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

29 9:15-9:45 Ice Breaker/Work Order | Ice Breaker/Work Order Day Check-In LR

<u>10:00-11:00</u> Mindful Meditation 111 **Dual Recovery** Anonymous 108 (H) 847 7808 6908

10:00-12:00 Iewelry Design 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107

12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837

1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056

AA Open Meeting 107 **Story Circle 114**

2:00-3:00 Healing With Art 113

2:15-3:15 Coping Skills 108 **Social Anxiety 111**

3:30-4:30 **DBSA 108** Game Time 114



Tuesday

30 9:15-9:45 Day Check-In LR

9:45-12:45 Campus Sports Activities | 9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733

10:00-11:00 Al-Anon Meeting 107

<u>10:00-11:30</u> Join Us For Coffee F

10:00-12:00 Watercolors 113

10:00-1:00 Volunteerism F **Gold Coast Farms**

11:00-12:00 Schizophrenia Alliance **DBSA 111** Karaoke 108

12:00-1:00 Social Time/Work Order Day Check-In LR

1:00-2:00 Self Empowerment 111 (H) 895 9260 2224

1:00-3:00 Mid-Autumn Festival - WCW

1:00-2:00 Work Order Dav Orientation 114

1:30-2:30 Beginning Computer 109

<u>2:00-3:30</u> Mosaics 113

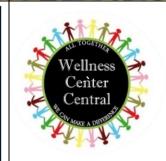
2:15-3:15 Anger Management 108 (H) 897 1661 6727

3:30-4:30 Chess Club 114 Mock Interview 111

It's WORK ORDER DAY Time!

You love the Wellness Center, and you want to lend a hand... Here is your opportunity to do what you can! Work Order Day mirrors the workplace environment in preparing and supporting members for employment.

See any staff member for more information.



Let your voice be heard! Give your feedback!

Semi-Annual Group Evaluations

September 15th

Through

September 27th

See any staff member for more information.

Group Name:				Facilitator Name:	
Member Name	(Optional):			Room:	
1. What did	l you like about	the group? Wi	nat do you f	eel went well?	
2. What did	l you not like? V	Vhat could hav	e gone bett	er?	
2 What cul	higgs would you	like to have a	enoakor die	cuss in the future?	
3. What sui	bject would you	like to have a	speaker dis	icass in the latare?	
4. What wo	uld you like to l	earn or do in t	his class/gr	oup?	
4. What wo	uld you like to I	earn or do in t	his class/gr	oup?	
4. What wo	uld you like to I	earn or do in t	his class/gr	oup?	
4. What wo		earn or do in t	his class/gr	oup?	
		earn or do in t	his class/gr	oup?	
		earn or do in t	his class/gr	oup?	
5. Other co	mments?			oup?	
5. Other co	mments?	roup. (Please Neutral	circle one)	Strongly Agree	
5. Other co	mments?	roup. (Please	circle one)		
5. Other co	mments?	roup. (Please Neutral 3	circle one) Agree 4	Strongly Agree	

Member Advisory Board:

MAB Agenda Mtg. 09/12/2025 10:00am-10:30am

MAB Mtg. 114 09/19/2025 11:00am-12:30pm

Closed Groups

Please view our BLOG at

www. wellnesscenteroc. com

You will find I o ts of fun, info, ideas and r es ourc es.

~~*~*~*

© 2025 Clarvida, All Rights Reserved.

Calendar is subject to change. Translators available upon request.

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

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

It's WORK ORDER DAY Time!

You love the Wellness Center. and you want to lend a hand... Here is your opportunity to do what you can! Work Order Day mirrors the workplace environment in preparing and supporting members for employment.

Three areas to choose from:

Administration Team

This would include: Answering incoming calls, assist with making copies, faxing, and other clerical tasks.

Maintenance Team

This includes routine cleaning and inspection of building interior and exterior. Kitchen monitor, sweeping, dust cleaning, picking up litter, taking out trash and watering to maintain WCC's garden.

Peer Team

This includes but is not limited to: community outreach, event planning, resource room concierge, program tours, welcoming specialist and translation assistance.



