



# Wellness Center Central

March 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><b>Depression Coping Skills</b> March 29, 2018 (Thursday) <u>12:30p.m.-1:30p.m.</u></p> <p><b>Ambassador Meeting</b> (Fridays) <u>12:00pm-12:30pm</u></p> <p><b>Community Meeting</b> (Wednesdays) <u>12:00pm-12:30pm</u></p>	<p><b>Member Advisory Board Meeting</b> March 16, 2018 (Friday) 1:00pm—2:00pm <u>Room 114</u></p>  <p><b>Chat With The MAB</b> (Wednesdays) 12:30 pm—1:00pm <u>Room 114</u></p>	<p><b>Health Fair</b> March 21, 2018 1:00p.m.-3:00p.m. (Wednesday)</p> 	<p><b>1</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise <b>107</b> Juicing <b>K</b> <u>10:00-11:30</u> Dual Recovery Anonymous <b>108</b> Arts and Crafts <b>113</b> Employment <b>114</b> LGBTIQ Support (Closed Group) <b>111</b> <u>10:00-1:00</u> Volunteerism <b>F</b> <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Goal Setting <b>108</b> Beginning Computer <b>109</b> <u>12:30-2:30</u> Mosaics <b>113</b> <u>1:30-2:30</u> Refreshing English <b>114</b> Chair Yoga <b>107</b> <u>2:00-3:00</u> Basketball <b>OS</b> <u>3:00-4:00</u> Al-Anon <b>108</b> <u>3:00-4:30</u> Horseshoes <b>OS</b></p>	<p><b>2</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening <b>OS</b> <u>10:00-11:30</u> Floral Design <b>113</b> West African Drumming <b>111</b> <u>10:30-11:30</u> Enlightenment <b>108</b> <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Men's Group <b>108</b> Women's Group <b>111</b> <u>12:30-2:30</u> TAY Social <b>OS</b> Walkabout <b>F</b> Choir <b>107</b> <u>1:30-2:30</u> Brain Health <b>108</b> Meditation <b>111</b> <u>2:00-4:00</u> Water Colors <b>113</b> <u>2:30-3:30</u> Guitar Lesson <b>107</b> <u>2:30-4:00</u> Chess Club <b>114</b> <u>3:00-4:00</u> Self Empowerment <b>111</b> Open Discussion <b>108</b> <u>5:00-8:00</u> Social Hour <b>LR,108,113</b></p>	<p><b>3</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Video Dance <b>107</b> Horseshoes <b>OS</b> <u>10:00-11:30</u> Fundamentals of Drawing <b>113</b> Cooking Class <b>K</b> <u>10:30-4:00</u> Social Outing: LA Plaza De Cultura Y Artes <b>F</b> <u>11:00-3:00</u> Movie Club: Main Place Mall <b>F</b> <u>11:30-12:30</u> Social Time <u>12:30-2:00</u> Jewelry Design II <b>113</b> <u>1:00-2:00</u> Living in the Now <b>108</b> <u>2:00-3:00</u> Fashion 101 <b>114</b> <u>2:00-3:30</u> NAMI Connection <b>113</b> <u>3:30-4:30</u> Fun with Games <b>LR</b></p>

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Saturday 9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>26</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114</p> <p><u>10:00-11:30</u> Scrapbooking 113</p> <p><u>10:30-11:30</u> Yoga 111 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 Laughter Yoga 107</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 Healthy Living 108</p> <p><u>3:00-4:30</u> Bingo 113</p>	<p><b>27</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Tai Chi 107 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 Intermediate Computer 109</p> <p><u>12:30-2:00</u> Pathways to Recovery 111</p> <p><u>12:30-2:30</u> Glass Arts 113</p> <p><u>1:30-2:30</u> Positive Thinking 108 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 108 Basketball OS</p> <p><u>3:00-4:30</u> NAMI Connection 113</p>	<p><b>28</b></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>10:00-1:00</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: Hsi Lai Temple F</p> <p><u>11:30-1:00</u> Social Time</p> <p><u>Community Meeting</u> <u>1:00-2:00</u> Diversity 108 Day to Day Living 114 Uke-N-Sing Ukulele 107</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><b>29</b></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>11:30-12:30</u> Social Time</p> <p><u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109</p> <p><u>12:30-2:30</u> Mosaics 113</p> <p><u>1:30-2:30</u> Refreshing English 114</p> <p><u>2:00-3:00</u> Basketball OS</p> <p><u>3:00-4:00</u> Al-Anon 108</p> <p><u>3:00-4:30</u> Horseshoes OS</p>	<p><b>30</b></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</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>2:30-3:30</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 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><b>31</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Video Dance 107 Horseshoes OS</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: Hsi Lai Temple 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>2:00-3:00</u> 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>