Wellness Center Central

January 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
1 **Center will be closed**  	**2** 9:15-9:30 Morning Ice Breaker 9:30-10:00 Social Time 10:00 -11:00 Tai Chi 107 10:30-11:30 All' bout Supplements 114 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-3:00 Movie Club: Main Place Mall F 11:30-12:30 Social Time 12:30 -1:30 American History 108 Intermediate Computer 109 12:30 –2:30 Glass Arts 113 1:30 -2:30 Positive Thinking 108 WRAP 114 2:00-3:00 12-Step Meeting 111 2:00-4:00 Bowling F 3:00-4:00 Healthy Relationships 114 Basketball OS	**3** 9:15-9:30 Morning Ice Breaker 9:30-10:00 Social Time 10:00 -11:00 Dance Fitness 107 Education 101 111 10:00 -11:30 Cooking Class K Jewelry Design I 113 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-4:00 Social Outing: Griffith Observatory F 11:30-1:00 Social Time Community Meeting 12:30-3:00 Volunteerism F 1:00-2:00 Diversity 108 Day to Day Living 114 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	**4** 9:15-9:30 Morning Ice Breaker 9:30-10:00 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 LGBTIQ Support (Closed Group) 111 10:00-1:00 Volunteerism F 11:30-12:30 Social Time 12:30-1:30 Goal Setting 108 Beg. Computer 109 12:30-2:30 Mosaics 113 1:30-2:30 Basketball OS Chair Yoga 107 2:00-3:00 Refreshing English 114 3:00-4:30 Horseshoes OS 3:30-4:30 Al-Anon 108	**5** 9:15-9:30 Morning Ice Breaker 9:30 -10:00 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 12:30-2:30 TAY Social OS Walkabout F Choir 107 1:30-2:30 Brain Health 108 2:00-3:00 Meditation 111 2:00-4:00 Water Colors 113 2:30-3:30 Guitar Lesson 107 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	**6** 9:15-9:30 Morning Ice Breaker 9:30-10:00 Social Time 10:00 -11:00 Video Dance 107 Horseshoes OS 10:00–11:30 Fundamentals of Drawing 113 Cooking Class K 10:30-4:00 Social Outing: Griffith Observatory 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 Living in the Now 108 Fashion 101 114 2:00-3:30 NAMI Connection 113 3:30-4:30 Fun with Games LR

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