

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



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 8:30AM-9:30AM Creative Writing in Recovery 8:45AM- 10:00AM Super Charge Monday! 9:00AM- 11:30AM Ability 360 with Phillip 10:15AM-11:30AM WELL 1:00PM-2:00PM Art of Being Social 2:15PM-3:30PM Stress Busters Connection Time 3:30PM-4:00PM | 8:45AM-10:00AM Just Do It! SMART Goals 9:00AM- 10:30AM Circuit Training w/Phillip 10:00AM-11:00AM Women's Group (Suite 122) 10:15AM- 11:30AM Triviacise! 10:30AM- 12:00PM YOGA (in WCC gym) 1:00PM -2:15PM Celebrations Around the World 2:30PM- 3:30PM Art of Healing Connection Time 3:30PM-4:00PM | 8:45AM-10:00AM Body Positive! 9:30AM- 11:30AM Fitness Field Trips w/Jabbar 10:15AM- 11:30AM Philosophy of Recovery 1:00PM-2:15PM Life After Recovery 2:30PM- 3:30PM Coping Skills Lab Connection Time 3:30PM-4:00PM | 8:45AM- 10:00AM Budgeting for Success! 9:00AM- -10:00AM BAM! 10:15AM-11:30AM Emotional Rescue 10:30AM- 12:00PM Yoga (in WCC gym) 1:00PM-2:00PM Fun and Games in the Courtyard! 2:30PM- 3:30PM Create Your Own Adventure Connection Time 3:30PM-4:00PM | 8:45AM-11:30AM Jingle Bingo! 9:00AM-11:30AM Nature Walks with Jabbar 11:45AM- 12:45PM Lunch Social/Connection Time 1:00PM- 2:00PM Social Fitness & Fun 2:15PM- 4:00PM Community Karaoke! |

Community & Night Events

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



| Monday | Wednesday | Thursday | Saturday |
|---|--|---|--|
| **To make a reservation, please call 602.636.4410*** | | | |
| 4 East Bowling 11AM- 2PM | 6 Team Trivia at WCC & Dinner 5PM- 7PM | 7 <i>Night Event: Suns Game</i> <i>*reservation needed*</i> 6PM- 9PM | 2 BBQ Fun & Games @ the park 9:30AM- 12:30PM |
| 11 East Bowling 11AM- 2PM | 13 Music Therapy/Rock Band & Dinner 5PM- 8PM | 14 Mini Golf 10:30AM- 1:30PM | 9 No Event |
| 18 East Bowling 11AM- 2PM | 20 Mesa Temple Garden Christmas Lights 5:30PM- 8:30PM | 21 Mall Walk & Lunch 10:30AM- 1:30PM | 16 Community Art Project and lunch @ WCC 9:30AM- 12:30PM |
| 25 Closed for Holiday | 27 New Year/New You Celebration! @WCC & Dinner 5PM- 8PM | 28 Scavenger Hunt & Picnic@Tempe Town Lake 10AM- 1PM | 23 No Event |
| | | | 30 No Event |

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

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

Winter Wonderland Party

Dec.22nd
1PM to 4PM
Holiday refreshments & Ginger Cookie Decorating Contest



Town Hall Meeting Tues.
Dec.19th
11:45AM to 12:15PM
At WCC

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

RI Recovery is a business unit of RI International formerly known as Recovery Innovations.



CLASS DESCRIPTIONS



Community Events

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

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.

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

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

Creative Writing in Recovery- creative expression of one's self that is both fun and engaging .Exercise your imagination through literary works.

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

Connection Time: 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!

Art of Healing: - The act of creating art has been linked to improvement in emotional well being. An opportunity for artistic expression through various avenues

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

Create Your Own Adventure: An opportunity to socialize with other by participating in various group building projects. Each week is a new adventure!

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).

Philosophy of Recovery: Exploration of concepts related to mental & emotional wellness. Explore the meaning of terms used in recovery, and discussion on the schools of thought relating to self-help.

Social Fitness & Fun: Come and join your friends to connect, and socialize. We will work on social skills while working on our fitness.

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

Triviacise: Learn through trivia on important topics such as healthy eating and exercise, while working on a team.

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

Celebrations Around the World- Exploration of the many holiday's celebrated all over the world during this time of year. Music & Cuisine sampling!

Stress Busters- an opportunity to increase awareness of stressors and discover strategies to reduce stress and create tools to remind you to take action.

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!

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



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

Phoenix Suns Game

201 E. Jefferson St
Phoenix, AZ 85004

Meet at Front Entrance of
1st St and Jefferson at ticket office

BBQ Fun and Games

Steele Indian
School Park

300 E. Indian
School Rd Phoenix,
AZ 85012

Enter on 3rd St and
Indian School
Rd/call if you can't
find us

Music Therapy at Higher Octave Healing

200 E Curry Rd,
Tempe, AZ 85281

Mini Golf at Gofland Sunsplash

155 W Hampton Ave
Mesa, AZ 85210

Mesa Temple Garden Lights

525 East Main St.
Mesa, Arizona
85203

Meet at Visitor's
Center

East Bowling

1754 W. Southern Ave.
Mesa, AZ 85202

Mall Walk at AZ Mills Mall

5000 S Arizona Mills Cir
Tempe, AZ 85282
Meet in front of Sea Life

Scavenger Hunt at Tempe Town Lake

72 W Rio Salado Pkwy
Tempe, AZ 85281
Meet at Boat Rentals