

# Wellness Center Central

July 2022

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

COLLEGE COMMUNITY SERVICES  
WELLNESS CENTER CENTRAL



## 2022 COMMUNITY ART FAIR & OPEN HOUSE

Enter your art for consideration to be featured in the 2023  
Mental Health Services Act (MHSA) Calendar.

**WEDNESDAY  
JULY 27  
1P.M.-3P.M.**

A time of art, music, & light refreshments

**FEATURING: PAINTINGS, DRAWINGS,  
MIXED-MEDIA, PRINTS, PHOTOGRAPHY,  
CRAFTS, SCULPTURE, CERAMICS,  
WRITTEN ART & MUCH MORE!**

**FOR INFORMATION PLEASE CONTACT:**  
Sohail Eftekhazadeh (714) 361-4860  
or Chloe McIntyre  
chloe.mcintyre75@yahoo.com

### DEADLINES

**ALL ART & ENTRY FORMS  
MUST BE RECEIVED BY  
7/22/2022**

**ALL WRITING & ENTRY  
FORMS MUST BE RECEIVED  
BY 7/15/2022**

ENTRY FORMS CAN BE  
OBTAINED AT:  
WELLNESS CENTER  
CENTRAL  
401 S. TUSTIN ST., C  
ORANGE, CA 92866  
(714) 361-4860  
WELLNESSCENTEROC.COM



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**MAB  
Agenda Mtg.**

**7/14/2022**

**11:00-1:30**

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**MAB Mtg.**

**7/15/2022**

**11:00-12:30**

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**Closed Groups**  
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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](http://www.wellnesscenteroc.com) or call our main number 714-361-4860.

**Have A Look!**

Please view our **BLOG** at  
[www.wellnesscenteroc.com](http://www.wellnesscenteroc.com)  
for fun, informative ideas and  
resources.

If you have any suggestions,  
comments, or blogs to  
contribute, please email them to  
[Sohail.Eftekhazadeh@pathways.com](mailto:Sohail.Eftekhazadeh@pathways.com)

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

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## ~ Bowling!!! ~ ~

**Join us or meet us  
Tuesdays, 2-4 pm  
Concourse Bowling Center  
3364 E La Palma  
Anaheim, CA 92806**

*Education  
Support By  
Appointment*

*If you are  
interested in  
returning to  
school,*

*Please call  
William at  
(714) 361-4860  
9am-5pm*

*\*~\*~\*~\*~\*~\*~\**  
*Employment*  
*Support By*  
*Appointment*  
*To consult*  
*with our*  
*Employment*  
*Specialist*

