



# Wellness City Temecula-Adult Program

March 2019 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   |
|--|--|---|--|--|
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|  |  | <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><b>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</b></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<br/>Call for details</p>  | <p>1<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Walk for Wellness<br/><u>10:00—12:00 Fantastic Fridays</u><br/>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise<br/>12:00-1:00 Peer Chat<br/>1:00-3:00 Recovery Films</p>  |
| <p>4<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Meditation for the Soul<br/>10:00 <b>Orientation</b><br/>10:00-11:00 Building Friendships (wk 7)<br/>11:00-12:00 Book Club<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Employment as a Pathway (wk 8)<br/>2:00-3:00 Healing the Soul thru Poetry</p> | <p>5<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Awakening the Spirit Within (wk 4)<br/>11:00-12:00 Nine Dimensions of Wellness (wk 4)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Creating Healthy Habits (wk 3)<br/>2:00-3:00 Recovery Games</p>  | <p>6<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee With Friends<br/>10:00-11:00 My Wellness, My Doctor, and Me (wk 1)<br/>11:00-12:00 Facing Up (wk 1)<br/>12:00-1:00 <b>Town Hall Meeting</b><br/>1:00-2:00 How to Deal with Difficult Situations (wk 2)<br/>2:00-3:00 Moving Beyond Anger (wk 2)</p> | <p>7<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Overcoming Loneliness (wk 7)<br/>11:00-12:00 Having a Positive Life (wk 4)<br/>12:00-1:00 Lunch and Learn<br/>1:00-3:00 Sunshine Fitness in the Park</p>                          | <p>8<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Walk for Wellness<br/><u>10:00—12:00 Fantastic Fridays</u><br/>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise<br/>12:00-1:00 Peer Chat<br/>1:00-3:00 Recovery Films</p>  |
| <p>11<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Meditation for the Soul<br/>10:00 <b>Orientation</b><br/>10:00-12:00 WRAP (wk 1)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Employment as a Pathway (wk 9)<br/>2:00-3:00 Healing the Soul thru Poetry</p>  | <p>12<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Awakening the Spirit Within (wk 5)<br/>11:00-12:00 Nine Dimensions of Wellness (wk 5)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Creating Healthy Habits (wk 4)<br/>2:00-3:00 Recovery Games</p> | <p>13<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee With Friends<br/>10:00-11:00 My Wellness, My Doctor, and Me (wk 2)<br/>11:00-12:00 Facing Up (wk 2)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 How to Deal with Difficult Situations (wk 3)<br/>2:00-3:00 Moving Beyond Anger (wk 3)</p>         | <p>14<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Overcoming Loneliness (wk 8)<br/>11:00-12:00 Having a Positive Life (wk 5)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Recovery thru Art<br/>2:00-3:00 Social Skills Bingo</p>  | <p>15<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Walk for Wellness<br/><u>10:00—12:00 Fantastic Fridays</u><br/>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise<br/>12:00-1:00 Peer Chat<br/>1:00-3:00 Recovery Films</p> |
| <p>18<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Meditation for the Soul<br/>10:00 <b>Orientation</b><br/>10:00-12:00 WRAP (wk 2)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Home is Where the Heart Is (wk 1)<br/>2:00-3:00 Healing the Soul thru Poetry</p>                                       | <p>19<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Awakening the Spirit Within (wk 6)<br/>11:00-12:00 Nine Dimensions of Wellness (wk 6)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Creating Healthy Habits (wk 5)<br/>2:00-3:00 Recovery Games</p> | <p>20<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee With Friends<br/>10:00-11:00 My Wellness, My Doctor, and Me (wk 3)<br/>11:00-12:00 Facing Up (wk 3)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 How to Deal with Difficult Situations (wk 4)<br/>2:00-3:00 Moving Beyond Anger (wk 4)</p>         | <p>21<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Overcoming Loneliness (wk 9)<br/>11:00-12:00 Having a Positive Life (wk 6)<br/>12:00-1:00 Lunch and Learn<br/>1:00-3:00 Sunshine Fitness in the Park</p>                         | <p>22<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Walk for Wellness<br/><u>10:00—12:00 Fantastic Fridays</u><br/>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise<br/>12:00-1:00 Peer Chat<br/>1:00-3:00 Recovery Films</p> |
| <p>25<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Meditation for the Soul<br/>10:00 <b>Orientation</b><br/>10:00-12:00 WRAP (wk 3)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Home is Where the Heart Is (wk 2)<br/>2:00-3:00 Healing the Soul thru Poetry</p>                                       | <p>26<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Coming Out of the Fog (wk 1)<br/>11:00-12:00 Nine Dimensions of Wellness (wk 7)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Building Self Love (wk 1)<br/>2:00-3:00 Recovery Games</p>            | <p>27<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee With Friends<br/>10:00-11:00 My Wellness, My Doctor, and Me (wk 4)<br/>11:00-12:00 Facing Up (wk 4)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 How to Deal with Difficult Situations (wk 5)<br/>2:00-3:00 Moving Beyond Anger (wk 5)</p>         | <p>28<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Coffee with Friends<br/>10:00-11:00 Overcoming Loneliness (wk 10)<br/>11:00-12:00 Having a Positive Life (wk 7)<br/>12:00-1:00 Lunch and Learn<br/>1:00-2:00 Recovery thru Art<br/>2:00-3:00 Social Skills Bingo</p> | <p>29<br/>8:00-4:30 Open Resource Room<br/>9:00-10:00 Walk for Wellness<br/><u>10:00—12:00 Fantastic Fridays</u><br/>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise<br/>12:00-1:00 Peer Chat<br/>1:00-3:00 Recovery Films</p> |

## *DESCRIPTION OF CLASSES*

- **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.
- **Building Self Love:** This group is designed to promote activities that can develop love for one’s self authentically. We will be creating custom self-affirmations, identifying strengths, giving permission to one’s self to create their own happiness.
- **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.
- **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 group 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.
- **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.
- **Healing the Soul through Poetry:** The goal of this course is to connect one’s mind and spirit through creative art expression. At each session, videos of poetry will be shared and discussed along with citizen’s personal poetry.
- **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
- **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
- **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!
- **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 group citizens will choose recovery topics to discuss within the group.
- **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!
- **Recovery through Art:** This group 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 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.