Wednesday Friday Saturday 9:15-9:45 9:15-9:45 Ice Breaker/Work Order

Day Check-In LR 9:45-10:45 Wellness Wednesday 114 **Gardening OS** NAMI Connection 108 (H) 824 5047 2205

9:45-11:00 Art Workshop 113 Campus Sports OS

10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371

10:00-1:00 PM lob Fair—WCW

11:00-11:50 Community Meeting LR (H) 844 3176 0396

11:00-2:00 Volunteerism F **Food Distribution**

12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837

1:00-2:00 **ASL Sign Language 108** Preparing For/Future 107 1:00-2:30

Tewelry Design 113 WRAP 114 (H) 832 7126 3020

1:30-3:00 Uke'N'Feel Better 111

2:30-3:30 Bingo 107

:30-4:00 Chess Club 114 Crochet 113

3:30-4:30 Social Skills 108

Copyright Clarvida, 2025, All Rights Reserved

Ice Breaker/Work Order Day Check-In LR

9.45-10:45 Tai Chi 107/OS Creative Dance for Healing 111

9:45-11:15 Campus Sport Activities OS

10:00-11:00 **Healthy Living 114** (H) 812 0742 2407 **DBSA 108** (H) 852 7154 9027

10:00-1:00 Chapman College Tour

11:00-12:00 Open Discussion 107 Positive Thinking 108 (H) 841 4238 8927

11:45 -1:45 AA—Friendship Club

12:00-1:00 Dealing With Change Halleh from OMID

1:00-2:00 **Juicing K Employment/Education** Support 114 Enlightenment 111

1:00-2:30 **Music Academy 108** (H) 885 0804 0727

<u>2:00-3:00</u> Emotional Wellness 111

2:00-3:30 **Game Time 107**

2:00-4:30 Open Art Class 113

3:30-4:30 NA Open Meeting 111 Poetry 114

3 9:15-9:45 Ice Breaker/Work Order Day Check-In LR

10:00-11:00 Looking Good-Feeling Good

10:00-11:30 Cooking K 10:00-11:30 **Campus Sport Activities 11:00-11:30**

11:00-12:00 AA Open Meeting 111 LGBTQ+ (Closed) 114 Stav Fit Friday 107

Chat with MAB 108

12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837

1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Trauma Recovery 114 1:30-3:30

2:00-3:00 Women's Group 108 (H) 875 7924 1408 Men's Group 111 Japanese Language 107 Communication Skillstopic-Love Languages 114 (H) 836 1671 9491

3:00-4:00 Anime 111

Open Art 113

3:00-4:30 **Good Vibes Circle 108** Chess Club 114

3:15-4:15 Choir 107 (H) 857 3185 8460

4:00-5:00 West African **Drumming 111**

5:00-8:00 Social Hour

9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-10:45

Coping Skills 108

10:00-11:00 Schizophrenia Alliance 114

10:00-12:00 Iewelry Design 113

> **10:30-4:00** Social Outing F

Cypress Community Festival at Oak Knoll

11:00-12:00 Enlightenment 108

11:30-3:30 Matinee Movies at AMC 30 at the **Outlets at Orange** Van leaves WCC at 11:45+-**Box Office** 12:00 to 12:30 Return Pick Up 3:30+-

12:00-1:00 Topic of the Day 108 12:00-1:30 Golf Card Game 107

1:00-2:00 Poetry 114

NAMI Connection 108 (H) 825 2384 8811

2:15-4:25 Art Workshop 113

Social Hour: In House Cinema LR Bingo 114 Karaoke 108

Calendar is subject to change. Translators available upon request.

