

Wellness City Central

November 2017



Wellness City Central
2701 N. 16th St. Suite #113
Phoenix, AZ 85006

LUNCH SOCIAL EVERY DAY
11:30AM-12:45PM

Kickball Tourney!
Fri. Nov. 3rd at 8AM



Monday	Tuesday	Wednesday	Thursday	Friday
8:30AM-9:30AM Future Forward (Suite 122) 8:45AM-10:00AM Super Charge Monday! 9AM- 11:30AM Ability 360 with Phillip 10:15AM-11:30AM Change Your Thinking 1:00PM-2:00PM Art of Being Social 2:15PM-3:30PM Dancing for Wellness! Connection Hour 3:30PM-4:00PM	8:30AM-9:00AM Connection Hour 9:00AM-10:15AM Just Do It! SMART Goals 10:00AM-11:00AM Women's Group (Suite 122) 10:30AM- 11:30AM WELL 10:30AM- 12:00PM YOGA (in WCC gym) 1:00PM-2:15PM Body Positive 2:30PM- 3:30PM Recovery Art 3:30PM- 4:00PM Video Guided Meditation	8:45AM-10:00AM Healthy Living & Smoothie Party 9:00AM- 10:30AM Circuit Training with Philip 10:15AM-11:30AM Life After Recovery 1:00PM-2:15PM Recovery Charades Party 2:30PM- 3:30PM Coping Skills Lab Connection Hour 3:30PM- 4:00PM	8:30AM- 9:00AM Connection Hour 9:00AM- 10:15AM Budgeting for Success! 9:00AM- -10:15AM BAM! 9:00AM- 11:00AM Fitness Field Trips w/Jabbar 10:30AM-11:30AM Emotional Rescue 10:30AM- 12:00PM Yoga (in WCC gym) 1:00PM-3:30PM Fun and Games in the Courtyard!	8:45AM-11:30AM Fantastic Friday Bingo! 9:00AM-11:30AM Nature Walks with Jabbar 11:45AM- 12:45PM Lunch Social and Connection Hour 1:00PM- 2:00PM Lights, Camera, Action! 2:15PM- 4:00PM Community Karaoke!

Community & Night Events

Addresses on back, limited transportation and space available to certain events

Please Call 602.316.9976
Day of Event If You Need Help Finding Us

Monday	Wednesday	Thursday	Saturday
To make a reservation, please call 602.636.4410*	1 Phoenix Art Museum 5PM- 7PM	2 Volunteer Opportunity 12:30PM- 3PM	4 No Event
6 East Bowling 11AM- 2PM	8 Open Mic Night @ Tempe Center for Arts 6PM- 8PM	9 Phoenix Zoo *reservation needed* 11AM- 2PM	11 Fitness Bootcamp & Smoothie 9AM- 11:30AM
13 East Bowling 11AM- 2PM	15 Paint & Coffee Social 5PM- 8PM	16 Farmers Market & Lunch 9:30AM- 12:30PM	18 Family Fun & Wellness at RI 9AM- 12PM
20 East Bowling 11AM- 2PM	22 Wacky Game Night & Dinner 5PM- 7PM	23 Closed for Holiday	25 No Event
27 East Bowling 11AM- 2PM	29 Glendale Glitters 6PM- 8:00PM	30 Heard Museum *reservation needed* 10AM- 1PM	

Holiday Luncheon and Day of Gratitude
Nov. 17th
11:45AM- 1:45PM
Thanksgiving Trivia Party
2PM- 3:30PM




Town Hall Meeting
Tues. Nov. 21st
11:45AM-12:15PM At WCC

Young Adult's
ages 18-25
please see staff for info on special events!

These services are available to adults who receive SMI services with Mercy Maricopa Integrated Care. For questions about your eligibility please call 602.650.1212

Class Descriptions



Event Addresses

East Bowling

1754 W. Southern Ave.
Mesa, AZ 85202

Phoenix Art Museum

1625 N. Central. Ave
Phoenix 85004

Volunteer/Feed My Starving Children

1345 S. Alma School Rd
Mesa, AZ 85210

Kickball Tournament/ Kiwanis Park

6111 S. All American
Way Tempe, AZ
85283

Open Mic/Tempe Center for Arts

700 W. Rio Salado Pkwy
Tempe 85281

Phoenix Zoo

455 N. Galvin Pkwy
Phoenix 85008

Glendale Glitters/ Velma Teague Library

7010 N. 58th Ave
Glendale 85301

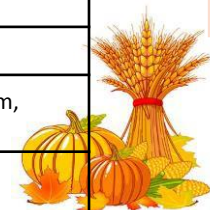
Farmers Market

7227 N. 16th St
Phoenix AZ 85020

Heard Museum

2301 N. Central. Ave
Phoenix 85004

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Art of Being Social: Develop social skills by learning how to meet new people & getting to know them. Stay for the Ice Cream Social!

Body Positive: Explore different perceptions of the body, how we see ourselves, society's views of beauty, health and physical/mental health wellness.

Budgeting for Success: Develop the skills necessary for personal financial success. A fun way to track money & give you the opportunity to shop in Wellness City Pantry for household items!

****Pantry Dates and Times : 11/ 14/17 and 11/15/17 9AM- 11AM **Sign up with staff on day of pantry event****

BAM! (Body Action Management)- Focus on development of your personal goals and accomplishments with our Wellness Coaches. Learn about whole health wellness and how it's maintained.

Change Your Thinking-How can we impact our life by changing our thought processes? We'll show you new skills to help with this.

Community Karaoke: Choose your song & share with peers! We'll explore different songs that have a special importance in your recovery.

Connection Hour: Individualized time to connect with a peer or wellness coach for support.

Coping Skills Lab: Coping skills are essential for dealing with daily challenges. Join the Coping Skills Lab to explore new, effective coping skills!

Just Do It! SMART Goals: Each week you will have the opportunity to create one new goal and go thru the SMART Goal process (specific, measureable, achievable, related to wellness and time limited).

Healthy Living & Smoothie Party – Join us as we learn how to maintain/improve physical health. Smoothies included!

Circuit Training w/Phillip: This class is about staying in motion! Work as a group to build your physical wellness support system.

Life After Recovery: The path towards recovery doesn't end at treatment. We'll set goals that help us stay on the recovery path.

Lights, Camera, Action!: Through fun role play scenarios, communication, emotional & social skills techniques will be learned and implemented.

Dancing for Wellness!: Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost memory skills, strengthen bones, develop better balance & release stress!

Future Forward: For ALL ages! Each generation transitions to a different life stage, bringing their unique generational values and mindsets with them. Let's bring our uniqueness to the table!

Emotional Rescue: Learn how to cope with our various emotions through fun & engaging activities.

Recovery Art- Exploration of different art mediums & how it can benefit our wellness.

Recovery Charades Party!: A social game of acting out scenarios that are part of our everyday recovery.

Lunch Social!: Come have lunch & an opportunity to socialize with others! We'll have a monthly guest speaker & Town Hall Meeting!

Super Charge Monday: Time to reflect on weekend self-care & preparing for the week.

Fun & Games in the Courtyard: Join us in a social outdoor gathering working in teams/groups, competing in outdoor activities and games.

WELL: (Wellness & Empowerment in Life & Living) : 15 session curriculum- Enhancing wellness skills through daily life. Topics include self-esteem, spirituality, hope & so much more!

Women's Group: Women's' topics that have an impact on our overall sense of wellness.