

December 2018				
Mon	Tue	Wed	Thu	Fri
3 9:30 - 10:30 am Zumba 1:00 - 2:00 pm Wii Family Fun 3:00 - 3:30 pm Creative Space	4 9:00 am - 5:00 pm Wellness Recovery Action Plan (WRAP) Registration Required 12:00 - 1:00 pm Conversational Spanish for Beginners 12:00 - 1:00 pm Game Fun	5 10:00 - 11:00 am Simple Crafts: Holiday Themed 11:00 - 12:00 pm Journal Writing 4:00 - 5:00 pm Painting 101	6 9:00 am - 5:00 pm Wellness Recovery Action Plan (WRAP) Registration Required 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 2:30 - 4:00 pm Legal Aid Clinic: Social Security Disability 5:00 - 6:00 pm Tai Chi	7 12:30 - 3:00 pm Popcorn and Movie
10 1:00 - 2:00 pm Wii Family Fun 3:00 - 3:30 pm Creative Space	11 11:00 am - 1:00 pm Chronic Pain and Fibromyalgia Warriors Support Group 12:00 - 1:00 pm Conversational Spanish for Beginners 12:00 - 1:00 pm Game Fun 2:30 - 4:00 pm Legal Aid Clinic: Custody 6:00 - 7:00 pm Prevention 101 Registration Required	12 10:00 - 11:00 am Wii Family Fun 11:00 am - 12:00 pm Journal Writing 1:00 - 2:00 pm PACT360 Parent's Rx Program 4:00 - 5:00 pm Painting 101	13 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 5:00 - 6:00 pm Tai Chi	14 12:00 - 1:00 pm Secondary Trauma Registration Required 12:30 - 3:00 pm Popcorn and Movie
17 9:30 - 10:30 am Zumba 1:00 - 2:00 pm Wii Family Fun 2:00 - 2:30 pm Adult Coloring 2:30 - 3:00 pm Creative Space	18 12:00 - 1:00 pm Conversational Spanish for Beginners 12:00 - 1:00 pm Game Fun	19 10:00 - 11:00 am Stress Management 11:00 - 12:00 pm Journal Writing 4:00 - 5:00 pm Painting 101	20 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 2:30 - 4:00 pm Legal Aid Clinic: Divorce 5:00 - 6:00 pm Tai Chi	21 12:30 - 3:00 pm Popcorn and Movie
24 Wellness Center Closed	25 Wellness Center Closed	26 10:00 - 11:00 am Brain Fit 11:00 am - 12:00 pm Journal Writing 1:00 - 2:00 pm Simple Crafts 2:00 - 2:30 pm BINGO	27 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 5:00 - 6:00 pm Tai Chi	28 12:00 - 1:00 pm Conversational Spanish for Beginners 1:00 - 2:00 pm Painting 101 12:30 - 3:00 pm Popcorn and Movie
31 Wellness Center Closed				

Rockingham Program Descriptions

Adult Coloring – Coloring isn't just for kids! A soothing alternative to meditation, these coloring sessions offer a pleasant, stimulating musical environment that supports wellbeing by reducing stress and anxiety. Coloring may take you back to childhood memories of a simpler world and allow you an opportunity to enjoy a creative and social time with others.

Alcoholics Anonymous (Open) - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. Support groups provide emotional strength and promote empowerment in a community environment. This is an open meeting and everyone is welcomed.

Bingo – Enjoy a Wednesday afternoon socializing, relaxing, and playing one of America's favorite games. A person's social health impacts his/her ability to build friendships and form intimate relationships, plus studies show that positive social interactions can enhance a person's physical and mental health. Small prizes for the winners!

Brain Fit: We often hear of the importance of keeping our bodies physically fit, but what about our minds? There are plenty of ways to keep our minds healthy and you don't need to go to the gym to do them! Mental fitness is just as important as physical fitness. Research shows that engaging in activities that stimulate our minds, whether it be learning about a new topic, trying a new activity, working puzzles, learning a new song or playing a game can keep our minds sharp and healthy. Maintaining a healthy brain is especially important as we age. Mark your calendars for a work out!

Chronic Pain and Fibromyalgia Warriors Support Group – Chronic pain affects both the individual and the people they love. Support groups provide emotional strength and promote empowerment in a community environment. This group plans events and speakers, arranges transportation, and even provides assistance in meeting basic needs. Join members for refreshments and fellowship. Be a part of building support for Rockingham County residents who suffer with chronic pain.

Conversational Spanish for Beginners- Come learn Beginners Conversational Spanish. Some of the information you will learn includes: colors, numbers, and basic phrases for communication. Classes are open to anyone and have no cost associated. All participants are welcome to join any class, this is not a series that you have to attend each class to come to the next offering.

Creative Space- This class provides an opportunity to DIY (do it yourself) and be creative. This class provides a space so that people can gather to create, invent new items, and learn from one another. Recyclables and other products are available to use and re-create items. This is a self-guided class with no instructor.

Game Fun- The fun of board games is undeniable, but this sometimes masks a wonderfully serious side they can bring through educational enrichment. Whether perfecting fine motor skills or strategic reasoning or social negotiation, many board games gain acclaim for the ways they stimulate important skills. Board game fun for all ages!

