

# Wellness Center Central

September 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><b>2</b></p> <p style="text-align: center;"><b>Wellness Center Central Closed to Observe Labor Day</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> Tai Chi <b>107</b> Better Bites <b>114</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-3:00</u> Movie Club: Cinemark in 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>107</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> <u>3:00-4:30</u> Basketball <b>OS</b> Volleyball <b>OS</b></p>	<p><b>4</b> <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> Jewelry Design I <b>113</b> Cooking Class <b>K</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-4:00</u> Social Outing: Los Angeles Contemporary Museum <b>F</b> <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism <u>1:00-2:00</u> Uke-N-Sing Ukulele <b>107</b> Poetry <b>114</b> Acting Club <b>111</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>5</b> <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> <u>10:00-1:00</u> Volunteerism <b>F</b> <u>11:00-3:00</u> Social Outing: Orange Library <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> Better Days <b>114</b> <u>12:30-2:00</u> Pathways to Recovery <b>111</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>3:00-4:00</u> Al-Anon <b>108</b> <u>3:00-4:30</u> Campus Sport Activities <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> 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> Living in the Now <b>114</b> <u>12:30-2:30</u> TAY Social <b>OS</b> Nature Walk <b>F</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> Open Discussion <b>108</b> Self Empowerment <b>111</b> <u>3:30-4:30</u> Social Dance <b>LR</b> <u>5:00-8:00</u> Social Hour <b>107, 108,</b> <b>113, LR</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> 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: Moon Festival at Santa Anita Park <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> Topic of the Day <b>108</b> <u>1:00-3:00</u> House Movie <b>LR</b> <u>2:00-3:00</u> Meditation <b>111</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>

# Wellness Center Central

September 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><b>9</b> <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> Fashion 101 <b>111</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>1:30-2:30</u> Laughter Yoga <b>107</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>10</b> <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi <b>107</b> Better Bites <b>114</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-3:00</u> Movie Club: Cinemark in 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>107</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> <u>3:00-4:00</u> Healthy Relationships <b>108</b> <u>3:00-4:30</u> Basketball <b>OS</b> Volleyball <b>OS</b></p>	<p><b>11</b> <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> Jewelry Design I <b>113</b> Cooking Class <b>K</b> <u>10:00-1:00</u> Volunteerism <b>F</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>1:00-2:00</u> Uke-N-Sing Ukulele <b>107</b> Poetry <b>114</b> Acting Club <b>111</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>12</b> <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> LGBTIQ Support (Closed Group) <b>111</b> <u>10:00-11:30</u> Dual Recovery Anonymous <b>108</b> Arts and Crafts <b>113</b> Employment <b>114</b> <u>11:00-3:00</u> Social Outing: Barnes and Nobles <b>F</b> <u>11:30-12:30</u> Social Time <u>12:00-3:00</u> Volunteerism <b>F</b> <u>12:30-1:30</u> Goal Setting <b>108</b> Beginning Computer <b>109</b> Better Days <b>F</b> <u>12:30-2:00</u> Pathways to Recovery <b>111</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>3:00-4:00</u> Al-Anon <b>108</b> <u>3:00-4:30</u> Campus Sport Activities <b>OS</b></p>	<p><b>13</b> <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> Living in the Now <b>114</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>2:30-4:00</u> Chess Club <b>114</b> <u>3:00-4:00</u> Open Discussion <b>108</b> Self Empowerment <b>111</b> <u>3:30-4:30</u> Social Dance <b>LR</b> <u>5:00-8:00</u> Social Hour <b>107, 108,</b> <b>113, LR</b></p>	<p><b>14</b> <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: Venice Beach <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> Topic of the Day <b>108</b> <u>1:00-3:00</u> House Movie <b>LR</b> <u>2:00-3:00</u> Meditation <b>111</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>

# Wellness Center Central

September 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><b>16</b> <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 Fashion 101 111 Smoking Prevention 114 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <u>1:30-2:30</u> Laughter Yoga 107 <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</p>	<p><b>17</b> <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi 107 Better Bites 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-3:00</u> Movie Club: Cinemark in 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 <u>3:00-4:30</u> Basketball OS Volleyball OS</p>	<p><b>18</b> <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> Jewelry Design I 113 Cooking Class K <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-4:00</u> Social Outing: Homestead Museum F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism F <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Poetry 114 Acting Club 111 <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</p>	<p><b>19</b> <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>10:00-1:00</u> Volunteerism F <u>11:00-3:00</u> Social Outing: Orange Library F <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 Better Days F <u>12:30-2:00</u> Pathways to Recovery 111 <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Campus Sport Activities OS</p>	<p><b>20</b> <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  <b>Hispanic Heritage Celebration September 20, 2019 (Friday) Wellness Center Central 1:00 p.m.-4:00 p.m.</b>  <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour 107, 108, 113, LR</p>	<p><b>21</b> <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: Homestead Museum at La Puente F <u>11:30-12:30</u> Social Time <u>12:00-2:00</u> Summer Barbeque OS <u>12:30-2:00</u> Jewelry Design II 113 <u>1:00-2:00</u> Topic of the Day 108 <u>1:00-3:00</u> House Movie LR <u>2:00-3:00</u> Meditation 111 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p>

