



Wellness City Temecula-Adult Program

July 2018 Program Classes and Activities
40925 County Center Dr. #120 Temecula CA 92591

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 Creating Healthy Habits (wk 5)</p> <p>11:00-12:00 Importance of Self Care (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 5)</p>	<p>3</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-11:00 Sunshine Fitness</p> <p>11:00-12:00 Overcoming Loneliness (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Back to Life (wk 10)</p> <p>2:00-3:00 Computer Connections</p>	<p>4</p> <p>Closed for Holiday</p> 	<p>5</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Moving Beyond Anger (wk 7)</p> <p>11:00-12:00 Forgiveness and Letting Go (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Coming Out of the Fog (wk 1)</p> <p>2:00-3:00 Meditation (wk 1)</p>	<p>6</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-12:00 <u>Fantastic Fridays</u></p> <p>Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Recovery Film</p>
<p>9</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 Awakening the Spirit Within (wk 1)</p> <p>11:00-12:00 Importance of Self Care (wk 3)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 6)</p>	<p>10</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-11:00 Sunshine Fitness</p> <p>11:00-12:00 Overcoming Loneliness (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Back to Life (wk 11)</p> <p>2:00-3:00 Computer Connections</p>	<p>11</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 Facing Up (wk 5)</p> <p>11:00-12:00 Artist's Way (wk 1)</p> <p>12:00-1:00 Town Hall Meeting</p> <p>1:00-2:00 Positive Outcomes (wk 1)</p> <p>2:00-3:00 Recovery Games</p>	<p>12</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Moving Beyond Anger (wk 8)</p> <p>11:00-12:00 Forgiveness and Letting Go (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Coming Out of the Fog (wk 2)</p> <p>2:00-3:00 Meditation (wk 2)</p>	<p>13</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-12:00 <u>Fantastic Fridays</u></p> <p>Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Recovery Film</p>
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DESCRIPTION OF CLASSES

- **Artist's Way:** Using our artistic creativity, this group focuses on journaling and various other activities to increase our wellness.
- **Awakening the Spirit Within:** Students will learn more about how to "awaken" their own spirit from within. The concept of spirituality will be discussed in a variety of ways which will enable participants to gain access to tools used to embrace spirituality in their own life.
- **Back to Life:** This group 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.
- **Coffee with Friends:** This class creates the opportunity to "check-in" with each other, discuss weekly goals and achievements while enjoying a cup of coffee and build our circle of friends
- **Coming Out of the Fog:** This group is designed to provide citizens with an opportunity to gain clarity about their feelings, find a way to enhance their happiness and find meaning and purpose in life.
- **Computer Connections:** This group offers citizens the opportunity to learn new computer skills or practice enhancing the skills they already have. Citizens will learn how to use Microsoft programs and navigate the internet effectively to search for jobs, volunteer work, schools and etc.
- **Facing Up:** This group helps citizens to take control and responsibility, to appraise their wellness strengths and challenges, and to move forward enhancing sense of meaning and purpose.
- **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.
- **Importance of Self Care:** Citizens will discuss the definition of self-care and what that may look like for them. They will discover different forms of self-care and the values of self-care can have to an individual's personal recovery.
- **Lunch and Learn:** Join us for great learning workshops at every lunch time
- **Meditation for the Soul:** Learn how to focus one's mind on a feeling of relaxation that uses breathing and visualizations.
- **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
- **.Overcoming Loneliness:** This group explores ways to develop and maintain lasting connections.
- **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
- **Positive Outcomes:** Citizens will learn about effectively communicating with others and asserting their own interests, desires, needs, and rights to achieve their desired goal.
- **Recovery Films:** We will view critically acclaimed films and have dynamic discussions about the recovery themes and how they relate to our personal recover.
- **Recovery Games:** Come join us for a fun game and some time to develop your circle of friends!
- **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.
- **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" group explores ways of finding and maintaining wellness in all aspects of life. The curriculum consists of 15 sessions that promote and teach citizens how to build their mental, physical, financial, spiritual, and overall wellness
- **WRAP:** (Wellness Recovery Action Plan) Citizens will design their own recovery plan to explore ways to manage their emotions to enhance their personal wellness.