Wellness Center Central

December 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

*Calendar is subject to change			www.weiniesscenteroc.com Saturday 9.00am-5.00pm		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Translators are available upon request in: Spanish, Vietnamese, Farsi, Chinese and	Peer Partnering Support Program (Wednesdays) 10:00 a.m11:00 a.m.	Holiday Lunch Wellness Center Central December 19, 2018 (Wednesday)	Holiday Brunch Wellness Center South December 21, 2018 (Friday) 12:00 p.m2:00 p.m.	Member Advisory Board Meeting December 21, 2018 (Friday) 11:00am—12:30pm Room 114	9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Video Dance 107 10:00-11:30 Fundamentals of Drawing 113 Cooking Class K 10:30-4:00 Social Outing: Metro Point at South Coast F 11:00-3:00 Movie Club: Main Place Mall F 11:30-12:30 Social Time 12:30-2:00
Korean	Ambassadors Meeting (Fridays) 12:00 p.m.—12:30 p.m.	(wednesday) 12:00 p.m2:00 p.m.	3rd Annual Holiday Dance Wellness Center West December 20, 2018 (Thursday) 1:00 p.m.—6:00p.m.	Chat With The MAB (Wednesdays) 12:30 pm—1:00pm Room 114	12:30-2:00 Jewelry Design II 113 1:00-2:00 Acting Club 111 2:00-3:00 Documentary 108 Meditation 111 2:00-3:30 NAMI Connection 113 3:30-4:30 Fun with Games LR

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
3	T	3	O	'	U
9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00
Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker
Social Time	Social Time	Social Time	Social Time	Social Time	Social Time
10:00-11:00	10:00 -11:00	10:00 -11:00	10:00-11:00	10:00 -11:00	10:00 -11:00
Gardening OS	Tai Chi 107	Dance Fitness 107	Free Form	Gardening OS	Video Dance 107
Dance Fitness 107	All 'bout	Education 101 114	Exercise 107	10:00-11:30	Horseshoes OS
Nutrition 101 114	Supplements 114	10:00 -11:30	Juicing K	Floral Design 113	10:00-11:30
10:00-11:30	10:30-12:00	Cooking Class K	10:00-11:30	West African	Fundamentals
Scrapbooking 113	Depression Bipolar	Jewelry Design I 113	Dual Recovery	Drumming 111	of Drawing 113
10:30-11:30	Support Alliance 108	10:30-12:00	Anonymous 108	10:30-11:30	Cooking Class K
Yoga 111	11:00-3:00	Depression Bipolar	Arts and Crafts 113	Enlightenment 108	10:30-4:00
Dual Recovery	Movie Club:	Support Alliance 108	Employment 114	11:30 -12:30	Social Outing:
Anonymous 108	AMC Block of Orange F	11:00-4:00	LGBTIQ Support	Social Time	Norton Simon F
11:30-12:30	11:30-12:30	Social Outing:	(Closed Group) 111	12:30-1:30	11:00-3:00
Social Time	Social Time	Norton Simon F	10:00-1:00	Men's Group 108	Movie Club:
12:30-1:30	12:30 -1:30	11:30-1:00	Volunteerism F	Women's Group 111	Main Place Mall F
Coping Skills 108	American History 108	Social Time	11:30-12:30	Living in the Now 114	11:30-12:30
Laughter Yoga 107	Zumba 111	Community Meeting	Social Time	12:30-2:30	Social Time
Fashion 101 111	Intermediate	12:30-1:30	12:30-1:30	TAY Social OS	12:30-2:00
12:30-2:30	Computer 109	Uke-N-Sing	Goal Setting 108	Nature Walk F	Jewelry Design II 113
Fundamentals of	12:30 -2:30	Ukulele 107	Beginning	Choir 107	1:00-2:00
