


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

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

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<p>3</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 Fashion 101 111 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:00-2:30</u> 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>4</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>1:00-2:00</u> WRAP 114 <u>1:30 -2:30</u> Positive Thinking 108 <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>5</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>11:00-4:00</u> Social Outing: Norton Simon F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-1:30</u> Uke-N-Sing Ukulele 107 <u>12:30-3:00</u> Volunteerism F <u>1:00-2:30</u> NAMI Connection 108 <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>6</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 Steps To Success F <u>12:30-2:00</u> Pathways To Recovery 111 <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Chair Yoga 107 Refreshing English 114 <u>2:00-3:00</u> Basketball OS <u>3:00-4:00</u> Al-Anon 108 Horseshoes OS</p>	<p>7</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 Living in the Now 114 <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>2:30-4:00</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>8</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 Horseshoes OS <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Norton Simon 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> Acting Club 111 <u>2:00-3:00</u> Documentary 108 Meditation 111 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p>

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10	11	12	13	14	15
<u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Gardening OS Dance Fitness 107 Nutrition 101 114 10:00-11:30 Scrapbooking 113 10:30-11:30 Yoga 111 Dual Recovery Anonymous 108 11:30-12:30 Social Time 12:30-1:30 Coping Skills 108 Laughter Yoga 107 Smoking Prevention 114 Fashion 101 111 12:30-2:30 Fundamentals of Painting 113 1:00-2:30 Volleyball F 2:00-3:00 Social Anxiety Support Group 108 3:00-4:00 Meditation 111 Healthy Living 108 3:00-4:30 Bingo 113	<u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00 -11:00 Tai Chi 107 All 'bout Supplements 114 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-3:00 Movie Club: AMC Block of Orange F 11:30-12:30 Social Time 12:30 -1:30 American History 108 Zumba 111 Intermediate Computer 109 12:30 -2:30 Glass Arts 113 1:00-2:00 WRAP 114 1:30 -2:30 Positive Thinking 108 2:00-3:00 2:00-3:00 12-Step Meeting 111 2:00-4:00 Bowling F Tea Time K 3:00-4:00 Healthy Relationships 108 Basketball OS Volleyball OS	<u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00 -11:00 Dance Fitness 107 Education 101 114 10:00 -11:30 Cooking Class K Jewelry Design I 113 10:00-1:00 Volunteerism F 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-4:00 Social Outing: Hammer Museum F 11:30-1:00 Social Time Community Meeting 12:30-1:30 Uke-N-Sing Ukulele 107 1:00-2:30 NAMI Connection 108 1:30 -3:00 Art Workshop 113 2:00 -3:00 12-Step Meeting 111 Music Academy 107 3:00 -4:00 Mindfulness 111 Basic Spanish 114 3:00-4:30 Karaoke 108 Volleyball OS	<u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Free Form Exercise 107 Juicing K 10:00-11:30 Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 11:30-12:30 Social Time 12:00-3:00 Volunteerism F 12:30-1:30 Goal Setting 108 Beginning Computer 109 Steps To Success F 12:30-2:00 Pathways To Recovery 111 12:30-2:30 Mosaics 113 1:30-2:30 Chair Yoga 107 Refreshing English 114 2:00-3:00 Basketball OS 3:00-4:00 Al-Anon 108 Horseshoes OS	<u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00 -11:00 Gardening OS 10:00-11:30 Floral Design 113 West African Drumming 111 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 Walkabout 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	<u>9:15-10:00</u> 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: Shoreline Village 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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17	18	19	20	21	22
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