

# Wellness Center Central

September 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>Peer Partnering Support Program (Wednesdays)</b>  <u>10:00 a.m.-11:00 a.m.</u></p> <p><b>Community Meeting (Wednesdays)</b>  <u>12:00p.m.-12:30p.m.</u></p> <p><b>Ambassador Meeting (Fridays)</b>  <u>12:00p.m.-12:30p.m.</u></p>	<p><b>NAMI WALK</b>  <b>Anaheim Stadium</b>  <b>September 29,2018</b>  <b>(Saturday)</b></p> <p><b>Meet us at Wellness Center Central for NAMI WALK</b>  <b>September 29,2018</b>  <b>(Saturday)</b>  <b>8:30a.m.</b></p>	<p><b>Chat With The MAB (Wednesdays)</b>  <u>12:30 p.m. – 1:00 p.m.</u></p> <p><b>Chat With The MAB (Wednesdays)</b>  <u>12:30 p.m. – 1:00 p.m.</u></p>	<p><b>Translators are available upon request in:</b></p> <p><b>Spanish, Vietnamese, Farsi, Chinese and Korean</b></p>	<p><b>Join Us to Celebrate Hispanic Heritage Day</b>  <b>September 14, 2018 (Friday)</b>  <b>1:00p.m.-4:00p.m.</b></p> <p><b>Member Advisory Board MAB Meeting</b>  <b>September 21, 2018 (Friday)</b>  <u>11:00 a.m.-12:30 p.m.</u></p>	<p><b>1</b></p> <p><u>9:15-10:00</u>  <b>Morning Ice Breaker Social Time</b></p> <p><u>10:00 -11:00</u>  <b>Video Dance 107</b></p> <p><u>10:00-11:30</u>  <b>Fundamentals of Drawing 113</b></p> <p><u>10:30-4:00</u>  <b>Social Outing: Orange International Street Fair F</b></p> <p><u>11:00-3:00</u>  <b>Movie Club: Main Place Mall F</b></p> <p><u>11:30-12:30</u>  <b>Social Time</b></p> <p><u>12:30-2:00</u>  <b>Jewelry Design II 113</b></p> <p><u>1:00-2:00</u>  <b>Living in the Now 108</b></p> <p><u>2:00-3:00</u>  <b>Fashion 101 114</b></p> <p><u>2:00-3:30</u>  <b>NAMI Connection 113</b></p> <p><u>3:30-4:30</u>  <b>Fun with Games LR</b></p>

