


Wellness Center Central

December 2017

**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>Ambassador Meeting (Fridays) <u>12:00pm-12:30pm</u></p> <p>Community Meeting (Wednesdays) <u>12:00pm-12:30pm</u></p>	<p>Holiday Brunch Wellness Center South December 29, 2017 (Friday) <u>10:00 a.m.-12:00 p.m.</u></p> <p>Holiday Dance Wellness Center West December 21, 2017 (Thursday) <u>1:00 p.m.—6:00p.m.</u></p>	<p>Holiday Lunch Wellness Center Central December 13, 2017 (Wednesday) <u>12:00 p.m.-2:00 p.m.</u></p>	<p>Member Advisory Board Meeting December 15, 2017 (Friday) 1:00pm—2:00pm <u>Room 114</u></p> <p>Chat With The MAB (Wednesdays) 12:30 pm—1:00pm <u>Room 114</u></p> 	<p>1 <u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> 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 <u>2:00-3:00</u> 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>2 <u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> 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: Sawdust Winter Fantasy 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 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>4</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-11:00</u> Gardening OS</p> <p>Dance Fitness 107</p> <p>Mind Body & Soul 114</p> <p><u>10:00-11:30</u> Scrapbooking 113</p> <p><u>10:30-11:30</u> Yoga 111</p> <p>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</p> <p><u>12:30-2:30</u> Fundamentals of Painting 113</p> <p><u>1:30-3:00</u> Volleyball OS</p> <p><u>2:00-3:00</u> Social Anxiety Support Group 108</p> <p><u>3:00-4:00</u> Meditation 111</p> <p>Self Care 108</p> <p><u>3:00-4:30</u> Bingo 113</p>	<p>5</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00 -11:00</u> Tai Chi 107</p> <p><u>10:30-11:30</u> 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: Main Place Mall F</p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:30 -1:30</u> American History 108</p> <p>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 114</p> <p>Basketball OS</p>	<p>6</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00 -11:00</u> Dance Fitness 107</p> <p>Education 101 111</p> <p><u>10:00 -11:30</u> Cooking Class K</p> <p>Jewelry Design I 113</p> <p><u>10:30-12:00</u> Depression Bipolar Support Alliance 108</p> <p><u>11:00-4:00</u> Social Outing: Shoreline Village F</p> <p><u>11:30-1:00</u> Social Time</p> <p>Community Meeting</p> <p><u>12:30-3:00</u> Volunteerism F</p> <p><u>1:00-2:00</u> Diversity 108</p> <p>Day to Day Living 114</p> <p><u>1:30 -3:00</u> Art Workshop 113</p> <p><u>2:00 -3:00</u> 12-Step Meeting 111</p> <p>Music Academy 107</p> <p><u>3:00 -4:00</u> Mindfulness 111</p> <p>Basic Spanish 114</p> <p><u>3:00-4:30</u> Karaoke 108</p> <p>Volleyball OS</p>	<p>7</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-11:00</u> Free Form Exercise 107</p> <p>Juicing K</p> <p><u>10:00-11:30</u> Dual Recovery Anonymous 108</p> <p>Arts and Crafts 113</p> <p>Employment 114</p> <p>LGBTIQ Support (Closed Group) 111</p> <p><u>10:00-1:00</u> Volunteerism F</p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:30-1:30</u> Goal Setting 108</p> <p>Beg. Computer 109</p> <p><u>12:30-2:30</u> Mosaics 113</p> <p><u>1:30-2:30</u> Basketball OS</p> <p>Chair Yoga 107</p> <p><u>2:00-3:00</u> Refreshing English 114</p> <p><u>3:00-4:30</u> Horseshoes OS</p> <p>Al-Anon 108</p>	<p>8</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30 -10:00</u> 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</p> <p>Women's Group 111</p> <p><u>12:30-2:30</u> TAY Social OS</p> <p>Walkabout F</p> <p>Choir 107</p> <p><u>1:30-2:30</u> Brain Health 108</p> <p><u>2:00-3:00</u> Meditation 111</p> <p><u>2:00-4:00</u> Water Colors 113</p> <p><u>2:30-3:30</u> Guitar Lesson 107</p> <p><u>2:30-4:00</u> Chess Club 114</p> <p><u>3:00-4:00</u> Self Empowerment 111</p> <p>Open Discussion 108</p> <p><u>3:30-4:30</u> Social