

# Wellness Center Central

July 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>1</b></p> <p><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>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>2</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: AMC Block of 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> Nar-Anon <b>107</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>3</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: Armory Center for the Arts <b>F</b> <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism <b>F</b> <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>4</b></p> <p>Wellness Center Closed</p> <p>for Independence Day</p> <p>Enjoy your holiday!</p>	<p><b>5</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> Walk About <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>6</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: Armory Center for the Arts <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>

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<p><b>8</b></p> <p><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> Smoking Prevention <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>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>9</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: AMC Block of 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> Nar-Anon <b>107</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>10</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: Automobile Driving 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>11</b></p> <p><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>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> Steps To Success <b>F</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>12</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> 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>13</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: Automobile Driving Museum <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>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>15</b></p> <p><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> New Lung <b>114</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>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>16</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: AMC Block of 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> Nar-Anon <b>107</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>17</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: Santa Monica Pier <b>F</b> <u>11:30-1:00</u> Social Time <u>12:30-3:00</u> Community Meeting Volunteerism <b>F</b> <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>18</b></p> <p><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 (SSI&amp;SSDI) <b>114</b> <u>11:00-3:00</u> Social Outing: Irvine Spectrum <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> Steps To Success <b>F</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>19</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> 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>20</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: Ocean Festival <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>2:30-3:30</u> Jewelry Clinic <b>114</b> <u>3:30-4:30</u> Fun with Games <b>LR</b></p>

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Saturday 9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</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: AMC Block of 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> Nar-Anon <b>107</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>23</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: AMC Block of 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> Nar-Anon <b>107</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>24</b></p> <p><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: Orange County Fair <b>F</b> <u>11:30-1:00</u> Social Time Community Meeting</p> <p style="text-align: center;"><b>Calendar Art Fair</b> 1:00 p.m. - 3:00 p.m.</p> <p><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>25</b></p> <p><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>10:00-1:00</u> Volunteerism <b>F</b> <u>11:00-3:00</u> Social Outing: Fashion Island <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> Steps To Success <b>F</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>26</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> 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>27</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: Celebration Recovery Picnic <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

July 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>29</b></p> <p><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 <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</p>	<p><b>30</b></p> <p><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: 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 Nar-Anon 107 <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 <u>3:00-4:30</u> Basketball OS Volleyball OS</p>	<p><b>31</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>10:00-1:00</u> Volunteerism F <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00-4:00</u> Social Outing: Angels Game F <u>11:30-1:00</u> Social Time Community Meeting <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>Wellness Center South Job &amp; Education Fair July 29, 2019 (Monday) <u>1:00 p.m.-3:00 p.m.</u></p> <p>Ambassador Meeting (Fridays) <u>12:00 p.m.-12:30 p.m.</u></p> <p>Wellness Center Central Closed on July 4, 2019 for Independence Day</p> <p>MHA Celebration Recovery Picnic (Hart Park) July 27,, 2019 (Saturday) <u>11:00 a.m.- 3:00 p.m.</u></p>	<p>Peer Partnering Support Program (Wednesdays) <u>10:00 a.m.-11:00 a.m.</u></p> <p>Translators are available upon request in:  Spanish, Vietnamese, Farsi, Chinese and Korean</p> <p>Community Meeting (Wednesdays) <u>12:00 p.m.-12:30 p.m.</u></p>	<p>Chat With MAB (Wednesdays) <u>12:30 p.m. -1:00 p.m.</u></p> <p>Member Advisory Board (MAB) Meeting July 19, 2019 (Friday) <u>11:00 a.m.-12:30 p.m.</u></p> <p>Calendar Art Fair Wellness Center Central July 24, 2019 (Wednesday) <u>1:00p.m.- 3:00p.m.</u></p>