Painting 113	Glass Arts 113	12:30-3:00	Computer 109	1:30-2:30	Acting Club 111
1:00-2:30	1:00-2:00	Volunteerism F	Steps To Success F	Brain Health 108	2:00-3:00
Volleyball F	WRAP 114	1:00-2:30	12:30-2:00	Meditation 111	Documentary 108
2:00-3:00	1:30 -2:30	NAMI Connection 108	Pathways To	2:00-4:00	Meditation 111
Social Anxiety	Positive Thinking 108	1:30 -3:00	Recovery 111	Water Colors 113	2:00-3:30
Support Group 108	2:00-3:00	Art Workshop 113	12:30-2:30	2:30-4:00	NAMI Connection 113
3:00-4:00	12-Step Meeting 111	<u>2:00 -3:00</u>	Mosaics 113	Chess Club 114	3:30-4:30
Meditation 111	<u>2:00-4:00</u>	12-Step Meeting 111	<u>1:30-2:30</u>	3:00-4:00	Fun with Games LR
Healthy Living 108	Bowling F	Music Academy 107	Chair Yoga 107	Self Empowerment 111	
3:00-4:30	3:00-4:00	<u>3:00 -4:00</u>	Refreshing	Open Discussion 108	
Bingo 113	Healthy	Mindfulness 111	English 114	3:30-4:3 <u>0</u>	
	Relationships 108	Basic Spanish 114	<u>2:00-3:00</u>	Social Dance LR	
	Basketball OS	<u>3:00-4:30</u>	Basketball OS	<u>5:00-8:00</u>	
	Volleyball OS	Karaoke 108	<u>3:00-4:00</u>	Social Hour LR,108,113	
		Volleyball OS	Al-Anon 108		
		_	Horseshoes OS		
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday	Tuesday	Wednesday	Thursday	Filday	Saturday
10	11	12	13	14	15
9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00
Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker
Social Time	Social Time	Social Time	Social Time	Social Time	Social Time
10:00-11:00	10:00 -11:00	10:00 -11:00	10:00-11:00	10:00 -11:00	<u>10:00 -11:00</u>
Gardening OS	Tai Chi 107	Dance Fitness 107	Free Form	Gardening OS	Video Dance 107
Dance Fitness 107	All 'bout	Education 101 114	Exercise 107	10:00-11:30	10:00-11:30
Nutrition 101 114	Supplements 114	10:00 -11:30	Juicing K	Floral Design 113	Fundamentals
10:00-11:30	10:30-12:00	Cooking Class K	10:00-11:30	West African	of Drawing 113
Scrapbooking 113	Depression Bipolar	Jewelry Design I 113	Dual Recovery	Drumming 111	Cooking Class K
10:30-11:30	Support Alliance 108	10:00-1:00	Anonymous 108	10:30-11:30	10:30-4:00
Yoga 111	11:00-3:00	Volunteerism F	Arts and Crafts 113	Enlightenment 108	Social Outing:
Dual Recovery	Movie Club:	10:30-12:00	Employment 114	11:30 -12:30	Shoreline Village F
Anonymous 108	AMC Block of Orange F	Depression Bipolar	11:30-12:30	Social Time	11:00-3:00
11:30-12:30	11:30-12:30	Support Alliance 108	Social Time	12:30-1:30	Movie Club:
Social Time	Social Time	11:00-4:00	12:00-3:00	Men's Group 108	Main Place Mall F
<u>12:30-1:30</u>	12:30 -1:30	Social Outing: Hammer	Volunteerism F	Women's Group 111	11:30-12:30
Coping Skills 108	American History 108	Museum F	12:30-1:30	Living in the Now 114	Social Time
Laughter Yoga 107	Zumba 111	11:30-1:00	Goal Setting 108	12:30-2:30	12:30-2:00
Smoking	Intermediate	Social Time	Beginning	TAY Social OS	Jewelry Design II 113
Prevention 114	Computer 109	Community Meeting	Computer 109	Walkabout F	1:00-2:00
Fashion 101 111	<u>12:30 -2:30</u>	12:30-1:30	Steps To Success F	Choir 107	Acting Club 111
<u>12:30-2:30</u>	Glass Arts 113	Uke-N-Sing	<u>12:30-2:00</u>	<u>1:30-2:30</u>	<u>2:00-3:00</u>