**Janice,  
please  
call  
(949) 406-9687  
9am-5pm**

***For Help  
with your  
Wellness  
Recovery  
Action Plan  
(WRAP)***

***Please call  
Diana for  
Assistance at  
(626) 373-0157  
9am-5pm***



*Summer  
Barbeque  
July 22  
3:00-5:00 pm*



**1 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**  
**AA Open Meeting 111**

**1:00-2:30**  
**Campus Sport**  
**Activities OS**

**2:15-3:15**  
**Women's Group 114 (H)**  
**875 7924 1408**  
**Men's Group 108 (H)**  
**827 3339 4133**

**3:30-4:30**  
**Good Vibes Circle LR**  
**Chess Club 114**  
**Balance & Boundaries**  
**108**

**3:30-5:00**  
**\*New Time\***  
**Mosaics 113**  
**Tea Time K**

**5:00-8:00**  
**Social Hour LR, 113, 108**

**2**    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 114**

**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/108 (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**

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| Monday                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p>4 *****</p> <p><b>CLOSED</b></p> <p><b>In Honor of Independence Day</b></p>  <p><b>Have a SAFE and FUN Holiday Weekend!!</b></p> <p>*****</p> | <p>5 <u>9:15-9:45</u><br/>Ice Breaker LR</p> <p><u>9:45-10:45</u><br/>Eat Well,<br/>Live Well 114(H)<br/>828 4508 0989</p> <p><u>10:00-11:30</u><br/>Campus Sport<br/>Activities OS</p> <p><u>10:00-11:00</u><br/>NA Open Meeting 107<br/>American History 108 (H)<br/>818 6899 2601</p> <p><u>10:00-12:00</u><br/>Watercolors 113</p> <p><u>11:00-12:15</u><br/>DBSA 108</p> <p><u>12:00-1:00</u><br/>Social Time LR</p> <p><u>1:00-2:00</u><br/>**New Time**<br/>Self Empowerment 111<br/>(H) 895 9260 2224</p> <p><u>1:30-2:30</u><br/>Beginning Computer 109<br/>Laughter Yoga 107 (H)<br/>813 5117 8684</p> <p><u>2:00-4:00</u><br/>Bowling at Concourse</p> <p><u>2:15-3:15</u><br/>Anger Management 108<br/>(H) 897 1661 6727<br/>Glass Arts/Etching 113</p> <p><u>3:30-4:30</u><br/>Bingo 113<br/>Karaoke 108<br/>Chess Club 114</p> <div> <p>(H)=Hybrid<br/>Zoom/Onsite<br/>Group is online/</p> </div> | <p>6 <u>9:15-9:45</u><br/>Ice Breaker LR</p> <p><u>9:45-10:45</u><br/>Wellness Wednesday 107<br/>Gardening OS<br/>NAMI Connection 108 (H)<br/>824 5047 2205</p> <p><u>9:45-11:15</u><br/>Art Workshop 113</p> <p><u>10:00-10:30</u><br/>Walk &amp; Talk OS</p> <p><u>11:00-12:00</u><br/>Community Meeting LR<br/>Hybrid-Zoom/Onsite<br/>830 4709 0440</p> <p><u>12:00-1:00</u><br/>Social Time LR (H)<br/>823 6633 6837</p> <p><u>12:00-3:00</u><br/>Volunteerism F<br/>Thursday this week →→→</p> <p><u>1:00-2:00</u><br/>WRAP 114 (H)<br/>832 7126 3020<br/>ASL-Sign Language 111</p> <p><u>1:00-3:00</u><br/>Jewelry Design 113</p> <p><u>2:15-3:15</u><br/>Grupo