



Wellness City Temecula-Adult Program

August 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>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>*FUNDED IN WHOLE OR PART BY RUHSBH, MHSA AND PEI</p>	<p>Come create, have fun and build your <u>Circle of Friends!</u></p> <p>We have off-site enrichment activities set for each month Call for details</p>	<p>1</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 Facing Up (wk 8) 11:00-12:00 Artist's Way (wk 4) 12:00-1:00 Town Hall Meeting 1:00-2:00 Positive Outcomes (wk 4) 2:00-3:00 Creative Writing</p>	<p>2</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 COLOR (wk 1) 11:00-12:00 My Doctor, My Wellness, and Me (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Coming Out of the Fog (wk 5) 2:00-3:00 Peer Chat</p>	<p>3</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 12:00-2:00 Recovery Film 2:00-3:00 Recovery Through Music</p>
<p>6</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 Orientation 10:00-11:00 Awakening the Spirit Within (wk 5) 11:00-12:00 Having a Positive Life (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Nine Dimensions of Wellness (wk 1) 2:00-3:00 Recovery Games</p>	<p>7</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Recovery Through Art 11:00-12:00 Overcoming Loneliness (wk 13) 12:00-1:00 Lunch and Learn 1:00-2:00 Who Moved My Cheese (wk 1) 2:00-3:00 Book Club</p>	<p>8</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 Facing Up (wk 9) 11:00-12:00 Artist's Way (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Take Back Your Space (wk 1) 2:00-3:00 Creative Writing</p>	<p>9</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 COLOR (wk 2) 11:00-12:00 My Doctor, My Wellness, and Me (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Coming Out of the Fog (wk 6) 2:00-3:00 Peer Chat</p>	<p>10</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 12:00-2:00 Recovery Film 2:00-3:00 Recovery Through Music</p>
<p>13</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 Orientation 10:00-11:00 Awakening the Spirit Within (wk 6) 11:00-12:00 Having a Positive Life (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Nine Dimensions of Wellness (wk 2) 2:00-3:00 Recovery Games</p>	<p>14</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Recovery Through Art 11:00-12:00 Overcoming Loneliness (wk 14) 12:00-1:00 Lunch and Learn 1:00-2:00 Who Moved My Cheese (wk 2)</p>	<p>15</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 Facing Up (wk 10) 11:00-12:00 Artist's Way (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Take Back Your Space (wk 2) 2:00-3:00 Creative Writing</p>	<p>16</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 COLOR (wk 3) 11:00-12:00 My Doctor, My Wellness, and Me (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Coming Out of the Fog (wk 7) 2:00-3:00 Peer Chat</p>	<p>17</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 12:00-2:00 Recovery Film 2:00-3:00 Recovery Through Music</p>
<p>20</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 Orientation 10:00-11:00 Awakening the Spirit Within (wk 7) 11:00-12:00 Having a Positive Life (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Nine Dimensions of Wellness (wk 3) 2:00-3:00 Recovery Games</p>	<p>21</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Recovery Through Art 11:00-12:00 Overcoming Loneliness (wk 15) 12:00-1:00 Lunch and Learn 1:00-2:00 Who Moved My Cheese (wk 3)</p>	<p>22</p> <p>8:00-4:30 Open Resource Room 9:00-11:00 Sunshine Fitness 11:00-12:00 Artist's Way (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Take Back Your Space (wk 3) 2:00-3:00 Creative Writing</p>	<p>23</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 COLOR (wk 4) 11:00-12:00 My Doctor, My Wellness, and Me (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Coming Out of the Fog (wk 8) 2:00-3:00 Peer Chat</p>	<p>24</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 12:00-2:00 Recovery Film 2:00-3:00 Recovery Through Music</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.
- **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.
- **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
- **C.O.L.O.R (Co-Occurring Life of Recovery):** In this group, citizens will identify the foundation points for how the journey of recovery begins. The group will explore five key concepts and how to implement them and enhance their wellness.
- **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.
- **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
- **Creative Writing:** This group is designed to promote recovery through creative expression. Each class will offer a chance for citizens to write and share their stories with each other.
- **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.
- **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.
- **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.
- **My Wellness, My Doctor and Me:** This group will teach each citizen how to develop their own personalized medication journal which they can share with their health care provider to assist in building stronger communication with their doctor.
- **New Citizen Orientation:** Learn all about Wellness City and all the programs RI has to offer
- **Nine Dimensions of Wellness:** This group creates opportunities for individuals to work on personal wellness plans together in a collaborative learning process, sharing mutual peer support and fun along the way!
- **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 goal.
- **Peer Chat:** During this group 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!
- **Recovery Through Art:** This group offers an opportunity for citizens to practice their art skills and to express recovery through different art mediums.
- **Sunshine Fitness:** This group is designed to connect citizens with physical wellness through light exercise and educational health videos.
- **Take Back Your Space:** This group is about learning to explore the benefits of a happy living space and how it relates to our physical, emotional, and spiritual well being.
- **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.
- **Who Moved My Cheese?:** Using fictional characters, peers learn how to positively adapt to change in their environment.