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<p><b>3</b></p> <p>The Wellness Center will be closed to observe</p> <p><b>Labor Day</b></p>	<p><b>4</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi <b>107</b> All 'bout Supplements <b>114</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-3:00</u> Movie Club: AMC Block of Orange <b>F</b> <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History <b>108</b> Zumba <b>111</b> Intermediate Computer <b>109</b> <u>12:30 -2:30</u> Glass Arts <b>113</b> <u>1:00-2:00</u> WRAP <b>114</b> <u>1:30 -2:30</u> Positive Thinking <b>108</b> <u>2:00-3:00</u> 12-Step Meeting <b>111</b> <u>2:00-4:00</u> Bowling <b>F</b> Tea Time <b>K</b> <u>3:00-4:00</u> Healthy Relationships <b>108</b> Basketball <b>OS</b> Volleyball <b>OS</b></p>	<p><b>5</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness <b>107</b> Education 101 <b>114</b> <u>10:00 -11:30</u> Cooking Class <b>K</b> Jewelry Design I <b>113</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:30-1:00</u> Social Time Community Meeting <u>12:00-4:00</u> Social Outing: Olvera Street <b>F</b> <u>12:30-1:30</u> Uke-N-Sing Ukulele <b>107</b> <u>12:30-3:00</u> Volunteerism <b>F</b> <u>1:00-2:30</u> NAMI Connection <b>108</b> <u>1:30 -3:00</u> Art Workshop <b>113</b> <u>2:00 -3:00</u> 12-Step Meeting <b>111</b> Music Academy <b>107</b> <u>3:00 -4:00</u> Mindfulness <b>111</b> Basic Spanish <b>114</b> <u>3:00-4:30</u> Karaoke <b>108</b> Volleyball <b>OS</b></p>	<p><b>6</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>7</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> Nature Walk <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>2:30-4:00</u> Chess Club <b>114</b> <u>3:00-4:00</u> Self Empowerment <b>111</b> Open Discussion <b>108</b> <u>3:30-4:30</u> Social Dance <b>LR</b> <u>5:00-8:00</u> Social Hour <b>LR,108,113</b></p>	<p><b>8</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> <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: Citadel Outlets <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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<p><b>17</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening <b>OS</b> Dance Fitness <b>107</b> Nutrition 101 <b>114</b> <u>10:00-11:30</u> Scrapbooking <b>113</b> <u>10:30-11:30</u> Yoga <b>111</b> Dual Recovery Anonymous <b>108</b> <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Coping Skills <b>108</b> Smoking Prevention <b>114</b> Laughter Yoga <b>107</b> <u>12:30-2:30</u> Fundamentals of Painting <b>113</b> <u>12:30-3:00</u> Beach Volleyball <b>F</b> <u>2:00-3:00</u> Social Anxiety Support Group <b>108</b> <u>3:00-4:00</u> Meditation <b>111</b> Healthy Living <b>108</b> <u>3:00-4:30</u> Bingo <b>113</b></p>	<p><b>18</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi <b>107</b> All 'bout Supplements <b>114</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-3:00</u> Movie Club: AMC Block of Orange <b>F</b> <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History <b>108</b> Zumba <b>111</b> Intermediate Computer <b>109</b> <u>12:30 -2:30</u> Glass Arts <b>113</b> <u>1:00-2:00</u> WRAP <b>114</b> <u>1:30 -2:30</u> Positive Thinking <b>108</b> <u>2:00-3:00</u> 12-Step Meeting <b>111</b> <u>2:00-4:00</u> Bowling <b>F</b> Tea Time <b>K</b> <u>3:00-4:00</u> Healthy Relationships <b>108</b> Basketball <b>OS</b> Volleyball <b>OS</b></p>	<p><b>19</b></p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness <b>107</b> Education 101 <b>114</b> <u>10:00 -11:30</u> Cooking Class <b>K</b> Jewelry Design I <b>113</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-4:00</u> Social Outing: Venice Beach <b>F</b> <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-1:30</u> Uke-N-Sing Ukulele <b>107</b> <u>12:30-3:00</u> Volunteerism <b>F</b> <u>1:00-2:30</u> NAMI Connection <b>108</b> <u>1:30 -3:00</u> Art Workshop <b>113</b> <u>2:00 -3:00</u> 12-Step Meeting <b>111</b> Music Academy <b>107</b> <u>3:00 -4:00</u> Mindfulness <b>111</b> Basic Spanish <b>114</b> <u>3:00-4:30</u> Karaoke <b>108</b> Volleyball <b>OS</b></p>	<p><b>20</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>21</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> Nature Walk <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>2:30-4:00</u> Chess Club <b>114</b> <u>3:00-4:00</u> Self Empowerment <b>111</b> Open Discussion <b>108</b> <u>3:30-4:30</u> Social Dance <b>LR</b> <u>5:00-8:00</u> Social Hour <b>LR,108,113</b></p>	<p><b>22</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> <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: Irvine Global Village Festival <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>24</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>Dance Fitness 107</p> <p>Nutrition 101 114</p> <p><u>10:00-11:30</u> Scrapbooking 113</p> <p><u>10:30-11:30</u> Yoga 111</p> <p>Dual Recovery</p> <p>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>New Lung 114</p> <p>Laughter Yoga 107</p> <p><u>12:30-2:30</u> Fundamentals of Painting 113</p> <p><u>12:30-3:00</u> Beach Volleyball F</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>Healthy Living 108</p> <p><u>3:00-4:30</u> Bingo 113</p>	<p><b>25</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</p> <p>All 'bout</p> <p>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: AMC Block of Orange F</p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:30-1:30</u> American History 108</p> <p>Zumba 111</p> <p>Intermediate</p> <p>Computer 109</p> <p><u>12:30-2:30</u> Glass Arts 113</p> <p><u>1:00-2:00</u> WRAP 114</p> <p><u>1:30-2:30</u> Positive Thinking 108</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</p> <p>Basketball OS</p> <p>Volleyball OS</p>	<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> Dance Fitness 107</p> <p>Education 101 114</p> <p><u>10:00-11:30</u> Cooking Class K</p> <p>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: Korean Cultural Center F</p> <p><u>11:30-1:00</u> Social Time</p> <p><u>Community Meeting</u></p> <p><u>12:30-1:30</u> Uke-N-Sing Ukulele 107</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</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><b>27</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</p> <p>Juicing K</p> <p><u>10:00-11:30</u> Dual Recovery</p> <p>Anonymous 108</p> <p>Arts and Crafts 113</p> <p>Employment 114</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>Beginning</p> <p>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>Chair Yoga 107</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>28</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</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>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</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><b>29</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</p> <p><u>10:00-11:30</u> Fundamentals of Drawing 113</p> <p>Cooking Class K</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> <p style="text-align: center;"><b>NAMI WALK</b> Anaheim Stadium September 29,2018 (Saturday)</p> <p style="text-align: center;">Meet us at Wellness Center Central for NAMI WALK September 29,2018 (Saturday) 8:30a.m.</p>