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

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

Monday Tuesday Wednesday Thursday Friday Saturday 6 9:15-9:45 9:15-9:45 Ice Breaker/Work Order Ice Breaker/Work Order Dav Chéck-In LR Day Check-In LR 9:45-10:45 9:45-12:45 Eat Well, Live Well 114 Off Campus Sports (H) 814 7469 2733 10:00-11:00 10:00-11:00 Al-Anon Meeting 107 Mindful Meditation 111 DRA 108 (H) <u>10:00-11:30</u> Join Us For Coffee F 847 7808 6908 10:00-12:00 10:00-12:00 **Tewelry Design 113** Watercolors 113 11:00-12:00 10:00-1:00 Break through the Volunteerism F **Barriers of Trauma 108 Gold Coast Farms** (H) 816 7681 1961 11:00-12:00 Schizophrenia **Music Appreciation 114** Yoga 107 Alliance 114 12:00-1:00 **DBSA 111** Social Time/Work Or-Karaoke 108 der Day Chéck-In LR 12:00-1:00 (H) 823 6633 6837 Social Time/Work Order 1:00-2:00 Day Check-In LR Healthy 1:00-2:00 Relationships 108 Self Empowerment 111 (H) 840 3417 3056 (H) 895 9260 2224 AA Open Meeting 107 **Time Travel with Terry Story Circle 114** 108 (H) 868 9159 0989 2:00-3:00 **Healing With Art 113** 1:00-2:00 2:15-3:15 Work Order Day Coping Skills 108 **Training 114** Social Anxiety 111 3:30-4:30 **DBSA 108** Beginning Computer 109 **Game Time 114** 2:00-3:30 Mosaics 113 **2:15-3:15 Anger Management 108** Wellness (H) 897 1661 6727 Center 3:30-4:30 Chess Club 114 Central

Mock Interview 111

Copyright Clarvida, 2025 All Rights Reserved

www.wellnesscenteroc.com 8 9:15-9:45 Ice Breaker/Work Order Day Check-In LR <u>9:45-10:45</u> Wellness Wednesday 114 **Gardening OS** NAMI Connection 108 (H) 824 5047 2205 9:45-11:00 Art Workshop 113 Campus Sport Activities OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 10:00-11:00 Rm 114 **Benefits Workshop** with Dung Le 11:00-11:50 Community Meeting LR (H) 844 3176 0396 12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 **Recovery Expression 107** 1:00-2:30 Iewelry Design 113 **WRAP 114** (H) 832 7126 3020 1:30-3:00 Uke'N'Feel Better 111 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:30-4:30 Social Skills 108

9 9:15-9:45 Ice Breaker/Work Order Dav Check-In LR 9.45-10:45 Tai Chi 107/OS **Creative Dance for** Healing 111 9:45-11:15 Campus Sport Activities OS 10:00-11:00 **Healthy Living 114** (H) 812 0742 2407 **DBSA 108** (H) 852 7154 9027 10:00-1:00 Social Outing F OCMA—Museum 11:00-12:00 Open Discussion 107 **Positive Thinking 108** (H) 841 4238 8927 12:00-1:00 Social Time/Work Order Dav Chéck-In LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 **Juicing K Employment/Education** Support 114 **Enlightenment 111** 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-3:00 **Emotional Wellness** 111 2:00-3:30 Game Time 107 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111

Poetry 114

10 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 10:00-11:00 Looking Good-Feeling Good 10:00-11:30 Cooking K 10:00-11:30 Campus Sport Activities AA Open Meeting 111 Stay Fit Friday 107 12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837 <u>1:00-2:00</u> Mindfulness 111 **Balance & Boundaries 108** Trauma Recovery 114 1:30-3:30 **Open Art** 113 2:00-3:00 Women's Group 108 (H) 875 7924 1408 Men's Group 111 Japanese Language 107 3:00-4:00 Anime 111 3:00-4:30 Chess Club 114 3:15-4:15 Tea Time—K 4:00-5:00 Good Vibes Circle 108 4:00-5:00 West African **Drumming 111** 5:00-8:00 Social Hour

11 9:15-9:45 Ice Breaker/Work Order Day Check-In 9:45-10:45 Coping Skills 108 10:00-11:00 Schizophrenia Alliance 114 10:00-12:00 **Iewelry Design 113** 10:30-4:00 Social Outing F Irvine Global Village **Festival 11:00-12:00** Enlightenment 108 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 <u>12:00-1:30</u> Golf Card Game 107 1:00-2:00 Poetry 114 **NAMI Connection 108** (H) 825 2384 8811

2:15-4:25 Art Workshop 113 **Social Hour:** In House Cinema LR Bingo 114 Karaoke 108 **Fun with Games 107**