de Apoyo 108<br/>Chess Club 114</p> <p><u>2:30-3:30</u><br/>Let's Go Virtual<br/>Tours LR (H)<br/>878 0973 2294</p> <p><u>3:30-4:30</u><br/>Journaling 113<br/>AA Open Meeting 114 (H)<br/>836 0460 9371</p> | <p>7 <u>9:15-9:45</u><br/>Ice Breaker LR</p> <p><u>9:45-10:45</u><br/>Enlightenment 108<br/>Tai Chi 107/OS</p> <p><u>10:00-11:00</u><br/>Healthy Living 114 (H)<br/>841 6593 6409</p> <p><u>10:00-1:00</u><br/>Social Outing F<br/>Downtown Disney</p> <p><u>11:00-12:00</u><br/>Open Discussion 108<br/>Brain Health 114</p> <p><u>11:00-12:30</u><br/>Campus Sport<br/>Activities OS</p> <p><u>12:00-1:00</u><br/>Social Time LR</p> <p><u>12:00-3:00</u><br/>*Different Day-Church<br/>Schedule*<br/>Volunteerism F<br/>Food Distribution</p> <p><u>1:00-2:00</u><br/>Juicing K<br/>Education Support 114<br/>Positive Thinking 107 (H)<br/>841 4238 8927</p> <p><u>1:00-2:30</u><br/>Music Academy 108 (H)<br/>885 0804 0727</p> <p><u>1:30-3:30</u><br/>Open Art Class 113</p> <p><u>2:15-3:15</u><br/>Resilience 114</p> <p><u>3:15-4:30</u><br/>Depression Bipolar<br/>Support Alliance 108 (H)<br/>874 1407 2502</p> <p><u>3:30-4:30</u><br/>NA Open Meeting 111<br/>Poetry 114 (H)<br/>860 6045 5887</p> | <p>8 <u>9:15-9:45</u><br/>Ice Breaker LR</p> <p><u>9:45-10:45</u><br/>Social Anxiety 108</p> <p><u>9:45-11:15</u><br/>Cooking K</p> <p><u>10:00-11:30</u><br/>Arts &amp; Crafts 113</p> <p><u>11:00-12:00</u><br/>LGBTQ+(Closed)111<br/>Looking Good-Feeling<br/>Good 108<br/>Stay Fit Friday 107/OS</p> <p><u>12:00-1:00</u><br/>Social Time LR (H)<br/>823 6633 6837</p> <p><u>1:00-1:30</u><br/>Ambassador Meeting/<br/>PPSP 114</p> <p><u>1:00-2:00</u><br/>AA Open Meeting 111</p> <p><u>1:00-2:30</u><br/>Campus Sport<br/>Activities OS</p> <p><u>2:15-3:15</u><br/>Women's Group 114 (H)<br/>875 7924 1408<br/>Men's Group 108 (H)<br/>827 3339 4133</p> <p><u>3:30-4:30</u><br/>Good Vibes Circle LR<br/>Chess Club 114<br/>Balance &amp; Boundaries<br/>108</p> <p><u>3:30-5:00</u><br/>*New Time*<br/>Mosaics 113</p> <p><u>5:00-8:00</u><br/>Social Hour LR, 113, 108</p> | <p>9 <u>9:15-9:45</u><br/>Ice Breaker LR</p> <p><u>9:45-10:45</u><br/>Coping Skills 108</p> <p><u>10:00-12:00</u><br/>Jewelry Design 113</p> <p><u>10:30-12:30</u><br/>Choir 107 (H)<br/>857 3185 8460</p> <p><u>10:15-11:15</u><br/>Schizophrenia<br/>Alliance 114</p> <p><u>10:45-12:00</u><br/>Friends, Food &amp; Fun K</p> <div> <p><u>11:00-3:00</u><br/>Matinee Movie<br/>AMC at The Outlets<br/>of Orange</p> </div> <p><u>12:00-1:00</u><br/>Topic of the Day<br/>LR/108 (H)<br/>810 6071 6338</p> <p><u>1:00-2:00</u><br/>NAMI<br/>Connection 108 (H)<br/>825 2384 8811</p> <p><u>2:15-4:25</u><br/>Art Workshop 113<br/>In House Cinema LR<br/>Bingo 114</p> |

