



Wellness City Temecula-Adult Program
January 2018 Program Classes and Activities
40925 County Center Dr. #120 Temecula CA , (951) 600-6410

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed for Holiday</p> 	<p>2</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00-11:00 How to Deal with Difficult Situations (wk 9) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 4) 2:00-3:00 Book Club</p>	<p>3</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 4) 12:00-1:00 Town Hall Meeting 1:00-2:00 Home is Where the Heart Is (wk 4) 2:00-3:00 Moving Beyond Anger (wk 6)</p>	<p>4</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 1) 11:00-12:00 WELL (wk 13) 12:00-1:00 Lunch and Learn 1:00-2:00 Forgiveness and Letting Go (wk 1) 2:00-3:00 Recovery Games</p>	<p>5</p> <p>8:00-4:30 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</p>
<p>8</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Employment as a Pathway (wk 8) 11:00-12:00 Having a Positive Life (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Building Friendships (wk 1) 2:00-3:00 Social Skills Bingo</p>	<p>9</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00-11:00 How to Deal with Difficult Situations (wk 10) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 5) 2:00-3:00 Book Club</p>	<p>10</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 5) 2:00-3:00 Moving Beyond Anger (wk 7)</p>	<p>11</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 2) 11:00-12:00 WELL (wk 14) 12:00-1:00 Lunch and Learn 1:00-2:00 Forgiveness and Letting Go (wk 2) 2:00-3:00 Recovery Games</p>	<p>12</p> <p>8:00-4:30 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</p>
<p>15</p> <p>Closed for Holiday</p>  <p>Martin Luther King Jr. Day</p>	<p>16</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00-11:00 How to Deal with Difficult Situations (wk 11) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 6) 2:00-3:00 Book Club</p>	<p>17</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 6) 2:00-3:00 Moving Beyond Anger (wk 8)</p>	<p>18</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 3) 11:00-12:00 WELL (wk 15) 12:00-1:00 Lunch and Learn 1:00-2:00 Forgiveness and Letting Go (wk 3) 2:00-3:00 Recovery Games</p>	<p>19</p> <p>8:00-4:30 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</p>
<p>22</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Artist's Way (wk 1) 11:00-12:00 Having a Positive Life (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Building Friendships (wk 2) 2:00-3:00 Social Skills Bingo</p>	<p>23</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00-11:00 How to Deal with Difficult Situations (wk 12) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 7) 2:00-3:00 Book Club</p>	<p>24</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 7) 2:00-3:00 Moving Beyond Anger (wk 9)</p>	<p>25</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 4) 11:00-12:00 WELL (wk 16) 12:00-1:00 Lunch and Learn 1:00-2:00 Forgiveness and Letting Go (wk 4) 2:00-3:00 Recovery Games</p>	<p>26</p> <p>8:00-4:30 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</p>
<p>29</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Artist's Way (wk 2) 11:00-12:00 Having a Positive Life (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Building Friendships (wk 3) 2:00-3:00 Social Skills Bingo</p>	<p>30</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00-11:00 Employment as a Pathway (wk 1) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 8) 2:00-3:00 Book Club</p>	<p>31</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 8) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 8) 2:00-3:00 Moving Beyond Anger (wk 10)</p>	<p align="center">Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside University Health Systems Behavioral Health</p> <p align="center">*FUNDED IN WHOLE OR PART BY RUHSBH, MHSA</p>	
				<p align="center">Come create, have fun and build your <u>Circle of Friends!</u></p> <ul style="list-style-type: none"> LA Museum of the Holocaust 1/10/18 9am-4pm Temeku Theatres 1/24/18 <p align="center">Time to be announced Call for details</p>

DESCRIPTION OF CLASSES

- **Artist's Way:** Using our artistic creativity, this group focuses on journaling and various other activities to increase our wellness.
- **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 group 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.
- **Employment as a Pathway to Recovery:** This class is designed as a tool for exploration of work and the ways in which it can improve a citizens' occupational wellness. Citizens will explore different definitions of work and build knowledge of the benefits of work.
- **Fantastic Fridays:** Healthy breakfast snacks, fun, light exercise, Recovery Bingo! Learn, enhance your wellness & have a blast!
- **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.
- **Having a Positive Life:** This group supports citizens in developing ways to increase a positive lifestyle.
- **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!
- **Morning Meditation:** Learn how to focus one's mind on a feeling of relaxation that uses breathing and visualizations.
- **Moving Beyond and through Anger:** This group consists of discussions and material which will assist citizens in exploring healthy ways of moving beyond the anger. Citizens will learn techniques used to manage their emotions and approach each life situation with a calm perspective.
- **New Citizen Orientation:** Learn all about Wellness City and all the programs RI has to offer.
- **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.
- **Peer Chat:** During this class citizens will choose recovery topics to discuss within the group.
- **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!
- **Social Skills Bingo:** Social Skills Bingo is a great way to connect with friends, develop community and learn about recovery!
- **Sunshine Fitness:** This group 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
- **WRAP:** (Wellness Recovery Action Plan) Citizens design their own recovery plan to help manage symptoms.