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

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

Copyright Clarvida, 2025, All Rights Reserved

Calendar is subject to change. Translators available upon request. www.wellnesscenteroc.com Monday Tuesday Wednesday Thursday Friday **16** 9:15-9:45 **13** <u>9:15-9:45</u> **14** 9:1<u>5-9:45</u> **15 18** 9:15-9:45 9:15-9:45 9:15-9:45 Ice Breaker/Work Or-Ice Breaker/Work Order Ice Breaker/Work Order Ice Breaker/Work Order Ice Breaker/Work Ice Breaker/Work Order Dav Check-In LR Day Check-In LR Day Check-In LR der Dav Check-In LR Day Check-In LR Order Day Check-In 9.45-10:45 Tai Chi 107/0S 9:45-10:45 Eat Well, Live Well 114 9:45-10:45 9:45-12:45 10:00-11:00 Wellness Wednesday 114 Campus Sports Activi-Looking Good-Feeling 9:45-10:45 Coping Skills 108 Gardening OS Creative Dánce for (H) 814 7469 2733 Good 108 **Healing 111** NAMI Connection 108 (H) 10:00-11:00 10:00-11:00 10:00-11:30 824 5047 2205 9:45-11:15 Campus Sport Al-Anon Meeting 107 10:00-11:00 Schizophrenia Mindful Meditation 111 Cooking K 9:45-11:00 Art Workshop 113 **Dual Recovery** 10:00-11:30 10:00-11:30 Activities OS Alliance 114 Anonymous 108 (H) Off Campus Sports F Campus Sport **Campus Sport Activities** 847 7808 6908 10:00-11:00 10:00-12:00 Activities OS 10:00-12:00 **Healthy Living 114 Tewelry Design 113** 10:00-12:00 11:00-12:00 Watercolors 113 (H) 812 0742 2407 10:00-11:00 **Jewelry Design 113** AA Open Meeting 111 10:00-1:00 **DBSA 108** AA Open Meeting 111 Stav Fit Friday 107 (H) 852 7154 9027 (H) 836 0460 9371 11:00-12:00 Volunteerism F Break through the 10:30-4:00 **Gold Coast Farms** 12:00-1:00 10:00-1:00 Barriers of Trauma 108 10:00-11:00 Rm 114 Social Outing: Hunting-Social Time/Work Order 11:00-12:00 Octsoberfest **Benefits Workshop** (H) 816 7681 1961 Day Check-In LR (H) Schizophrenia Alliance ton Beach Library Celebration of Sobriety with Dung Le 823 6633 6837 **Music Appreciation 114** 11:00-12:00 **DBSA 111** @ Kiwanisland Yoga 107 **Open Discussion 107** Special Outing: Job Fair 1:00-2:00 Karaoke 108 **Positive Thinking 108** 12:00-1:00 Mindfulness 111 (H) 841 4238 8927 Social Time/Work Order Day Check-In LR 12:00-1:00 **Balance & Boundaries 108** 11:00-11:50 Community Meeting LR Social Time/Work Order Trauma Recovery 114 11:45 -1:45 AA—Friendship Club 11:00-12:00 Day Check-In (H) 823 6633 6837 (H) 844 3176 0396 New Lung (H) 852 9041 1:30-3:30 **Enlightenment 108** 1:00-2:00 12:00-1:00 Open Art 113 11:00-2:00 Volunteerism F 3250 12:00-1:00 Healthy Social Time/Work Or-Topic of the Day 108 1:00-2:00 2:00-3:00 Women's Group 108 der Day Check-In LR **Relationships 108** Food Distribution Self Empowerment 111 (H) 895 9260 2224 (H) 810 6071 6338 (H) 840 3417 3056 (H) 875 7924 1408 1:00-2:00 12:00-1:00 AA Open Meeting 107 Social Time/Work Order **Juicing K** Men's Group 111 12:00-1:30 Golf Card Game 107 **Story Circle 114** Employment/ Japanese Language 107 Day Check-In LR (H) 1:00-2:00 **Education Support 114** 823 6633 6837 2:00-3:00 3:00-4:00 1:00-2:00 Work Order Day Enlightenment 111 **Healing With Art 113 Anime 11**1 Poetry 114 **Training 114** 1:00-2:00 ASL Sign Language 108 1:00-2:30 NAMI Connection 2:15-3:15 Advanced Music Academy 108 3:00-4:30 Good Vibes Circle 108 108 (H) 825 2384 Coping Skills 108 **Recovery Expression 107** 8811 Social Anxiety 111 1:30-2:30 (H) 885 0804 0727 Chess Club 114 **Beginning Computer 109** 1:00-2:30 3:30-4:30 2:00-3:00 111 2:15-4:25 Art Workshop 113 **Tewelry Design 113** 3:15-4:15 **DBSA 108 Emotional** Wellness **WRAP 114 Choir 107** 2:00-4:00 **Game Time 114** (H) 832 7126 3020 (H) 857 3185 8460 **Bowling at Concourse F** 2:00-3:30 **Social Hour:** Game Time 107 1:30-3:00 Uke'N'Feel Better 111 4:00-5:00 2:00-3:30 Mosaics 113 In House Cinema LR **West African** 2:00-4:30 Bingo 114 **Drumming 111** Open Art Class 113 2:15-3:15 2:30-3:30 Karaoke 108 Bingo 107 **Fun with Games 107 Anger Management 108** 3:30-4:30 NA Open Meeting 111 5:00-8:00 Social Hour (H) 897 1661 6727 2:30-4:00 Chess Club 114 3:30-4:30 Chess Club 114 Poetrv 114 Crochet 113 Mock Interview 111 3:30-4:30 Social Skills 108