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| <b>11 9:15-9:45</b><br>Ice Breaker LR<br><br><b>10:00-10:30</b><br>Walk & Talk OS<br><br><b>10:00-11:00</b><br>Scrapbooking 114<br>Mindful Meditation 111<br>Dual Recovery<br>Anonymous 108 (H)<br>847 7808 6908<br><br><b>10:00-12:00</b><br>Jewelry Design 113<br><br><b>11:00-12:00</b><br>Breakthrough the<br>Barriers of Trauma 108 (H)<br>816 7681 1961<br>Music Appreciation 114<br><br><b>11:15-12:15</b><br>Yoga 111 (H)<br>889 7480 3364<br><br><b>12:00-1:00</b><br>Social Time LR (H)<br>823 6633 6837<br><br><b>1:00-2:00</b><br>Healthy<br>Relationships 108 (H)<br>856 3239 8128<br><br><b>**New Group**</b><br><b>2:30-3:30</b><br>Free Form Expressive<br>Exercise 107<br><br><b>2:15-3:15</b><br>Coping Skills 108<br>Floral Design 113<br><br><b>3:30-4:30</b><br>DBSA 108 | <b>12 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Eat Well,<br>Live Well 114(H)<br>828 4508 0989<br><br><b>10:00-11:30</b><br>Campus Sport<br>Activities OS<br><br><b>10:00-11:00</b><br>NA Open Meeting 107<br>American History 108 (H)<br>818 6899 2601<br><br><b>10:00-12:00</b><br>Watercolors 113<br><br><b>11:00-12:15</b><br>DBSA 108<br><br><b>12:00-1:00</b><br>Social Time LR<br><br><b>1:00-2:00</b><br><b>**New Time**</b><br>Self Empowerment 111<br>(H) 895 9260 2224<br><br><b>1:30-2:30</b><br>Beginning Computer 109<br><br><b>2:00-4:00</b><br>Bowling at Concourse<br><br><b>2:15-3:15</b><br>Anger Management 108<br>(H) 897 1661 6727<br>Glass Arts/Etching 113<br><br><b>3:30-4:30</b><br>Bingo 113<br>Karaoke 108<br>Chess Club 114 | <b>13 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Wellness Wednesday<br>114<br>Gardening OS<br>NAMI Connection 108 (H)<br>824 5047 2205<br><br><b>9:45-11:15</b><br>Art Workshop 113<br><br><b>10:00-10:30</b><br>Walk & Talk OS<br><br><b>11:00-12:00</b><br>Community Meeting LR<br>Hybrid-Zoom/Onsite<br>830 4709 0440<br><br><b>12:00-1:00</b><br>Social Time LR (H)<br>823 6633 6837<br><br><b>12:00-3:00</b><br>Volunteerism F<br>Beach Clean Up<br><br><b>1:00-2:00</b><br>WRAP 114 (H)<br>832 7126 3020<br>ASL-Sign Language 111<br><br><b>1:00-3:00</b><br>Jewelry Design 113<br><br><b>2:15-3:15</b><br>Grupo de Apoyo 108<br>Chess Club 114<br><br><b>2:30-3:30</b><br>Let's Go Virtual<br>Tours LR (H)<br>878 0973 2294<br><br><b>3:30-4:30</b><br>Journaling 113<br>AA Open Meeting 114 (H)<br>836 0460 9371 | <b>14 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Enlightenment 108<br>Tai Chi 107/OS<br><br><b>10:00-11:00</b><br>Healthy Living 114(H)<br>841 6593 6409<br><br><b>10:00-1:00</b><br>Social Outing F<br>Crystal Cove<br><br><b>11:00-12:00</b><br>Open Discussion 108<br>Brain Health 114<br><br><b>11:00-12:30</b><br>Campus Sport<br>Activities OS<br><br><b>12:00-1:00</b><br>Social Time LR<br><br><b>1:00-2:00</b><br>Juicing K<br>Education Support 114<br>Positive Thinking 107 (H)<br>841 4238 8927<br><br><b>1:00-2:30</b><br>Music Academy 108 (H)<br>885 0804 0727<br><br><div style="border: 2px solid magenta; padding: 5px; text-align: center;"> <b>2:00-3:15</b><br/>Job Club<br/>Viewing Party 114<br/>851 0870 9154<br/>Passcode: 916670 </div><br><b>1:30-3:30</b><br>Open Art Class 113<br><br><b>2:15-3:15</b><br>Resilience 111<br><br><b>3:15-4:30</b><br>Depression Bipolar<br>Support Alliance 108 (H)<br>874 1407 2502<br><br><b>3:30-4:30</b><br>NA Open Meeting 111<br>Poetry 114 (H)<br>860 6045 5887 | <b>15 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Social Anxiety 108<br><br><b>9:45-11:15</b><br>Cooking K<br><br><b>10:00-11:30</b><br>Arts & Crafts 113<br><br><b>11:00-12:00</b><br>LGBTQ+(Closed)111<br>Looking Good-Feeling<br>Good 108<br>Stay Fit Friday 107/OS<br><br><b>12:00-1:00</b><br>Social Time LR (H)<br>823 6633 6837<br><br><b>1:00-1:30</b><br>Chat With MAB 114<br><br><b>1:00-2:00</b><br>AA Open Meeting 111<br><br><b>1:00-2:30</b><br>Campus Sport<br>Activities OS<br><br><b>2:15-3:15</b><br>Women's Group 114 (H)<br>875 7924 1408<br>Men's Group 108 (H)<br>827 3339 4133<br><br><b>3:30-4:30</b><br>Good Vibes Circle LR<br>Chess Club 114<br>Balance & Boundaries<br>108<br><br><b>3:30-5:00</b><br><b>*New Time*</b><br>Mosaics 113<br>Tea Time K<br><br><b>5:00-8:00</b><br>Social Hour LR, 113,<br>108 | <b>16 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Coping Skills 108<br><br><b>10:00-12:00</b><br>Jewelry Design 113<br><br><b>10:30-12:30</b><br>Choir 107 (H)<br>857 3185 8460<br><br><b>10:15-11:15</b><br>Schizophrenia<br>Alliance 114<br><br><b>10:45-12:00</b><br>Friends, Food & Fun K<br><br><div style="border: 2px solid blue; padding: 5px; text-align: center;"> <b>11:00-3:00</b><br/>Matinee Movie<br/>AMC at The Outlets<br/>of Orange </div><br><b>12:00-1:00</b><br>Topic of the Day<br>LR/108 (H)<br>810 6071 6338<br><br><b>1:00-2:00</b><br>NAMI<br>Connection 108 (H)<br>825 2384 8811<br><br><b>2:15-4:25</b><br>Art Workshop 113<br>In House Cinema LR<br>Bingo 114 |



