

Wellness Center Central

January 2020

**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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Peer Partnering Support Program (Wednesdays) <u>10:00 a.m.-11:00 a.m.</u> Community Meeting (Wednesdays) <u>12:00 p.m.-12:30 p.m.</u>	 10th Anniversary Celebration January 22, 2020 (Wednesday) <u>11:00 a.m.-2:00 p.m.</u>	1 Closed for New Year's Day	2 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise 107 Juicing K LGBTIQ Support (Closed Group) 111 <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 <u>11:00-3:00</u> Social Outing: Barnes and Nobles F <u>11:30-12:30</u> Social Time <u>12:00-3:00</u> Volunteerism: Beach Clean Up F <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 Better Days 114 <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	3 <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 Living in the Now 114 <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>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR Event Planning 107 <u>5:00-8:00</u> Social Hour 107, 108, 113, LR	4 <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: Houser & Wirth Art Gallery 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> 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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 <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>12:30-3:00</u> Volunteerism: Food Distribution F <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 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:00-2:30</u> Volleyball OS <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	7 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi 107 Better Bites 114 <u>10:00-11:30</u> Employment 113 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>10:30-3:00</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 Social Circle 114 <u>12:30-2:30</u> Glass Arts 113 <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 - New Location! F Tea Time K <u>3:00-4:00</u> Healthy Relationships 108 <u>3:00-4:30</u> Basketball OS Volleyball OS	8 <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: CA Science Center F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism: Food Distribution F <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Poetry 111 <u>1:00-2:30</u> NAMI Connection 108 WRAP 114 <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	9 <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: Beach Clean Up 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 114 <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	10 <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 Living in the Now 114 <u>12:30-2:30</u> TAY Social OS Walkabout F <u>1:30-2:30</u> Brain Health 108 Meditation 111 <u>2:00-4:00</u> Water Colors 113 <u>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR Event Planning 107 <u>5:00-8:00</u> Social Hour 107, 108, 113, LR	11 <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: Ontario Museum History & Art 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> 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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 <u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Gardening OS Dance Fitness 107 Nutrition 101 114 10:00-11:30 Scrapbooking 113 10:00-1:00 Volunteerism: Beach Clean Up F 10:30-11:30 Yoga 111 Dual Recovery Anonymous 108 11:30-12:30 Social Time 12:30-1:30 Smoking Prevention 114 Coping Skills 108 Fashion 101 111 12:30-2:30 Fundamentals of Painting 113 1:00-2:30 Volleyball OS 1:30-2:30 Laughter Yoga 107 2:00-3:00 Social Anxiety Support Group 108 3:00-4:00 Meditation 111 Healthy Living 108 3:00-4:30 Bingo 113	14 <u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Tai Chi 107 Better Bites 114 10:00-11:30 Employment 113 10:30-12:00 Depression Bipolar Support Alliance 108 10:30-3:00 Movie Club: Cinemark in Orange F 11:30-12:30 Social Time 12:30 -1:30 American History 108 Zumba 107 Social Circle 114 12:30 -2:30 Glass Arts 113 1:30 -2:30 Positive Thinking 108 2:00-3:00 12-Step Meeting 111 2:00-4:00 Bowling - New Location! F 3:00-4:00 Healthy Relationships 108 3:00-4:30 Basketball OS Volleyball OS	15 <u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Dance Fitness 107 10:00 -11:30 Jewelry Design I 113 Cooking Class K 10:00-1:00 Volunteerism: Beach F 10:30-12:00 Depression Bipolar Support Alliance 108 11:00 -12:00 Education 101 114 11:00-4:00 Social Outing: La Plaza de Cultura Artes F 11:30-1:00 Social Time Community Meeting 1:00-2:00 Uke-N-Sing Ukulele 107 Poetry 111 1:00-2:30 NAMI Connection 108 WRAP 114 1:30 -3:00 Art Workshop 113 2:00 -3:00 12-Step Meeting 111 Music Academy 107 3:00 -4:00 Balance & Boundaries 111 Basic Spanish 114 3:00-4:30 Karaoke 108 Volleyball OS	16 <u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Free Form Exercise 107 Juicing K LGBTIQ Support (Closed Group) 111 10:00-11:30 Dual Recovery Anonymous 108 Arts and Crafts 113 Employment — SSI/SSDI 114 11:00-3:00 Social Outing: Barnes and Nobles F 11:30-12:30 Social Time 12:00-3:00 Volunteerism: Beach Clean Up F 12:30-1:30 Goal Setting 108 Beginning Computer 109 Better Days 114 12:30-2:30 Mosaics 113 1:30-2:30 Refreshing English 114 Chair Yoga 107 3:00-4:00 Al-Anon 108 3:00-4:30 Campus Sport Activities OS	17 <u>9:15-10:00</u> Morning Ice Breaker 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 Living in the Now 114 12:30-2:30 TAY Social OS Nature Walk F Choir 107 1:30-2:30 Brain Health 108 Meditation 111 2:00-4:00 Water Colors 113 2:30-4:00 Chess Club 114 3:00-4:00 Open Discussion 108 Self Empowerment 111 3:30-4:30 Social Dance LR Event Planning 107 5:00-8:00 Social Hour 107, 108, 113, LR	18 <u>9:15-10:00</u> Morning Ice Breaker Social Time 10:00-11:00 Video Dance 107 10:00-11:30 Fundamentals of Drawing 113 Cooking Class K 10:30-4:00 Social Outing: Lynwood Community Health Fair F 11:30-12:30 Social Time 12:30-2:00 Jewelry Design II 113 1:00-2:00 Topic of the Day 108 1:00-3:00 House Movie LR 2:00-3:00 Meditation 111 2:00-3:30 NAMI Connection 113 3:30-4:30 Fun with Games LR