401 S. Tustin Street # C Orange, CA 92866 Phone: (714)361-4860 Hours of Operation Monday-Thursday & Saturday 9:00am-5:00pm Friday 9:00am-8:00pm

Calendar is subject to change. Translators available upon request. www.wellnesscenteroc.com Monday & Tuesday & Wednesday & Thursday & Friday & Saturday 22 9:15-9:45 **25** <u>9:15-9:45</u> **21** 9:15-9:45 23 9:15-9:45 20 9:15-9:45 **24** 9:15-9:45 Ice Breaker/Work Order Day Check-In LR Ice Breaker/Work Ice Breaker/Work Or-Ice Breaker/Work Order Ice Breaker/Work Or-Ice Breaker/Work Order Order Day Check-In der Dav Check-In LR Day Check-In LR der Dav Check-In LR Day Check-In LR 9:45-10:45 Wellness Wednesday 114 9.45-10:45 Tai Chi 107/0S 9:45-10:45 10:00-11:00 9:45-10:45 Coping Skills 108 9:45-12:45 Eat Well. Live Well 114 **Looking Good-Feeling** Gardening OS Off Campus Sports Creative Dance for (H) 814 7469 2733 NAMI Connection 108 (H) 824 5047 2205 Good 108 **Healing 111** 10:00-11:00 Schizophrenia 10:00-11:00 10:00-11:00 10:00-11:30 9:45-11:00 9:45-11:15 Mindful Meditation 111 **Al-Anon Meeting 107** Alliance 114 Cooking K Art Workshop 113 Campus Sport Campus Sports **Dual Recovery** <u>10:00-11:30</u> Join Us For Coffee F 10:00-12:00 10:00-11:30 **Anonymous 108** 10:00-11:00 **Tewelry Design 113** Activities OS (H) 847 7808 6908 **Campus Sport Activities Healthy Living 114** 10:00-12:00 (H) 812 0742 2407 10:00-11:00 11:00-11:30 Watercolors 113 10:00-12:00 AA Open Meeting 111 9:00-4:00 **DBSA 108** Chat with MAB 114 **Tewelry Design 113** (H) 836 0460 9371 10:00-1:00 (H) 852 7154 9027 Volunteerism F **Social Outing** AA Open Meeting 111 11:00-11:50 Gold Coast Farms Long Beach **11:00-12:00** 10:00-1:00 Stav Fit Friday 107 Community Meeting LR (H) 844 3176 0396 Break through the Airport's Social Outing F 12:00-1:00 11:00-12:00 Barriers of Trauma 108 Heroes Hall Museum Festival of Flight Schizophrenia Alliance 114 Social Time/Work Order (H) 816 7681 1961 12:00-1:00 11:00-12:00 Open Discussion 107 **Music Appreciation 114 DBSA 111** Day Check-In LR (H) Social Time/Work Order 11:00-12:00 Karaoke 108 Yoga 107 823 6633 6837 Day Check-In LR (H) **Enlightenment 108** Positive Thinking 108 823 6633 6837 12:00-1:00 1:00-2:00 (H) 841 4238 8927 **12:00-1:00** Social Time/Work Order Mindfulness 111 12:00-3:00 