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| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>18</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>10:00-10:30</u><br>Walk & Talk OS<br><br><u>10:00-11:00</u><br>Dream Boards 114<br>Mindful Meditation 111<br>Dual Recovery<br>Anonymous 108 (H)<br>847 7808 6908<br><br><u>10:00-12:00</u><br>Jewelry Design 113<br><br><u>11:00-12:00</u><br>Breakthrough the<br>Barriers of Trauma 108 (H)<br>816 7681 1961<br>Music Appreciation 114<br><br><u>11:15-12:15</u><br>Chair Yoga 111 (H)<br>889 7480 3364<br><br><u>12:00-1:00</u><br>Social Time LR (H)<br>823 6633 6837<br><br><u>1:00-2:00</u><br>Healthy<br>Relationships 108 (H)<br>856 3239 8128<br><br><u>2:15-3:15</u><br>Coping Skills 108<br>Floral Design 113<br><br><u>3:30-4:30</u><br>DBSA 108 | <b>19</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Eat Well,<br>Live Well 114(H)<br>828 4508 0989<br><br><u>10:00-11:30</u><br>Campus Sport<br>Activities OS<br><br><u>10:00-11:00</u><br>NA Open Meeting 107<br>American History 108 (H)<br>818 6899 2601<br><br><u>10:00-12:00</u><br>Watercolors 113<br><br><u>11:00-12:15</u><br>DBSA 108<br><br><u>12:00-1:00</u><br>Social Time LR<br><br><u>1:00-2:00</u><br>**New Time**<br>Self Empowerment 111<br>(H) 895 9260 2224<br><br><u>1:30-2:30</u><br>Beginning Computer 109<br>Laughter Yoga 107 (H)<br>813 5117 8684<br><br><u>2:00-4:00</u><br>Bowling at Concourse<br><br><u>2:15-3:15</u><br>Anger Management 108<br>(H) 897 1661 6727<br>Glass Arts/Etching 113<br><br><u>3:30-4:30</u><br>Bingo 113<br>Karaoke 108<br>Chess Club 114 | <b>20</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Wellness Wednesday 114<br>Gardening OS<br>NAMI Connection 108 (H)<br>824 5047 2205<br><br><u>9:45-11:15</u><br>Art Workshop 113<br><br><u>10:00-10:30</u><br>Walk & Talk OS<br><br><u>11:00-12:00</u><br>Community Meeting LR<br>Hybrid-Zoom/Onsite<br>830 4709 0440<br><br><u>12:00-1:00</u><br>Social Time LR (H)<br>823 6633 6837<br><br><u>12:00-3:00</u><br>Volunteerism F<br>Food Distribution<br><br><u>1:00-2:00</u><br>WRAP 114 (H)<br>832 7126 3020<br>ASL-Sign Language 111<br><br><u>1:00-3:00</u><br>Jewelry Design 113<br><br><u>2:15-3:15</u><br>Grupo de Apoyo 108<br>Chess Club 114<br><br><u>2:30-3:30</u><br>Let's Go Virtual<br>Tours LR (H)<br>878 0973 2294<br><br><u>3:30-4:30</u><br>Journaling 113<br>AA Open Meeting 114 (H)<br>836 0460 9371 | <b>21</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Enlightenment 108<br>Tai Chi 107/OS<br><br><u>10:00-11:00</u><br>Healthy Living 114 (H)<br>841 6593 6409<br><br><u>10:30-3:30</u><br>*Longer Time!!*<br>Social Outing-Orange<br>County Fair F<br><br><u>11:00-12:00</u><br>Open Discussion 108<br>Brain Health 114<br><br><u>11:00-12:30</u><br>Campus Sport<br>Activities OS<br><br><u>12:00-1:00</u><br>Social Time LR<br><br><u>1:00-2:00</u><br>Juicing K<br>Education Support 114<br>Positive Thinking 107 (H)<br>841 4238 8927<br><br><u>1:00-2:30</u><br>Music Academy 108 (H)<br>885 0804 0727<br><br><u>1:30-3:30</u><br>Open Art Class 113<br><br><u>2:15-3:15</u><br>Resilience 114<br><br><u>3:15-4:30</u><br>Depression Bipolar<br>Support Alliance 108 (H)<br>874 1407 2502<br><br><u>3:30-4:30</u><br>NA Open Meeting 111<br>Poetry 114 (H)<br>860 6045 5887 | <b>22</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Social Anxiety 108<br><br><u>9:45-11:15</u><br>Cooking K<br><br><u>10:00-11:30</u><br>Arts & Crafts 113<br><br><u>11:00-12:00</u><br>LGBTQ+(Closed)111<br>Looking Good-Feeling<br>Good 108<br>Stay Fit Friday 107/OS<br><br><u>12:00-1:00</u><br>Social Time LR (H)<br>823 6633 6837<br><br><u>1:00-1:30</u><br>Ambassador Meeting/<br>PPSP 114<br><br><u>1:00-2:00</u><br>AA Open Meeting 111<br>Campus Sport<br>Activities OS<br><br><u>2:15-3:15</u><br>Women's Group 114 (H)<br>875 7924 1408<br>Men's Group 108 (H)<br>827 3339 4133<br><br><u>3:00-5:00</u><br>Summer<br>Barbecue<br><br><u>5:00-8:00</u><br>Social Hour LR, 113,<br>108 | <b>23</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Coping Skills 108<br><br><u>10:00-12:00</u><br>Jewelry Design 113<br><br><u>10:30-12:30</u><br>Choir 107 (H)<br>857 3185 8460<br><br><u>10:15-11:15</u><br>Schizophrenia<br>Alliance 114<br><br><u>10:45-12:00</u><br>Friends, Food & Fun K<br><br><div style="border: 2px solid blue; padding: 5px; text-align: center;"> <u>11:00-3:00</u><br/>Matinee Movie<br/>AMC at The Outlets<br/>of Orange                 </div><br><br><u>12:00-1:00</u><br>Topic of the Day<br>LR/108 (H)<br>810 6071 6338<br><br><u>1:00-2:00</u><br>NAMI<br>Connection 108 (H)<br>825 2384 8811<br><br><u>2:15-4:25</u><br>Art Workshop 113<br>In House Cinema LR<br>Bingo 114 |