Fundamentals of	<u>1:00-2:00</u>	Ukulele 107	Pathways To	Brain Health 108	Documentary 108
Painting 113	WRAP 114	<u>1:00-2:30</u>	Recovery 111	Meditation 111	Meditation 111
<u>1:00-2:30</u>	<u>1:30 -2:30</u>	NAMI Connection 108	<u>12:30-2:30</u>	<u>2:00-4:00</u>	<u>2:00-3:30</u>
Volleyball F	Positive Thinking 108	<u>1:30 -3:00</u>	Mosaics 113	Water Colors 113	NAMI Connection 113
<u>2:00-3:00</u>	<u>2:00-3:00</u>	Art Workshop 113	<u>1:30-2:30</u>	<u>2:30-4:00</u>	<u>3:30-4:30</u>
Social Anxiety	12-Step Meeting 111	<u>2:00 -3:00</u>	Chair Yoga 107	Chess Club 114	Fun with Games LR
Support Group 108	<u>2:00-4:00</u>	12-Step Meeting 111	Refreshing	<u>3:00-4:00</u>	
<u>3:00-4:00</u>	Bowling F	Music Academy 107	English 114	Self Empowerment 111	
Meditation 111	Tea Time K	<u>3:00 -4:00</u>	<u>2:00-3:00</u>	Open Discussion 108	
Healthy Living 108	<u>3:00-4:00</u>	Mindfulness 111	Basketball OS	<u>3:30-4:30</u>	
<u>3:00-4:30</u>	Healthy	Basic Spanish 114	<u>3:00-4:00</u>	Social Dance LR	
Bingo 113	Relationships 108	<u>3:00-4:30</u>	Al-Anon 108	<u>5:00-8:00</u>	
	Basketball OS	Karaoke 108	Horseshoes OS	Social Hour LR,108,113	
	Volleyball <mark>OS</mark>	Volleyball <mark>OS</mark>			

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Monday Tuesday Wednesday Thursday 17 18 19 20 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Gardening OS Dance Fitness 107 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Dance Fitness 107 Morning Ice Breaker Social Time 10:00-11:00 Dance Fitness 107 Social Time 10:00-11:00 Free Form Education 101 114 10:00-11:00 Exercise 107	Priday 21 9:15-10:00 Morning Ice Breaker Social Time 10:00 -11:00	Saturday 22 9:15-10:00 Morning Ice Breaker
9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Gardening OS Dance Fitness 107 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Tai Chi 107 All 'bout 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 10:00-11:00 Tai Chi 107 Education 101 114 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 To:00-11:00 Free Form Exercise 107	9:15-10:00 Morning Ice Breaker Social Time	9:15-10:00 Morning Ice Breaker
Morning Ice Breaker Social TimeMorning Ice Breaker Social TimeMorning Ice Breaker Social TimeMorning Ice Breaker Social Time10:00-11:00 Gardening OS Dance Fitness 10710:00 -11:00 Dance Fitness 107 Education 101 11410:00 -11:00 Free Form Exercise 107	Morning Ice Breaker Social Time	Morning Ice Breaker
Nutrition 101 114	Gardening OS 10:00-11:30 Floral Design 113 10:30-11:30 Enlightenment 108 11:30-12:30 Social Time 12:30-1:30 Men's Group 108 Women's Group 111 Living in the Now 114 12:30-2:30 TAY Social OS Nature Walk F Choir 107 1:30-2:30 Brain Health 108 Meditation 111 2:00-4:00 Water Colors 113 2:30-4:00 Chess Club 114 3:00-4:00 Self Empowerment 111 Open Discussion 108 3:30-4:30 Social Dance LR 5:00-8:00 Social Hour LR,108,113	Social Time 10:00 -11:00 Video Dance 107 10:00-11:30 Fundamentals of Drawing 113 Cooking Class K 10:30-4:00 Social Outing: Getty Museum F 11:00-3:00 Movie Club: Main Place Mall F 11:30-12:30 Social Time 12:30-2:00 Jewelry Design II 113 1:00-2:00 Acting Club 111 2:00-3:00 Documentary 108 Meditation 111 2:00-3:30 NAMI Connection 113 3:30-4:30 Fun with Games LR

