

Wellness Center Central

February 2019

**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>Member Advisory Board (MAB) Meeting February 15, 2019 <u>11:00 a.m.-12:30 p.m.</u></p> <p>Chat With The MAB (Wednesdays) <u>12:30 p.m. - 1:00 p.m.</u></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>Black History Month Celebration February 20, 2019 (Wednesday) <u>1:00 p.m.-4:00 p.m.</u></p> | <p>Translators are available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean</p> | <p>1</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00 -11:00</u> Gardening OS</p> <p><u>10:00-11:30</u> Floral Design 113</p> <p>West African Drumming 111</p> <p><u>10:30-11:30</u> Enlightenment 108</p> <p><u>11:30 -12:30</u> Social Time</p> <p><u>12:30-1:30</u> Men's Group 108 Women's Group 111 Living in the Now 114</p> <p><u>12:30-2:30</u> TAY Social OS Walkabout F</p> <p><u>Choir 107</u> <u>1:30-2:30</u> Brain Health 108 Meditation 111</p> <p><u>2:00-4:00</u> Water Colors 113</p> <p><u>2:30-4:00</u> Chess Club 114</p> <p><u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111</p> <p><u>3:30-4:30</u> Social Dance LR</p> <p><u>5:00-8:00</u> Social Hour 107, 108, 113, LR</p> | <p>2</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 Cooking Class K</p> <p><u>10:30-4:00</u> Social Outing: Chinatown F</p> <p><u>11:00-3:00</u> Movie Club: Main Place Mall 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> Topic of the Day 108</p> <p><u>2:00-3:00</u> Documentary 108 Meditation 111</p> <p><u>2:00-3:30</u> NAMI Connection 113</p> <p><u>3:30-4:30</u> Fun with Games LR</p> |

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| <p>4</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 OS <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>5</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 107 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 Nar-Anon 107 <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 <u>3:00-4:30</u> Basketball OS Volleyball OS</p> | <p>6</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: Chinatown F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism F <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Acting Club 111 <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>7</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 LGBTIQ Support (Closed Group) 111 <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 <u>10:00-1:00</u> Volunteerism F <u>11:00-3:00</u> Social Outing: B & N F <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Goal Setting 108 <u>12:30-1:30</u> Beginning Computer 109 Steps To Success F <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Campus Sports Activities OS</p> | <p>8</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> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Lunar New Year Celebration LR</p> | <p>9</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Tet Festival 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> Topic of the Day 108 <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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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|
| 11 | 12 | 13 | 14 | 15 | 16 |
| <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 Smoking Prevention 114 Fashion 101 111 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:00-2:30</u> Volleyball OS <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 | <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 107 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 Nar-Anon 107 <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 <u>3:00-4:30</u> Basketball OS Volleyball OS | <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: Hollywood Bowl Museum F <u>11:30-1:00</u> Social Time Community Meeting <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Acting Club 111 <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 | <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 <u>11:00-3:00</u> Social Outing: Huntington Beach Pier F <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 Steps To Success F <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Campus Sports Activities OS | <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 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>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour 107, 108, 113, LR | <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Citadel Outlets 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> Topic of the Day 108 <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 |

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| <p>18</p> <p>Center Will be Closed to Observe President's Day</p> | <p>19</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 107 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 Nar-Anon 107 <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 <u>3:00-4:30</u> Basketball OS Volleyball OS</p> | <p>20</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: Citadel Outlets F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism F</p> <p><u>1:00-4:00</u> Black History Month Celebration</p> | <p>21</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>11:00-3:00</u> Social Outing: 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>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Campus Sports Activities OS</p> | <p>22</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 <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> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour 107, 108, 113, LR</p> | <p>23</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>11:00-2:00</u> Social Outing: WC West Mad Hatter Tea Party 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> Topic of the Day 108 <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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| <p>25</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 New Lung 114 Fashion 101 111 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:00-2:30</u> Volleyball OS <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>26</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 107 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 Nar-Anon 107 <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 <u>3:00-4:30</u> Basketball OS Volleyball OS</p> | <p>27</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: Santa Fe Dam and Recreational Area F <u>11:30-1:00</u> Social Time Community Meeting <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Acting Club 111 <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>28</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 <u>11:00-3:00</u> Social Outing: Laguna Beach F <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 Steps To Success F <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Campus Sports Activities OS</p> | <p>Lunar New Year Celebration Wellness Center West February 5, 2019 (Tuesday) <u>12:00 p.m. - 2:00 p.m.</u></p> <p>Lunar New Year Celebration February 8, 2019 (Friday) <u>5:00 p.m. - 8:00 p.m.</u></p> <p>Valentine's Day Celebration Wellness Center South February 14, 2019 (Thursday) <u>12:00 p.m. - 3:00 p.m.</u></p> | |