Social Time/Work Or-Dav Check-In LR **Balance & Boundaries 108** Volunteerism F 11:30-3:30 **11:45 -1:45** der Day Chéck-In LR New Lung 114 Trauma Recovery 114 Beach Clean Up AA—Friendship Club Matinee Movies (H) 823 6633 6837 at AMC 30 at the 1:00-2:00 Self Empowerment 111 1:00-2:00 1:30-3:30 1:00-2:00 **Outlets at Orange Juicing K** Open Art 113 ASL Sign Language 108 1:00-2:00 Healthy Van leaves (H) 895 9260 2224 **Employment/Education** 2:00-3:00 **Recovery Expression 107** Support 114 WCC at 11:45+-**Time Travel with Terry Relationships 108** Women's Group 108 **Enlightenment 111** 1:00-2:30 **Box Office** 108 (H) 868 9159 0989 (H) 840 3417 3056 (H) 875 7924 1408 **Jewelry Design 113** 12:00 to 12:30 Men's Group 111 1:00-2:30 AA Open Meeting 107 Return Pick Up 3:30+-(H) 832 7126 3020 Music Academy 108 **Japanese Language 107 Story Circle 114** 1:00-2:00 (H) 885 0804 0727 Work Order Day 1:30-3:00 Uke'N'Feel Better 111 3:00-4:00 2:00-3:00 Emotional Wellness Training 114 12:00-1:30 Golf Card Game 107 Anime 107 <u>2:00-3:00</u> **Healing With Art 113** 111 3:00-4:30 12:00-1:00 1:15-4:00 <u>2:00-3:30</u> **Good Vibes Circle 108** Orange Coast College Topic of the Day 108 1:30-2:30 <u>2:15-3:</u>15 Game Time 107 Tour Chess Club 114 (H) 810 6071 6338 **Beginning Computer 109** Coping Skills 108 2:00-4:30 3:15-4:15 1:00-2:00 Social Anxiety 111 2:00-3:30 Mosaics 113 Open Art Class 113 Choir 107 Poetry 114 2:30-3:30 Bingo 107 (H) 857 3185 8460 NAMI Connection 3:30-4:30 3:30-4:30 108 (H) 825 2384 8811 NA Open Meeting 111 2:30-4:00 Chess Club 114 **DBSA 108** 4:00-5:00 2:15-3:15 Poetry 114 2:15-4:25 Art Workshop 113 **Game Time 114** West African **Anger Management 108** Crochet 113 (H) 897 1661 6727 **Drumming 111 Social Hour:** 3:30-4:30 Social Skills 108 3:30-4:30 5:00-8:00 In House Cinema LR Chess Club 114 **Social Hour** Bingo 114 **Mock Interview 111** **Super Bingo** Karaoke 108

Copyright Clarvida, 2025, All Rights Reserved

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

& Something was a friend of the season of th

27 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-12:45 Off Campus Sports

10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908

10:00-12:00 Jewelry Design 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107