Dance LR</p> <p><u>5:00-8:00</u> Social Hour LR,108,113</p>	<p>9</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00 -11:00</u> Video Dance 107</p> <p>Horseshoes OS</p> <p><u>10:00-11:30</u> Fundamentals of Drawing 113</p> <p>Cooking Class K</p> <p><u>10:30-4:00</u> Social Outing: Santa Monica Pier 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> Living in the Now 108</p> <p>Fashion 101 114</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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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p><u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Mind Body & Soul 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 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:30-3:00</u> Volleyball OS <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Self Care 108 <u>3:00-4:30</u> Bingo 113</p>	<p>12</p> <p><u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> Social Time <u>10:00 -11:00</u> Tai Chi 107 <u>10:30-11:30</u> All' bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: Main Place Mall F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 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 114 Basketball OS</p>	<p>13</p> <p><u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 111 Jewelry Design I 113 <u>10:00-1:00</u> Volunteerism F <u>10:30-12:00</u> Depression Bipolar Support Alliance 108</p> <p style="text-align: center;">Holiday Lunch Wellness Center Central December 13, 2017 (Wednesday) 12:00 p.m.-2:00 p.m.</p> <p><u>2:00 -3:00</u> 12-Step Meeting 111 Music Academy 107 <u>3:00 -4:00</u> Balance and Boundaries 111 Basic Spanish 114 <u>3:00-4:30</u> Karaoke 108 Volleyball OS</p>	<p>14</p> <p><u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> 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>11:30-12:30</u> Social Time <u>12:30-1:30</u> Goal Setting 108 Beg. Computer 109 <u>12:00-3:00</u> Volunteerism F <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Basketball OS Chair Yoga 107 <u>2:00-3:00</u> Refreshing English 114 <u>3:00-4:30</u> Horseshoes OS <u>3:30-4:30</u> Al-Anon 108</p>	<p>15</p> <p><u>9:15-9:30</u> Morning Ice Breaker <u>9:30 -10:00</u> 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 <u>2:00-3:00</u> 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>16</p> <p><u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> 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: Getty Museum 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 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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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23
<u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Mind Body & Soul 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 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:30-3:00</u> Volleyball OS <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Self Care 108 <u>3:00-4:30</u> Bingo 113	<u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> Social Time <u>10:00 -11:00</u> Tai Chi 107 <u>10:30-11:30</u> All' bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: Main Place Mall F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 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 114 Basketball OS	<u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 111 <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: LA Arboretum 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> 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	<u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> 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 Beg. Computer 109 <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Basketball OS Chair Yoga 107 <u>2:00-3:00</u> Refreshing English 114 <u>3:00-4:30</u> Horseshoes OS <u>3:30-4:30</u> Al-Anon 108	<u>9:15-9:30</u> Morning Ice Breaker <u>9:30 -10:00</u> 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 <u>2:00-3:00</u> 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	<u>9:15-9:30</u> Morning Ice Breaker <u>9:30-10:00</u> 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: Shoreline Village 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 Fashion 101 114 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR


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<p>25</p> <p><i>The Wellness Center Will Be Closed For The Holiday!</i></p> 	<p>26</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00 -11:00</u> Tai Chi 107</p> <p><u>10:30-11:30</u> All' bout</p> <p><u>Supplements 114</u></p> <p><u>10:30-12:00</u> Depression Bipolar Support Alliance 108</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 -1:30</u> American History 108</p> <p><u>Intermediate Computer 109</u></p> <p><u>12:30 -2:30</u> Glass Arts 113</p> <p><u>1:30 -2:30</u> Positive Thinking 108</p> <p><u>WRAP 114</u></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>Tea Time K</u></p> <p><u>3:00-4:00</u> Healthy Relationships 114</p> <p><u>Basketball OS</u></p>	<p>27</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00 -11:00</u> Dance Fitness 107</p> <p><u>Education 101 111</u></p> <p><u>10:00 -11:30</u> Cooking Class K</p> <p><u>Jewelry Design I 113</u></p> <p><u>10:00-1:00</u> Volunteerism F</p> <p><u>10:30-12:00</u> Depression Bipolar Support Alliance 108</p> <p><u>11:00-4:00</u> Social Outing: Museum of Latin American Art F</p> <p><u>11:30-1:00</u> Social Time</p> <p><u>Community Meeting</u></p> <p><u>1:00-2:00</u> Diversity 108</p> <p><u>Day to Day Living 114</u></p> <p><u>1:30 -3:00</u> Art Workshop 113</p> <p><u>2:00 -3:00</u> 12-Step Meeting 111</p> <p><u>Music Academy 107</u></p> <p><u>3:00 -4:00</u> Balance and Boundaries 111</p> <p><u>Basic Spanish 114</u></p> <p><u>3:00-4:30</u> Karaoke 108</p> <p><u>Volleyball OS</u></p>	<p>28</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00-11:00</u> Free Form</p> <p><u>Exercise 107</u></p> <p><u>Juicing K</u></p> <p><u>10:00-11:30</u> Dual Recovery</p> <p><u>Anonymous 108</u></p> <p><u>Arts and Crafts 113</u></p> <p><u>Employment 114</u></p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:00-3:00</u> Volunteerism F</p> <p><u>12:30-1:30</u> Goal Setting 108</p> <p><u>Beg. Computer 109</u></p> <p><u>12:30-2:30</u> Mosaics 113</p> <p><u>1:30-2:30</u> Basketball OS</p> <p><u>Chair Yoga 107</u></p> <p><u>2:00-3:00</u> Refreshing</p> <p><u>English 114</u></p> <p><u>3:00-4:30</u> Horseshoes OS</p> <p><u>3:30-4:30</u> Al-Anon 108</p>	<p>29</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30 -10:00</u> 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><u>West African Drumming 111</u></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</p> <p><u>Women's Group 111</u></p> <p><u>12:30-2:30</u> TAY Social OS</p> <p><u>Nature Walk F</u></p> <p><u>Choir 107</u></p> <p><u>1:30-2:30</u> Brain Health 108</p> <p><u>2:00-3:00</u> Meditation 111</p> <p><u>2:00-4:00</u> Water Colors 113</p> <p><u>2:30-3:30</u> Guitar Lesson 107</p> <p><u>2:30-4:00</u> Chess Club 114</p> <p><u>3:00-4:00</u> Self Empowerment 111</p> <p><u>Open Discussion 108</u></p> <p><u>3:30-4:30</u> Social Dance LR</p> <p><u>5:00-8:00</u> Social Hour LR,108,113</p>	<p>30</p> <p><u>9:15-9:30</u> Morning Ice Breaker</p> <p><u>9:30-10:00</u> Social Time</p> <p><u>10:00 -11:00</u> Video Dance 107</p> <p><u>Horseshoes OS</u></p> <p><u>10:00-11:30</u> Fundamentals of Drawing 113</p> <p><u>Cooking Class K</u></p> <p><u>10:30-4:00</u> Social Outing: LA Arboretum 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> Living in the Now 108</p> <p><u>Fashion 101 114</u></p> <p><u>2:00-3:30</u> NAMI Connection 113</p> <p><u>3:30-4:30</u> Fun with Games LR</p>