Legal Aid: Child Custody Clinic – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina child custody law via video conference. Anyone with concerns about child custody issues, whether a professional or a member of the general public, will benefit from this clinic. Following the video conference, a question and answer segment with a licensed attorney will allow for questions by participants.

Legal Aid: Divorce Law Clinic – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina divorce law via video conference. Participants will learn the guidelines and paperwork requirements for what is known in North Carolina as a "simple divorce." Following the video conference, a question and answer segment with a licensed attorney will allow for questions by participants.

Legal Aid: Employee Rights Clinic – Legal Aid of North Carolina wants to educate workers about their rights as employees under North Carolina and Federal law. Learn about employment at will, right to work, discrimination and retaliation in the workplace, and eligibility for unemployment benefits.

Legal Aid: Expungement Clinic – Presented by legal Aid of North Carolina, this clinic is designed to explain North Carolina's expunction law. It is intended to help participants determine if they are eligible to have one or more charges removed from their records. Specific legal advice for individual cases is not provided at this clinic.

Legal Aid Clinic: Social Security Disability- Our free Social Security Disability clinic will educate participants on the types of adult Social Security Disability benefits, how you qualify, the application process, and what you will need to show to prove you are entitled to benefits. There will be an instructional video. At the end of the video, participants can ask general questions to a volunteer attorney through a webinar. Specific legal advice is not provided at these clinics.

Journal Writing- Discover the benefits of capturing your thoughts through journaling and how it can improve your emotional well-being. This is a self-guided class with no instructor. Bring headphones and let this time be all about you!

PACT 360 Parent's Rx Program – This program will include information on the dangers of unsecured prescription drugs within the home, educate participants on proper disposal sites for prescription drugs, and teach participants how to ensure safety in their home, by securing all medication. Following the presentation, the PACT 360 Parents Rx program will have a demonstration, with a discussion afterwards. Registration is required.

Painting 101 taught by Olga Diaz- Are you interested in learning about all things Art? Come, learn and paint with our local artist, Olga Diaz. Paint materials provided. Class is offered at no cost.

Popcorn and Movie -End the busy work day by watching a movie with friends! Of course, fresh popcorn is provided. Please call Rockingham Wellness Center ahead of time to find out which movie will be showing for dates scheduled on calendar.

Prevention 101- Join us for a discussion of the history of prevention. In this training we will determine a definition of prevention, discuss how continuum of care fits with intervention, treatment and recovery and how prevention connects to MH/SUD/IDD. We will also discuss how prevention looks in the community, address how prevention appears in your current home/life and then identify ways you can be an influence of prevention in your community. Registration is required.

Secondary Trauma- Individuals that work in various helping fields do not recognize the potential for them to experience secondhand trauma. A Member Engagement Specialist from Cardinal Innovations will be facilitating this presentation that will help you recognize the symptoms of secondary trauma and how to take care of yourself during stressful times.

Simple Crafts – Activities like painting, drawing, and sculpting are relaxing and rewarding hobbies that can lower your stress levels. Art can improve well-being by increasing positive emotions and relaxation. Art supplies are provided. This is a self-guided class with no instructor.

Tai Chi – Tai Chi is a gentle low-impact (and relaxing) discipline that has its roots in martial arts. It helps to improve coordination, balance, focus and breathing while teaching the student various movements that are elegant, flowing and meditative. Tai Chi is safe for people of all ages and is helpful for reducing stress and anxiety and enhancing moods. It is also safe on the joints and helps to increase energy while strengthening the muscles. Studies have also shown it to be benefit for people with chronic heart failure, Parkinson's disease, diabetes, fibromyalgia and depression. Please join Elohee El-Bey as he guides you through Tai Chi.

Understanding Stress and Stress Management Workshop- Modern life is very fast paced and can be full of stressors such as balancing family, work, finances, caregiving responsibilities and extra-curricular activities. In small doses stress can be helpful, but when we begin to experience stress too frequently it can be harmful to our health. Please join us for a time to explore the roots of stress our lives, the effects of chronic stress and effective ways to manage stress.

Wellness Recovery Action Plan (WRAP)- What is WRAP? It is a program that helps individuals in identifying on what makes them well and creates a culture that encourages them to be an active participant in their own wellness. Come join us for a journey of learning how to help keep yourself well through fun activities and sharing in a safe environment. Registration is required.

Wii Family Fun- Enjoy playing fun games on the Wii! Bring your family and friends to socialize together to play fun games on the Wii. No registration required.

Zumba- Join Adrienne Branch for Zumba class on select Monday afternoons at Rockingham Wellness Center. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

The Rockingham Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3659 or emailing triadwellnessteam@cardinalinnovations.org.

The Rockingham Wellness Center operates based on the local schools schedules, if the Rockingham County public schools are closed or delayed, the Rockingham Wellness Center will also be closed or delayed. Wellness Center Staff may still be available at the facility for immediate assistance, if you are unsure or have questions, please call 336.778.3659.

To schedule an event or register for classes, please call 336.778.3659 or email triadwellnessteam@cardinalinnovations.org. Class sizes are limited, so please register early.