# Wellness Center Central

September 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><b>23</b> <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> Fashion 101 <b>111</b> New Lung <b>114</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>1:30-2:30</u> Laughter Yoga <b>107</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>24</b> <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi <b>107</b> Better Bites <b>114</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-3:00</u> Movie Club: Cinemark in 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>107</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> <u>3:00-4:00</u> Healthy Relationships <b>108</b> <u>3:00-4:30</u> Basketball <b>OS</b> Volleyball <b>OS</b></p>	<p><b>25</b> <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> Jewelry Design I <b>113</b> Cooking Class <b>K</b> <u>10:00-1:00</u> Volunteerism <b>F</b> <u>10:30-12:00</u> Depression Bipolar Support Alliance <b>108</b> <u>11:00-4:00</u> Social Outing: Getty Museum <b>F</b> <u>11:30-1:00</u> Social Time Community Meeting <u>1:00-2:00</u> Uke-N-Sing Ukulele <b>107</b> Poetry <b>114</b> Acting Club <b>111</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>26</b> <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> LGBTIQ Support (Closed Group) <b>111</b> <u>10:00-11:30</u> Dual Recovery Anonymous <b>108</b> Arts and Crafts <b>113</b> Employment <b>114</b> <u>11:00-3:00</u> Social Outing: Barnes and Nobles <b>F</b> <u>11:30-12:30</u> Social Time <u>12:00-3:00</u> Volunteerism <b>F</b> <u>12:30-1:30</u> Goal Setting <b>108</b> Beginning Computer <b>109</b> Better Days <b>F</b> <u>12:30-2:00</u> Pathways to Recovery <b>111</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>3:00-4:00</u> Al-Anon <b>108</b> <u>3:00-4:30</u> Campus Sport Activities <b>OS</b></p>	<p><b>27</b> <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> Living in the Now <b>114</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>2:30-4:00</u> Chess Club <b>114</b> <u>3:00-4:00</u> Open Discussion <b>108</b> Self Empowerment <b>111</b> <u>3:30-4:30</u> Social Dance <b>LR</b> <u>5:00-8:00</u> Social Hour <b>107, 108,</b> <b>113, LR</b></p>	<p><b>28</b> <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: NAMI Walk at Anaheim Stadium <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> Topic of the Day <b>108</b> <u>1:00-3:00</u> House Movie <b>LR</b> <u>2:00-3:00</u> Meditation <b>111</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> <p style="text-align: center;"><b>NAMI Walk (Angels Stadium) September 28, 2019 (Saturday) Wellness Center Central 9:00 am.-1:00 p.m.</b></p>






# Wellness Center Central

September 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><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>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                      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>Fashion 101 111</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>1:30-2:30</u>                      Laughter Yoga 107</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>Barbeque</b>                      September 21, 2019                      (Saturday)                      Wellness Center                      Central  <u>12:00 p.m.-2:00 p.m.</u></p> <p><b>Peer                      Partnering                      Support                      Program</b>                      (Wednesdays)  <u>10:00 a.m.-11:00 a.m.</u></p> <p><b>Community                      Meeting</b>                      (Wednesdays)  <u>12:00 p.m.-12:30 p.m.</u></p> <p><b>Chat With MAB</b>                      (Wednesdays)  <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>~~~~~</p> <p><b>Ambassador                      Meeting</b>                      (Fridays)  <u>12:00 p.m.-12:30 p.m.</u></p> <p>~~~~~</p> <p><b>Member Advisory                      Board (MAB)                      Meeting</b>                      September 13, 2019                      (Friday)  <u>11:00 a.m.-12:30 p.m.</u></p>	<p><b>Hispanic Heritage                      Celebration</b>                      September 20, 2019                      (Friday)                      Wellness Center                      Central  <u>1:00 p.m.-4:00 p.m.</u></p>   <p><b>NAMI Walk</b>                      (Angels Stadium)                      September 28, 2019                      (Saturday)                      Wellness Center                      Central  <u>9:00 am.-1:00 p.m.</u></p>	 <p><b>Hispanic Heritage                      Month</b>                      September 13, 2019                      (Friday)                      Wellness Center                      South  <u>12:00 p.m.-3:00 p.m.</u></p> <p><b>Chess Tournament</b>                      September 20, 2019                      (Friday)                      Wellness Center                      South  <u>12:00 p.m.-4:00 p.m.</u></p>	<p><b>Hispanic Heritage                      Celebration</b>                      September 7, 2019                      (Saturday)                      Wellness Center                      West  <u>12:00 p.m.-2:00 p.m.</u></p> <p><b>Meet and Greet                      Job Fair</b>                      September 24, 2019                      (Tuesday)                      Wellness Center                      West  <u>12:00 am.-2:00 p.m.</u></p> 