12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837

1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056

AA Open Meeting 107 Story Circle 114

2:00-3:00 Healing With Art 113

2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30

3:30-4:30 DBSA 108 Game Time 114

> MAB Agenda Mtg. 10/11/2025 10:00-10:30am ~~~~~~ MAB Mtg. 114 10/18/2025

11:00-12:30

28 <u>9:15-9:45</u> Ice Breaker/Work Order Day Check-In LR

9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733

<u>10:00-11:00</u> Al-Anon Meeting 107

10:00-11:30 Join Us For Coffee F

<u>10:00-12:00</u> Watercolors 113

10:00-1:00 Volunteerism F Gold Coast Farms

11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 108

12:00-1:00 Social Time/Work Order Day Check-In LR

1:00-2:00 Self Empowerment 111 (H) 895 9260 2224

> 1:00-2:00 Work Order Day Training 114

1:30-2:30 Beginning Computer 109

2:00-3:30 Mosaics 113

2:00-4:00 Bowling at Concourse F

2:15-3:15 Anger Management 108 (H) 897 1661 6727

3:30-4:30 Chess Club 114 Mock Interview 111

> Copyright Clarvida, 2025 All Rights Reserved

29 <u>9:15-9:45</u> Ice Breaker/Work Order Day 45

9:45-10:45 Wellness Wednesday 114

Gardening OS NAMI Connection 108 (H) 824 5047 2205

9:45-11:00 Art Workshop 113 Campus Sport Activities OS

10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371

11:00-11:50 Community Meeting LR (H) 844 3176 0396

12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837

12:00-3:00 Volunteerism F Beach Clean Up

1:00-2:00 ASL Sign Language 108 Preparing for the Future 107

1:00-2:30 Jewelry Design 113 WRAP 114 (H) 832 7126 3020

1:30-3:00 Uke'N'Feel Better 111

2:00-3:00 Iob Club—114

2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:30-4:30 Social Skills 108 30 <u>9:15-9:45</u> Ice Breaker/Work Order Day Check-In LR

9.45-10:45 Tai Chi 107/OS Creative Dance for Healing 111

9:45-11:15 Campus Sports 10:00-11:00

Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027

10:00-1:00 Social Outing Roger's Garden/ Fashion Island

11:00-12:00 Open Discussion 107 Positive Thinking 108 (H) 841 4238 8927

11:45 -1:45 AA—Friendship Club

1:00-2:00 Juicing K Employment/Education Support 114 Enlightenment 111

1:00-2:30 Music Academy 108 (H) 885 0804 0727

<u>2:00-3:00</u> 111 Emotional Wellness

2:00-3:30 Game Time 107

2:00-4:30 Open Art Class 113

3:30-4:30 NA Open Meeting 111 Poetry 114



31 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 10:00-11:00

Looking Good-Feeling Good 108

10:00-11:30 Cooking K

10:00-11:30 Campus Sport Activities

11:00-11:30 Chat with MAB 114

AA Open Meeting 111 Stay Fit Friday 107 12:00-1:00

Social Time/Work Order Day Check-In LR (H) 823 6633 6837

1:00-2:00 Balance & Boundaries 108

Trauma Recovery 114 1:00-3:30

Costume Contest & Talent Show



2:00-3:00 Men's Group 111 Women's Group 108 (H) 875 7924 1408

3:30-4:30 Good Vibes Circle 108

4:00-5:00 West African Drumming 111

<u>5:00-8:00</u> Social Hour

Work Order Day Training

Tuesdays 1 PM—2 PM

Work order day training can refer to training to use a Workday system for daily tasks, or training on how to manage tasks and prioritize work within a broader work environment.

Sign-Up
Today!



Group Descriptions

Emotional Groups: Designed to aid our members with establishing their own ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.

Anger Management-Members learn to utilize the tools needed to recognize, accept, and understand emotional feelings and physiological reactions anger causes, and how to respond effectively.

Art Groups-Come join any Art Group (see calendar) to learn to use art as a tool for self-expression & self-exploration & benefit from using art as a creative way to process feelings.

Balance and Boundaries-Members can explore steps to establishing and maintaining healthy boundaries.

Break through the Barriers of Trauma-takes a holistic (mind, body, soul, spirit) approach to overcoming trauma. This trauma-informed care class gives participants the recovery tools to be resilient. Coping Skills-Members learn techniques to better manage, and how to effectively cope with daily struggles in life.DBSA (Depression, Bipolar Support Alliance)-DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Meets three times weekly.

Healthy Relationships-Members explore different types of relationships and how to engage in healthy relationships.

Jewelry Design-Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

Job Club-Provides ongoing motivation and group support while reinforcing and improving job-seeking skills.

LGBTIQ+ Closed Group—Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns.

Men's Group-This group is an open forum to share ideas, concerns, and solutions specific to men.

