

Wellness Center Central

October 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 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114 <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 Laughter Yoga 107 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Healthy Living 108 <u>3:00-4:30</u> Bingo 113	2 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi 107 All 'bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: AMC Block of Orange F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 Zumba 107 Intermediate Computer 109 <u>12:30 -2:30</u> Glass Arts 113 <u>1:00-2:00</u> WRAP 114 <u>1:30 -2:30</u> Positive Thinking 108 <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 108 Basketball OS Volleyball OS	3 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 114 <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>11:30-1:00</u> Social Time Community Meeting <u>12:00-4:00</u> Social Outing: Balboa Fun Zone F <u>12:30-1:30</u> Uke-N-Sing Ukulele 107 <u>12:30-3:00</u> Volunteerism F <u>1:00-2:30</u> NAMI Connection 108 <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	4 <u>9:15-10:00</u> Morning Ice Breaker 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 Beginning Computer 109 <u>12:30-2:30</u> Mosaics 113 <u>1:00-2:00</u> Refreshing English 114 <u>1:30-2:30</u> Chair Yoga 107 <u>2:00-3:00</u> Basketball OS <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Horseshoes OS	5 <u>9:15-10:00</u> Morning Ice Breaker 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 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	6 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Tiller Days 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 <u>2:00-3:00</u> Documentary 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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8 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114 <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 Laughter Yoga 107 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Healthy Living 108 <u>3:00-4:30</u> Bingo 113	9 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi 107 All 'bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: AMC Block of Orange F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 Zumba 111 Intermediate Computer 109 <u>12:30 -2:30</u> Glass Arts 113 <u>1:00-2:00</u> WRAP 114 <u>1:30 -2:30</u> Positive Thinking 108 <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 108 Basketball OS Volleyball OS	10 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 114 <u>10:00 -11:30</u> Cooking Class K Jewelry Design I 113 <u>10:00-1:00</u> Volunteerism F <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-4:00</u> Social Outing: Pao Fa Temple (Irvine) F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-1:30</u> Uke-N-Sing Ukulele 107 <u>1:00-2:30</u> NAMI Connection 108 <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	11 <u>9:15-10:00</u> Morning Ice Breaker 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>12:00-3:00</u> Volunteerism F <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 <u>12:30-2:30</u> Mosaics 113 <u>1:00-2:00</u> Refreshing English 114 <u>1:30-2:30</u> Chair Yoga 107 <u>2:00-3:00</u> Basketball OS <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Horseshoes OS	12 <u>9:15-10:00</u> Morning Ice Breaker 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 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	13 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Pao Fa Temple (Irvine) 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 <u>2:00-3:00</u> Documentary 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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15 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Gardening OS Dance Fitness 107 Nutrition 101 114 <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 Laughter Yoga 107 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>2:00-3:00</u> Social Anxiety Support Group 108 <u>3:00-4:00</u> Meditation 111 Healthy Living 108 <u>3:00-4:30</u> Bingo 113	16 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Tai Chi 107 All 'bout Supplements 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: AMC Block of Orange F <u>11:30-12:30</u> Social Time <u>12:30 -1:30</u> American History 108 Zumba 111 Intermediate Computer 109 <u>12:30 -2:30</u> Glass Arts 113 <u>1:00-2:00</u> WRAP 114 <u>1:30 -2:30</u> Positive Thinking 108 <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 108 Basketball OS Volleyball OS	17 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Dance Fitness 107 Education 101 114 <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. Plaza de Cultura Y Artes F <u>11:30-1:00</u> Social Time Community Meeting Join us for our 7th Annual Job Fair October 17, 2018 (Wednesday) <u>1:00 p.m. – 3:00 p.m.</u> <u>3:00-4:30</u> Karaoke 108 Volleyball OS	18 <u>9:15-10:00</u> Morning Ice Breaker 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 Beginning Computer 109 <u>12:30-2:30</u> Mosaics 113 <u>1:00-2:00</u> Refreshing English 114 <u>1:30-2:30</u> Chair Yoga 107 <u>2:00-3:00</u> Basketball OS <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Horseshoes OS	19 <u>9:15-10:00</u> Morning Ice Breaker 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 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	20 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 <u>10:30-4:00</u> Social Outing: Silverado Day 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 <u>2:00-3:00</u> Documentary 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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