel that is inspirational and uplifting. They will discuss the chapters read and how the story relates to their personal wellness.
- **Building Friendships:** Participants will learn about skills related to building friend relationships. The class will discuss ways to meet other people, how to develop a long lasting friendship and learn how friendships can enhance their personal wellness.
- **Coffee with Friends:** This class creates the opportunity for citizens to "check-in" with each other, discuss weekly goals and achievements while enjoying a cup of coffee and building their circle of friends.
- **Creating Healthy Habits:** This group is designed to encourage participants to define, discuss and explore healthy habits relating to physical health, mental health, spiritual health, and complete overall health.
- **Forgiveness and Letting Go:** This group's focus is on learning how to let go of the past and embrace the future and present. Citizens will learn techniques for freeing oneself from feelings and beliefs that may be causing unhappiness.
- **Fantastic Fridays:** Healthy breakfast snacks, fun, light exercise, Recovery Bingo! Learn, enhance your wellness & have a blast!
- **Home is Where the Heart is:** This group focuses on how citizens can acquire and/or maintain a wellness centered home.
- **How to Deal with Difficult Situations:** how to set wise and healthy boundaries so we can respond in a positive way, create no-lose strategies to resolve differences, and stop our own destructive behavior patterns.
- **Lunch and Learn:** Join us for great learning workshops at every lunch time!
- **Moving Beyond Anger:** Anger can have lasting and severe consequences in our life, joy and health. This course teaches us a variety of state of the art conflict resolution skills to help us make better decisions when facing stressful situations. There are a variety of brief exercises and examples of ways to cognitively face each situation ranging from uncomfortable to aggravating.
- **New Citizen Orientation:** Learn all about Wellness City and all the programs RI has to offer.
- **Nine Dimensions of Wellness:** To create opportunities for individuals to work on personal wellness plans together in a collaborative learning process, sharing mutual peer support and fun along the way!
- **Open Resource Room:** With support from Recovery Coaches, Citizens will have access to computers equipped with Microsoft Office and internet access to be available for on-line applications, resume writing, and other research needed to obtain their personal goals.
- **Overcoming Loneliness:** This group explores ways to develop and maintain lasting connections.
- **Recovery Films:** We will view critically acclaimed films and have dynamic discussions about the recovery themes and how they relate to our personal recovery.
- **Recovery Games:** Come join us for a fun game and some time to develop your circle of friends!
- **Recovery through Art:** This class offers an opportunity for citizens to practice their art skills and to express recovery through different art mediums.
- **Social Skills Bingo:** Social Skills Bingo is a great way to connect with friends, develop community and learn about recovery!
- **Sunshine Fitness:** This class is designed to connect citizens with physical wellness through light exercise and educational health videos.
- **Town Hall Meeting:** At Town Hall meetings, Citizens meet and share feedback about what's going well at Wellness City, what needs improvement, and new ideas for classes, activities and ways of being together. It's our way of receiving feedback so we can continue to develop Wellness City according to your choices. At each Speaker Meeting, a citizen shares their story of healing and hope and their "evidence" that Recovery is a FACT!
- **Walk for Wellness:** Enhance physical wellness by using one of the best proven methods, walking. Citizens will be taking long walks around Wellness City's neighborhood
- **WELL:** The "WELL" class addresses finding and maintaining wellness in all aspects of life. The curriculum consists of 12 sessions that promote mental, physical, financial, spiritual, and general wellness. The purpose of the class material is to encourage discussions of options and opportunities.
- **Who Moved My Cheese?:** Using fictional characters, peers learn how to positively adapt to change in their environment.
- **WRAP:** (Wellness Recovery Action Plan) Citizens design their own recovery plan to help manage symptoms.