Mosaics- In these classes members practice forms of glass art including stained glass and mosaics.

NAMI Connection-recovery support group for adults living with mental illness. Learn from sharing experiences & coping strategies in a positive and supportive environment. Meets twice weekly. **Poetry-** Join fellow members to read and learn poetry and incorporate it in your recovery journey.

Positive Thinking-Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

Choir-Come join in to learn & sing fun/popular songs sharing music in recovery together; bring your own instrument if you can. All experience levels welcome!

Schizophrenia Alliance- join us to learn about and discuss schizophrenia and related schizoaffective disorders and diagnosis for better understanding, learn the six steps for recovery and how we can diffuse stigmas and fears and offer support in recovery and wellness. Meets twice a week.

Self-Empowerment- Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process. Social Anxiety Support Group- In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

Women's Group- This group is an open forum to share ideas, concern, and solutions specific to women.

Watercolors- Learn water color and graphite techniques from a fellow member.

Young Adult Group-Preparing for the Future: For members aged 18 to 26—Come discuss hopes & dreams for the future & how to plan.

Physical Groups: Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being.

Campus Sports Activities-join fellow members and staff for friendly games.

Cooking Classes- Make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

Healthy Living- Members learn different steps, actions and strategies one puts in place to achieve optimum health.

Gardening- This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources. Juicing- Members learn about juicing of fruit and vegetables and its health benefits.

Tai Chi- Eastern exercise, using breath and slow movement to build energy and strength. Daily practice helpful for self-defense.

Walk & Talk-Stroll around the WCC campus and/or to the bike trail along the nearby creek while chatting with fellow members and staff. Meets two times a week.

Yoga- Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

<u>Spiritual Groups</u>: Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

AA Open Meeting (Alcoholics Anonymous)-This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from substance and alcohol abuse/dependence.

Dual Recovery Anonymous-This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance

Enlightenment-Members share moments in life that helped them gain wisdom, spiritual achievements, and physical progress. All are encouraged to discuss personal Ah-ha moments.

Mindful Meditation & Mindfulness-These classes help to increase awareness of oneself through spiritual exercises like breathing, meditation and mindfulness practices.

NA (Narcotics Anonymous) Open meeting—With the 12 Steps, assists with finding the freedom to live your life without the use of drugs. NA is a fellowship of men and women for whom drugs have become a major problem.

West African Drumming-Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums. WRAP (Wellness Recovery Action Plan)-Learn to identify what keeps us well, and then use your own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life.

<u>Social Groups</u>: Designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are indoor or outdoor recreation and/or community involvement.

Ambassador Meeting- WCC Peer Partner Support Program & Ambassador Program for members who wish to share the recovery they have experienced to assist & support other members.

Beginning Computer-An introduction to all things computers, from hardware to software. Open to all levels of proficiency and covers internet browsing and e-mail as well.

Bingo & Super Bingo- Members enjoy the game of B I N G O!!!!! Enjoy spending time with fellow members playing a fun game!

Join Us For Coffee-Come with us to spend a little time chatting and enjoying a quick meal.

Chat With MAB-Spend a little time with your Member Advisory Board members and staff to give feedback and suggestions.

Chess Club- Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

Community Meeting- This important weekly meeting is for all members to learn more about the Center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Karaoke-Members share their love for singing and connect with others through music. No singing skills required.

Matinee Movie/In House Cinema-Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Mock Interview—You will learn the necessary skills to be successful in a job interview and you will get to practice those skills in real time. We're here to help!

Music Academy-High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

Open Discussion-This group provides support for members to help them through their recovery, self-esteem, confidence, etc. It is also a group that discuss various subjects.

Social Hour-This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

Social Outing-This group offers an opportunity for members to go to local venues in the community to learn about history, art, special places, try something different, get out and have some fun.

Social Time-this daily group is a time to practice good social skills while having some fun playing games, guessing trivia and riddles and sharpening memory.

Tea Time- Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

Time Travel with Terry-Learn about History from a knowledgeable historian. Hear the history of locations and events and how they have

Volunteerism-This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of recovery.

Work Order Day Training—Work order day training can refer to training to use a Workday system for daily tasks, or training on how to manage tasks and prioritize work within a broader work environment.