

Wellness Center Central

January 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 January 18, 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>1</p> <p>Center will be closed Happy New Year</p> 	<p>2</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00 -11:00</u> Dance Fitness 107 Education 101 114</p> <p><u>10:00 -11:30</u> Cooking Class K 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: Fullerton College Art Gallery F</p> <p><u>11:30-1:00</u> Social Time Community Meeting</p> <p><u>12:30-3:00</u> Volunteerism F</p> <p><u>1:00-2:00</u> Uke-N-Sing Ukulele 107</p> <p><u>Acting Club 111</u></p> <p><u>1:00-2:30</u> NAMI Connection 108</p> <p><u>1:30 -3:00</u> Art Workshop 113</p> <p><u>2:00 -3:00</u> 12-Step Meeting 111 Music Academy 107</p> <p><u>3:00 -4:00</u> Mindfulness 111 Basic Spanish 114</p> <p><u>3:00-4:30</u> Karaoke 108 Volleyball OS</p>	<p>3</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Free Form Exercise 107 Juicing K</p> <p><u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 LGBTIQ Support (Closed Group) 111</p> <p><u>10:00-1:00</u> Volunteerism F</p> <p><u>11:00-3:00</u> Social Outing: Barnes and Nobles F</p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 Steps To Success F</p> <p><u>12:30-2:30</u> Mosaics 113</p> <p><u>1:30-2:30</u> Chair Yoga 107 Refreshing English 114</p> <p><u>3:00-4:00</u> Al-Anon 108 Campus Sports Activities OS</p>	<p>4</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 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 Choir 107</p> <p><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> Self Empowerment 111 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>5</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: Fullerton College Art Gallery 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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