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	*Calendar is subject to change			Saturday 9:00am-5:00pm		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<u>24</u>	25	26	27	28	29	
31		9:15-10:00	9:15-10:00	9:15-10:00	9:15-10:00	
		Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	
<u>9:15-10:00</u>		Social Time	Social Time	Social Time	Social Time	
Morning Ice Breaker		10:00 -11:00	10:00-11:00	10:00 -11:00	10:00 -11:00	
Social Time		Dance Fitness 107	Free Form	Gardening OS	Video Dance 107	
<u>10:00-11:00</u>		Education 101 114	Exercise 107	10:00-11:30	10:00-11:30	
Gardening OS	The Wellness Center	<u> 10:00 -11:30</u>	Juicing K	Floral Design 113	Fundamentals	
Dance Fitness 107	Central	Cooking Class K	<u>10:00-11:30</u>	<u>10:30-11:30</u>	of Drawing 113	
Nutrition 101 114		Jewelry Design I 113	Dual Recovery	Enlightenment 108	Cooking Class K	
<u>10:00-11:30</u>	Will Be Closed For	<u>10:00-1:00</u>	Anonymous 108	<u>11:30 -12:30</u>	<u>10:30-4:00</u>	
Scrapbooking 113	The Holiday!	Volunteerism F	Arts and Crafts 113	Social Time	Social Outing: Oak Canyon	
<u>10:30-11:30</u>		10:30-12:00	Employment 114	<u>12:30-1:30</u>	Nature Center F	
Yoga 111		Depression Bipolar	11:30-12:30	Men's Group <mark>108</mark>	11:00-3:00	
Dual Recovery	Je de la companya de	Support Alliance 108	Social Time	Women's Group 111	Movie Club:	
Anonymous 108		11:00-4:00	<u>12:00-3:00</u>	Living in the Now 114	Main Place Mall F	
<u>11:30-12:30</u>		Social Outing:	Volunteerism F	<u>12:30-2:30</u>	<u>11:30-12:30</u>	
Social Time		Shoreline Village F	<u>12:30-1:30</u>	TAY Social OS	Social Time	
12:30-1:30	<u> </u>	<u>11:30-1:00</u>	Goal Setting 108	Walkabout <mark>F</mark>	<u>12:30-2:00</u>	
Coping Skills 108		Social Time	Beginning	Choir 107	Jewelry Design II 113	
Laughter Yoga 107		Community Meeting	Computer 109	<u>1:30-2:30</u>	<u>1:00-2:00</u>	
Fashion 101 111		<u>12:30-1:30</u>	Steps To Success F	Brain Health 108	Acting Club 111	
<u>2:30-2:30</u>		Uke-N-Sing	<u>12:30-2:00</u>	Meditation 111	<u>2:00-3:00</u>	
Fundamentals of		Ukulele 107	Pathways To	<u>2:00-4:00</u>	Documentary 108	
Painting 113		<u>1:00-2:30</u>	Recovery 111	Water Colors 113	Meditation 111	
1:00-2:30		NAMI Connection 108	12:30-2:30	2:30-4:00	2:00-3:30	
Volleyball F		<u>1:30 -3:00</u>	Mosaics 113	Chess Club 114	NAMI Connection 113	
2:00-3:00		Art Workshop 113	1:30-2:30	3:00-4:00	<u>3:30-4:30</u>	
Social Anxiety		<u>2:00 -3:00</u>	Chair Yoga 107	Self Empowerment 111	Fun with Games LR	
Support Group 108		12-Step Meeting 111	Refreshing	Open Discussion 108		
3:00-4:00 Moditation 111		Music Academy 107	English 114	3:30-4:30		
Meditation 111		3:00 -4:00	2:00-3:00	Social Dance LR		
Healthy Living 108 3:00-4:30		Mindfulness 111	Basketball OS	5:00-8:00		
8ingo 113		Basic Spanish 114	3:00-4:00	Social Hour LR,108,113		
nugo 113		3:00-4:30 Warranka 100	Al-Anon 108			
		Karaoke 108	Horseshoes OS			
		Volleyball <mark>OS</mark>				