

# Wellness Center Central

July 2018

*\*Calendar is subject to change*

401 S. Tustin Street # C  
Orange, CA 92866  
Phone: (714)361-4860  
www.wellnesscenteroc.com

Hours of Operation  
Monday-Thursday 9:00am- 5:00pm  
Friday 9:00am-8:00pm  
Saturday 9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114 <u>10:00-11:30</u> Scrapbooking 113 <u>10:30-11:30</u> Yoga 111 Dual Recovery Anonymous 108 <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Coping Skills 108 Laughter Yoga 107 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Healthy Living 108 <u>3:00-4:30</u> Bingo 113</p>	<p><b>3</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi 107 All 'bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: AMC Block of Orange F <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> American History 108 Zumba 111 Intermediate Computer 109 <u>12:30-2:30</u> Glass Arts 113 <u>1:30-2:30</u> Positive Thinking 108 WRAP 114 <u>2:00-3:00</u> 12-Step Meeting 111 <u>2:00-4:00</u> Bowling F <u>3:00-4:00</u> Healthy Relationships 108 Basketball OS Volleyball OS</p>	<p><b>4</b></p> <p style="text-align: center;">Wellness Center Closed</p> <p style="text-align: center;"><b>Closed</b> for Independence Day</p>	<p><b>5</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise 107 Juicing K <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 LGBTIQ Support (Closed Group) 111 <u>10:00-1:00</u> Volunteerism F <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>2:00-3:00</u> Basketball OS <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Horseshoes OS</p>	<p><b>6</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS <u>10:00-11:30</u> Floral Design 113 West African Drumming 111 <u>10:30-11:30</u> Enlightenment 108 <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Men's Group 108 Women's Group 111 <u>12:30-2:30</u> TAY Social OS Walkabout F Choir 107 <u>1:30-2:30</u> Brain Health 108 Meditation 111 <u>2:00-4:00</u> Water Colors 113 <u>2:30-3:30</u> Guitar Lesson 107 <u>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Self Empowerment 111 Open Discussion 108 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour LR,108,113</p>	<p><b>7</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Video Dance 107 Sports on TV 108 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Santa Monica Pier F <u>11:00-3:00</u> Movie Club: Main Place Mall F <u>11:30-12:30</u> Social Time <u>12:30-2:00</u> Jewelry Design II 113 <u>1:00-2:00</u> Living in the Now 108 <u>2:00-3:00</u> Fashion 101 114 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p>

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<p><b>9</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114 <u>10:00-11:30</u> Scrapbooking 113 <u>10:30-11:30</u> Yoga 111 Dual Recovery Anonymous 108 <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Coping Skills 108 Smoking Prevention 114 Laughter Yoga 107 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Healthy Living 108 <u>3:00-4:30</u> Bingo 113</p>	<p><b>10</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi 107 All 'bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: AMC Block of Orange F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 Zumba 111 Intermediate Computer 109 <u>12:30 -2:30</u> Glass Arts 113 <u>1:30 -2:30</u> Positive Thinking 108 WRAP 114 <u>2:00-3:00</u> 12-Step Meeting 111 <u>2:00-4:00</u> Bowling F Tea Time K <u>3:00-4:00</u> Healthy Relationships 108 Basketball OS Volleyball OS</p>	<p><b>11</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 114 <u>10:00 -11:30</u> Cooking Class K Jewelry Design I 113 <u>10:00-1:00</u> Volunteerism F <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-4:00</u> Social Outing: Marconi Automotive Museum F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-1:30</u> Uke-N-Sing Ukulele 107 <u>1:00-2:00</u> Diversity 108 Day to Day Living 114 <u>1:30 -3:00</u> Art Workshop 113 <u>2:00 -3:00</u> 12-Step Meeting 111 Music Academy 107 <u>3:00 -4:00</u> Mindfulness 111 Basic Spanish 114 <u>3:00-4:30</u> Karaoke 108 Volleyball OS</p>	<p><b>12</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise 107 Juicing K Dining on a Dime 111 <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 <u>11:30-12:30</u> Social Time <u>12:00-3:00</u> Volunteerism F <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>2:00-3:00</u> Basketball OS <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Horseshoes OS</p>	<p><b>13</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Gardening OS <u>10:00-11:30</u> Floral Design 113 West African Drumming 111 <u>10:30-11:30</u> Enlightenment 108 <u>11:30 -12:30</u> Social Time <u>12:30-1:30</u> Men's Group 108 Women's Group 111 <u>12:30-2:30</u> TAY Social OS Nature Walk F Choir 107 <u>1:30-2:30</u> Brain Health 108 Meditation 111 <u>2:00-4:00</u> Water Colors 113 <u>2:30-3:30</u> Guitar Lesson 107 <u>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Self Empowerment 111 Open Discussion 108 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour LR,108,113</p>	<p><b>14</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 Sports on TV108 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Venice Beach F <u>11:00-3:00</u> Movie Club: Main Place Mall F <u>11:30-12:30</u> Social Time <u>12:30-2:00</u> Jewelry Design II 113 <u>1:00-2:00</u> Living in the Now 108 <u>2:00-3:00</u> Fashion 101 114 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p>