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20  Closed for Martin Luther King Jr. Day	21 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi 107 Better Bites 114 <u>10:00-11:30</u> Employment 113 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>10:30-3:00</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 Social Circle 114 <u>12:30 -2:30</u> Glass Arts 113 <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 - New Location! F Tea Time K <u>3:00-4:00</u> Healthy Relationships 108 <u>3:00-4:30</u> Basketball OS Volleyball OS	22  10th Anniversary Celebration January 22, 2020 (Wednesday) 11:00 a.m.-2:00 p.m. 	23 <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 Beach Clean Up 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 114 <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	24 <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 Living in the Now 114 <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>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR Event Planning 107 <u>5:00-8:00</u> Social Hour 107, 108, 113, LR	25 <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: Festival of Human Abilities—Aquarium of the Pacific 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> 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

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27 <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>10:00-1:00</u> Volunteerism: Riverbed Farm F <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> New Lung 114 Coping Skills 108 Fashion 101 111 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>1:00-2:30</u> Volleyball OS <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	28 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi 107 Better Bites 114 <u>10:00-11:30</u> Employment 113 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>10:30-3:00</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 Social Circle 114 <u>12:30 -2:30</u> Glass Arts 113 <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 - New Location! F <u>3:00-4:00</u> Healthy Relationships 108 <u>3:00-4:30</u> Basketball OS Volleyball OS	29 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Dance Fitness 107 <u>10:00 -11:30</u> Jewelry Design I 113 Cooking Class K <u>10:00-1:00</u> Volunteerism: Beach Clean Up F <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00 -12:00</u> Education 101 114 <u>11:00-4:00</u> Social Outing: Getty Museum F <u>11:30-1:00</u> Social Time Community Meeting <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Poetry 111 <u>1:00-2:30</u> NAMI Connection 108 WRAP 114 <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	30 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise 107 Juicing K LGBTIQ Support (Closed Group) 111 <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 <u>11:00-3:00</u> Social Outing: Barnes and Nobles F <u>11:30-12:30</u> Social Time <u>12:00-3:00</u> Volunteerism: Beach Clean Up F <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 Better Days 114 <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	31 <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 Living in the Now 114 <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>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR Event Planning 107 <u>5:00-8:00</u> Social Hour 107, 108, 113, LR	Translators are available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean Ambassador Meeting (Fridays) <u>12:00 p.m.-12:30 p.m.</u> Member Advisory Board Meeting (MAB) January 17 ,2019 (Friday) <u>11:00 a.m.-1:00p.m.</u> Chat With MAB (Wednesdays) <u>12:30 p.m. -1:00</u>