Wellness Center Central

May 2022

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Copyright Pathways of California, 2022, All Rights Reserved

In partnership with

College Community Services | Pathways Community Services

OC health CARE AGENCY

Wellness Center Central — ALL TOGETHER — WE CAN MAKE A DIFFERENCE

THANK You

FOR BEING A MEMBER!!

Come enjoy a time of food, games, prizes, & fun at our annual

MEMBER APPRECIATION CARNIVAL

MAY 20, 2022
12-3PM

Catering by the Habit BURGER GRILL until 1:30pm

401 S. Tustin Ave. Building C
Orange, CA 92866
Need more info? Call 714-361-4860

~~~~~~~~~~

Go with us or meet us at Bowers Museum Courtyard May 14, 2022 11:30-3:00 for Unlocking Stigma Resource Fair

~~~~~~~~~~

Translators available upon request in: Spanish, Vietnamese, Farsi, Chinese, and Korean

May is ~~ Mental Health Month

Let's look after ourselves and each other!

Wellness Center Central — ALL TOGETHER — WE CAN MAKE A DIFFERENCE

May is Membership Renewal Month!!! Please get your 2022 Renewal form in the Lobby, fill it out, turn it in and get your ticket for a great raffle!

Wellness Center Central

May 2022

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:15-9:45 Ice Breaker LR **New Day** 10:00-10:30 Walk & Talk OS 10:00-11:00 Dream Boards 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 108 Floral Design 113 3:30-4:30 DBSA 108	**3** 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 10:00-10:30 Walk & Talk OS 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-12:00 Watercolors 113 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 12:30-1:30 Self Empowerment 111 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 Laughter Yoga 111 (H) 813 5117 8684 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:25-4:25 Bingo 113 Karaoke 108 Chess Club 114	**4** 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism Food Distribution 1:00–2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 111 1:00-3:00 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 3:25-4:25 Journaling 113 AA Open Meeting 114 (H) 836 0460 9371	**5** 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 10:00-1:00 Social Outing-Library F 11:00-12:00 Open Discussion 108 Brain Health 114 **New Day** Basketball/Horseshoes Volleyball OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 113 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-3:15 Job Club Viewing Party 111 893 7281 4497 1:30-3:00 Open Art Class 113 2:15-3:15 Resilience 114 3:15-4:30 Depression Bipolar Support Alliance 108(H) 874 1407 2502 3:25-4:25 NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	**6** 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 113 11:00-12:00 LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-1:30 Ambassador Meeting/ PPSP 114 1:00-2:00 Mosaics 113 AA Open Meeting 111 Campus Sport Activities OS 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 3:25-4:25 Good Vibes Circle LR Chess Club 114 3:30-5:00 Tea Time K 5:00-8:00 Social Hour LR, 113, 108	**7** 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:30-12:30 Choir 107 (H) 857 3185 8460 10:15-11:15 Schizophrenia Alliance 108 10:45-12:00 Friends, Food & Fun-Cinco de Mayo Tacos OS/K 11:00-3:00 Matinee Movie AMC at The Outlets of Orange 12:00-1:00 Topic of the Day LR (H) 810 6071 6338 1:00-2:00 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114

(H)=Hybrid Zoom/Onsite
Group is online/onsite

MAY 8th

Copyright Pathways of California, 2022, All Rights Reserved

Wellness Center Central

May 2022

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 9:15-9:45 Ice Breaker LR **New Day** 10:00-10:30 Walk & Talk OS 10:00-11:00 Dream Boards 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 108 Floral Design 113 3:30-4:30 DBSA 108	**10** 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 10:00-10:30 Walk & Talk OS 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-12:00 Watercolors 113 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 12:30-1:30 Self Empowerment 111 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:25-4:25 Bingo 113 Karaoke 108 Chess Club 114 	**11** 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 107 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 SSI-Work Incentives & Employment 114 (H) 864 4216 5871 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00–2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 111 1:00-3:00 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 3:25-4:25 Journaling 113 AA Open Meeting 114 (H) 836 0460 9371	**12** 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 10:00-1:00 Social Outing-Barnes & Noble F 11:00-12:00 Open Discussion 108 Brain Health 114 **New Day** Basketball/Horseshoes Volleyball OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 113 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 1:30-3:00 Open Art Class 113 2:15-3:15 Resilience 114 3:15-4:30 Depression Bipolar Support Alliance 108(H) 874 1407 2502 3:25-4:25 NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	**13** 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 113 11:00-12:00 LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-1:30 Chat With MAB 114 1:00-2:00 Mosaics 113 AA Open Meeting 111 Campus Sport Activities OS 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 3:25-4:25 Good Vibes Circle LR Chess Club 114 5:00-8:00 Social Hour LR, 113, 108	**14** 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:30-12:30 Choir 107 (H) 857 3185 8460 10:15-11:15 Schizophrenia Alliance 108 10:45-12:00 Friends, Food & Fun K NO MATINEE MOVIE! 11:30-3:00 Unlocking Stigma Fair Bowers Museum 12:00-1:00 Topic of the Day LR (H) 810 6071 6338 1:00-2:00 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114