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<p><b>16</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114 <u>10:00-11:30</u> Scrapbooking 113 <u>10:30-11:30</u> Yoga 111 Dual Recovery Anonymous 108 <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Coping Skills 108 New Lung 114 Laughter Yoga 107 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Healthy Living 108 <u>3:00-4:30</u> Bingo 113</p>	<p><b>17</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi 107 All 'bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: AMC Block of Orange F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 Zumba 111 Intermediate Computer 109 <u>12:30 -2:30</u> Glass Arts 113 <u>1:30 -2:30</u> Positive Thinking 108 WRAP 114 <u>2:00-3:00</u> 12-Step Meeting 111 <u>2:00-4:00</u> Bowling F <u>3:00-4:00</u> Healthy Relationships 108 Basketball OS Volleyball OS</p>	<p><b>18</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 114 <u>10:00 -11:30</u> Cooking Class K Jewelry Design I 113 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>12:30-1:30</u> Uke-N-Sing Ukulele 107 <u>12:30-3:00</u> Volunteerism F <u>1:00-2:00</u> Diversity 108 Day to Day Living 114 <u>1:30 -3:00</u> Art Workshop 113 <u>2:00 -3:00</u> 12-Step Meeting 111 Music Academy 107 <u>3:00 -4:00</u> Mindfulness 111 Basic Spanish 114 <u>3:00-4:30</u> Karaoke 108 Volleyball OS</p>	<p><b>19</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise 107 Juicing K <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 SSI &amp; SSDI 114 LGBTIQ Support (Closed Group) 111 <u>10:00-1:00</u> Volunteerism F <u>11:30-12:30</u> Social Time</p> <p><b>Calendar Art Fair</b> <u>1:00-3:00pm</u></p> <p><u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Horseshoes OS</p>	<p><b>20</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Gardening OS <u>10:00-11:30</u> Floral Design 113 West African Drumming 111 <u>10:30-11:30</u> Enlightenment 108 <u>11:30 -12:30</u> Social Time <u>12:30-1:30</u> Men's Group 108 Women's Group 111 <u>12:30-2:30</u> TAY Social OS Walkabout F <u>1:30-2:30</u> Brain Health 108 Meditation 111 <u>2:00-4:00</u> Water Colors 113 <u>2:30-3:30</u> Guitar Lesson 107 <u>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Self Empowerment 111 Open Discussion 108 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour LR,108,113</p>	<p><b>21</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 Sports on TV 108 <u>10:00-11:30</u> Fundamentals of Drawing 113 <u>10:30-4:00</u> Social Outing: Ocean Festival F <u>11:00-3:00</u> Movie Club: Main Place Mall F <u>11:30-12:30</u> Social Time <u>12:00-1:00</u> Summer Barbeque OS <u>12:30-2:00</u> Jewelry Design II 113 <u>1:00-2:00</u> Living in the Now 108 <u>2:00-3:00</u> Fashion 101 114 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p>

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<p><b>30</b></p> <p><u>9:15-10:00</u>                      Morning Ice Breaker                      Social Time</p> <p><u>10:00-11:00</u>                      Gardening OS                      Dance Fitness 107                      Nutrition 101 114</p> <p><u>10:00-11:30</u>                      Scrapbooking 113</p> <p><u>10:30-11:30</u>                      Yoga 111                      Dual Recovery                      Anonymous 108</p> <p><u>11:30-12:30</u>                      Social Time</p> <p><u>12:30-1:30</u>                      Coping Skills 108                      Laughter Yoga 107</p> <p><u>12:30-2:30</u>                      Fundamentals of                      Painting 113</p> <p><u>12:30-3:00</u>                      Beach Volleyball F</p> <p><u>2:00-3:00</u>                      Social Anxiety                      Support Group 108</p> <p><u>3:00-4:00</u>                      Meditation 111                      Healthy Living 108</p> <p><u>3:00-4:30</u>                      Bingo 113</p>	<p><b>31</b></p> <p><u>9:15-10:00</u>                      Morning Ice Breaker                      Social Time</p> <p><u>10:00-11:00</u>                      Tai Chi 107                      All 'bout                      Supplements 114</p> <p><u>10:30-12:00</u>                      Depression Bipolar                      Support Alliance 108</p> <p><u>11:00-3:00</u>                      Movie Club:                      AMC Block of Orange F</p> <p><u>11:30-12:30</u>                      Social Time</p> <p><u>12:30-1:30</u>                      American History 108</p> <p>Zumba 111                      Intermediate                      Computer 109</p> <p><u>12:30-2:30</u>                      Glass Arts 113</p> <p><u>1:30-2:30</u>                      Positive Thinking 108</p> <p>WRAP 114</p> <p><u>2:00-3:00</u>                      12-Step Meeting 111</p> <p><u>2:00-4:00</u>                      Bowling F</p> <p><u>3:00-4:00</u>                      Healthy                      Relationships 108</p> <p>Basketball OS                      Volleyball OS</p>	<p><b>Peer Partnering                      Support Program                      (Wednesdays)</b>  <u>10:00 a.m.-11:00 a.m.</u></p> <p><b>Community Meeting                      (Wednesdays)</b>  <u>12:00p.m.-12:30p.m.</u></p> <p><b>Ambassador Meeting                      (Fridays)</b>  <u>12:00p.m.-12:30p.m.</u></p>	<p><b>Calendar Art                      Fair</b></p> <p><b>July 19, 2018                      (Thursday)</b></p> <p><u>1:00pm.- 3:00pm</u></p>	<p><b>Member                      Advisory Board                      Meeting</b>                      July 20, 2018 (Friday)                      11:00a.m.—12:30p.m.  <u>Room 114</u></p> <p><b>Chat With The MAB                      (Wednesdays)</b>                      12:30p.m.—1:00p.m.  <u>Room 114</u></p>	<p><b>Translators are                      available upon                      request in:                      Spanish,                      Vietnamese,                      Farsi, Chinese and                      Korean</b></p>