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Wellness Center Central Community Newsletter

DECEMBER 2019

Wellness Center Central Mission Statement: Our goals are to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Community News Flash!

- ◇ New Volunteerism: Riverbed Farm 10 a.m. - 1 p.m. Mondays
- ◇ New Volunteerism: Beach clean up 10 a.m. - 1 p.m. every other Mondays
- ◇ Holiday Lunch Wednesday, December 18, 12 p.m. - 2 p.m.
- ◇ 10th Anniversary Celebration 1/22/2020 11 a.m. - 2 p.m.
- ◇ Collaborative Karaoke 1/29/2020 2 p.m. - 4 p.m.
- ◇ Lunar New Year 2/7/2020 5 p.m. - 8 p.m.
- ◇ Black History Month Celebration 2/26/2020 1 p.m. - 4 p.m.
- ◇ Health Fair 3/18/2020 1 p.m. - 3 p.m.

WELLNESS CENTER CENTRAL
401 South Tustin Street, Building C
Orange, CA 92866
Phone: 714-361-4860 Fax: 714-361-4861

Hours:
Monday—Thursday 9 a.m.—5 p.m.
Friday 9 a.m. - 8 p.m.
Saturday 9 a.m.—5 p.m.

10 Years Anniversary Invitation

Greetings everyone,

It is with great pleasure to invite you to the 10-year Anniversary of Wellness Center Central. It makes me a proud director of Wellness Center Central as I announce that we have crossed another milestone in the history of our program. **On Wednesday, January 22, 2020** our program will celebrate 10 years of its establishment. I take this occasion to thank each of you for being an earnest part of Wellness Center Central and invite you to join us as we celebrate our 10- year anniversary.

What began as a small program with just 20 members has risen up to stand tall amongst the business leads of the time with more than 6000 members. Our program has countless achievements and accomplishments, especially from last year which proved to be exceptionally productive for our program.

Without the support of our excellent team and our community partners it would never have been this big. Every one of you plays a very important role in the development of our program. It is for your enthusiasm, support and dedication that have brought us to this height. Wellness Center Central, shall ever remain indebted to your contributions. We are very excited and looking forward to seeing you at our event.

Inspirational Quotes

Try to be a rainbow in someone's cloud. — **Maya Angelou**

Instead of letting your hardships and failures discourage you, let them inspire you. — **Michelle Obama**

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart - **Roy Bennett**

No one can make you feel inferior without your consent— **Eleanor Roosevelt**

Nobody can go back and start a new beginning, but anyone can start today and make a new ending. — **Maria Robinson**

You are never too old to set another goal or to dream a new dream -- **C.S. Lewis**

Source: <https://motivationping.com/quotes>



Ambassador Recognition Award



**Congratulations to Justine Plascentia for
being an outstanding ambassador!!!**

Hispanic Heritage Month



**The Wellness Center
Central would like to
show our
appreciation to
Hispanic Heritage
Month. It was an
amazing event filled
with fun activities,
cultural dances, and
Hispanic cuisine.**



New Year Resolutions for 2020

1. Focus on a Passion, Not the Way You Look.

Influencer Mik Zazon, who is on a mission to “normalize normal bodies,” tells *Parade*, “... I want to inform readers that resolutions are in fact NOT an invitation to start a diet or a workout plan but a beautiful reminder that a new year can bring new life to our passions.”

2. Work out to feel good, not be thinner.

Instead of obsessing over the scale, obsess over how amazing you feel since you started being more active. Numbers do not mean much.

3. Stop gossiping.

Do not be that person. Spread positivity.

4. Give one compliment a day.

You never know—it just might make that person feel a whole lot better.

5. Go a whole day without checking your email.

Nobody is going to die. It can wait until tomorrow.

6. Do Random Acts of Kindness.

Norbert, the famous therapy dog, reminds us that *anyone* can be kind, and it costs you nothing.

“I may be only 3 pounds, but it’s not the size of the dog, it’s the size of the heart that counts. Through social media, I love to bring joy into people’s lives by making them smile with my photos and videos ... I think acts of kindness and generosity make the world a better place. We call my community of nearly two million followers worldwide the ‘Norberthood.’ We encourage caring and compassion and believe it is better to be thoughtful and kind than to bully. Let us spread smiles together! As I say, you don’t have to be big to make a BIG difference in the world.”

7. Read a book a month.

Haven’t you heard? Reading is good for your brain, it can reduce stress, and it can improve your memory and concentration.

8. Go somewhere you have never been.

Step outside of your comfort zone and do something daring. It is good for the soul and forces you to learn new things.

9. Clear out the clutter.

Clutter is literally bad for your health. Research says it stresses you out. Make 2020 the year of organization and cleanliness.

10. Turn off your phone one night a week.

You are sleeping anyway. You do not need it!

Sources: <https://parade.com/969195/megangrant/new-years-resolutions-ideas/>

Comedy Corner

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!" A nurse then yells the second man, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!" A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets." "That's strange," he answers. "I work for the Four Seasons hotel!" The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"

Source: <http://www.laughfactory.com>



Did You Know?

Did you know cat urine glows under a black light

Did you know tree hugging is forbidden in China

Did you know the film 'Mary Poppins' was filmed entirely indoors

Did you know the human body of a 70 kg person contains 0.2mg of gold

Did you know the electric chair was invented by a dentist

Did you know Madonna and Michael Jackson were both born in 1958

Did you know more people are allergic to cows milk than any other food

Did you know if your DNA was stretched out it would reach to the moon 6,000 times

Did you know your most active muscles are in your eye

Did you know only female mosquitoes bite

Did you know a moth has no stomach

Source: www.did-you-knows.com



The Wellness Center Central had a delighted Thanksgiving and Holiday Celebration. We had over 100 individuals attended both events. We celebrated our Thanksgiving and Holiday with delicious food, laughter, joy, and love. On behalf of The Wellness Center Central staff, I would like to extend my warmest and most sincere wishes for this beautiful holiday season. May the year 2020 bring you good health, prosperity, new achievements, as well as harmony and the love of your dear ones.

Happy holidays and have a happy New Year!

Vision, Mission, and Values

Our Mission, Vision, and Values:

We deliver exceptional value by creating healthy communities through exceptional people.

Sudoku Challenge

					4		5
			1			2	9
	6				8	4	
		4				1	7
	2		6		9		4
	3	1				9	
		2	7				3
	1	7			5		
	8		9				

Stop by Wellness Center Central to pick up a monthly calendar that lists the many free classes available to you!
Membership is free, too!