Copyright Pathways of California, 2022, All Rights Reserved

Wellness Center Central

May 2022

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 9:15-9:45 Ice Breaker LR **New Day** 10:00-10:30 Walk & Talk OS 10:00-11:00 Dream Boards 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 108 Floral Design 113 3:30-4:30 DBSA 108	**17** 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114(H) 828 4508 0989 10:00-10:30 Walk & Talk OS 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-12:00 Watercolors 113 11:00-12:15 DBSA 108 11:00-12:00 DBSA 108 New Lung 114 (H) *Enrollment required* Contact April to enroll 712 0855 0008 12:00-1:00 Social Time LR 12:30-1:30 Self Empowerment 111 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 Laughter Yoga 111 (H) 813 5117 8684 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:30-4:30 Bingo 113 Karaoke 108 Chess Club 114	**18** 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 107 Gardening OS NAMI Connection 108(H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 SSDI-Work Incentives & Employment 114 (H) 864 4216 5871 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism Food Distribution 1:00–2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 111 1:00-3:00 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 3:25-4:25 Journaling 113 AA Open Meeting 114(H) 836 0460 9371	**19** 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 10:00-1:00 Social Outing-Library F 11:00-12:00 Open Discussion 108 Brain Health 114 Fresh Flower Design 113 **New Day** Basketball/Horseshoes Volleyball OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 113 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 1:30-3:00 Open Art Class 113 2:15-3:15 Resilience 114 3:15-4:30 Depression Bipolar Support Alliance 108(H) 874 1407 2502 3:25-4:25 NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	**20** 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 114 11:00-12:00 LGBTQ+(Closed)111 Looking Good-Feeling Good 108 **Member Appreciation Carnival** **12:00-3:00 pm** 3:25-4:25 Good Vibes Circle LR Chess Club 114 3:30-5:00 Tea Time K 5:00-8:00 Social Hour LR, 113, 108	**21** 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:30-12:30 Choir 107 (H) 857 3185 8460 10:15-11:15 Schizophrenia Alliance 108 10:45-12:00 Friends, Food & Fun K 11:00-3:00 Matinee Movie AMC at The Outlets of Orange 12:00-1:00 Topic of the Day LR (H) 810 6071 6338 1:00-2:00 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114

Copyright Pathways of California, 2022, All Rights Reserved

Wellness Center Central

May 2022

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 9:15-9:45 Ice Breaker LR **New Day** 10:00-10:30 Walk & Talk OS 10:00-11:00 Dream Boards 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 108 Floral Design 113 3:30-4:30 DBSA 108	**24** 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 10:00-10:30 Walk & Talk OS 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-12:00 Watercolors 113 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 12:30-1:30 Self Empowerment 111 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:25-4:25 Bingo 113 Karaoke 108 Chess Club 114	**25** 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108(H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism Beach Clean Up 1:00–2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 111 1:00-3:00 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 3:25-4:25 Journaling 113 AA Open Meeting 114(H) 836 0460 9371	**26** 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS 10:00-11:00 Healthy Living 114(H) 841 6593 6409 10:00-1:00 Social Outing-Barnes & Noble F 11:00-12:00 Open Discussion 108 Brain Health 114 **New Day** Basketball/Horseshoes Volleyball OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 113 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 1:30-3:00 Open Art Class 113 2:15-3:15 Resilience 114 3:15-4:30 Depression Bipolar Support Alliance 108(H) 874 1407 2502 3:25-4:25 NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	**27** 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 113 11:00-12:00 LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-1:30 Ambassador Meeting/ PPSP 114 1:00-2:00 Mosaics 113 AA Open Meeting 111 Campus Sport Activities OS 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 3:25-4:25 Good Vibes Circle LR Chess Club 114 5:00-8:00 Social Hour LR, 113, 108 Super Bingo Night	**28** 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:30-12:30 Choir 107 (H) 857 3185 8460 10:15-11:15 Schizophrenia Alliance 108 10:45-12:00 Friends, Food & Fun K 11:00-3:00 Matinee Movie AMC at The Outlets of Orange 12:00-1:00 Topic of the Day LR (H) 810 6071 6338 1:00-2:00 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114

Copyright Pathways of California, 2022, All Rights Reserved

Wellness Center Central

May 2022

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

				Friday	Saturday
30 ********** **CLOSED** **In Honor of Memorial Day** **Have a SAFE and FUN Holiday Weekend!!** **********	**31** 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 10:00-10:30 Walk & Talk OS 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-12:00 Watercolors 113 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 12:30-1:30 Self Empowerment 111 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:25-4:25 Bingo 113 Karaoke 108 Chess Club 114	~*~*~*~*~*~*~ *Employment Support By Appointment* To consult with our Employment Specialist *Janice, please call (949) 406-9687 9am-5pm* ~~~~~~~~~~ *MAB Agenda Mtg. 5/26/2022 11:00-11:30* ~~~~~~~~~~ *MAB Mtg. 5/27/2022 11:00-12:30* ~~~~~~~~~~ *Closed Groups* ~~~~~~~~~~	*Education Support By Appointment* ~~~~~~~~~~~~~~~~~~~~ *If you are interested in returning to school, Please call William at (714) 361-4860 9am-5pm* ~~~~~~~~~~~~~~~~~~~~ *For Help with your Wellness Recovery Action Plan (WRAP)* ~~~~~~~~~~ *Please call Diana for Assistance at (626) 373-0157 9am-5pm*	zoom To join online groups & classes by phone, please call (213) 338-8477 then enter the meeting number when prompted. To access groups via computer, please log on to **Zoom.US** & enter the meeting number under the **Join A Meeting** link. You can download the Zoom app from the App Store on your smartphone. See our Blog at www.wellnesscenteroc.com or call our main number 714-361-4860. Have A Look! **Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources. If you have any suggestions, comments, or blogs to contribute, please email them to Sohail.Eftekharzadeh@pathways.com**

Copyright Pathways of California, 2022, All Rights Reserved