# Wellness Center Central

## July 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>25 9:15-9:45</b><br>Ice Breaker LR<br><br><b>10:00-10:30</b><br>Walk & Talk OS<br><br><b>10:00-11:00</b><br>Scrapbooking 114<br>Mindful Meditation 111<br>Dual Recovery<br>Anonymous 108 (H)<br>847 7808 6908<br><br><b>10:00-12:00</b><br>Jewelry Design 113<br><br><b>11:00-12:00</b><br>Breakthrough the<br>Barriers of Trauma 108 (H)<br>816 7681 1961<br>Music Appreciation 114<br><br><b>11:15-12:15</b><br>Yoga 111 (H)<br>889 7480 3364<br><br><b>12:00-1:00</b><br>Social Time LR (H)<br>823 6633 6837<br><br><b>1:00-2:00</b><br>Healthy<br>Relationships 108 (H)<br>856 3239 8128<br><br><b>**New Group**</b><br><b>2:30-3:30</b><br>Free Form Expressive<br>Exercise 107<br><br><b>2:15-3:15</b><br>Coping Skills 108<br>Floral Design 113<br><br><b>3:30-4:30</b><br>DBSA 108 | <b>26 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Eat Well,<br>Live Well 114(H)<br>828 4508 0989<br><br><b>10:00-11:30</b><br>Campus Sport<br>Activities OS<br><br><b>10:00-11:00</b><br>NA Open Meeting 107<br>American History 108 (H)<br>818 6899 2601<br><br><b>10:00-12:00</b><br>Watercolors 113<br><br><b>11:00-12:15</b><br>DBSA 108<br><br><b>12:00-1:00</b><br>Social Time LR<br><br><b>1:00-2:00</b><br><b>**New Time**</b><br>Self Empowerment 111<br>(H) 895 9260 2224<br><br><b>1:30-2:30</b><br>Beginning Computer<br>109<br><br><b>2:00-4:00</b><br>Bowling at Concourse<br><br><b>2:15-3:15</b><br>Anger Management 108<br>(H) 897 1661 6727<br>Glass Arts/Etching 113<br><br><b>3:30-4:30</b><br>Bingo 113<br>Karaoke 108<br>Chess Club 114<br><br> | <b>27 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Wellness Wednesday 114<br>Gardening OS<br>NAMI Connection 108 (H)<br>824 5047 2205<br><br><b>9:45-11:15</b><br>Art Workshop 113<br><br><b>10:00-10:30</b><br>Walk & Talk OS<br><br><b>11:00-12:00</b><br>Community Meeting LR<br>Hybrid-Zoom/Onsite<br>830 4709 0440<br><br><div style="border: 1px solid purple; padding: 10px; text-align: center;"> <b>1:00-3:00</b><br/>Community Art Fair<br/><br/>  </div><br><b>3:15-4:15</b><br>Grupo de Apoyo 108<br>Chess Club 114<br><br><b>3:30-4:30</b><br>Let's Go Virtual<br>Tours LR (H)<br>878 0973 2294<br><br><b>3:30-4:30</b><br>Journaling 113<br>AA Open Meeting 107 (H)<br>836 0460 9371 | <b>28 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Enlightenment 108<br>Tai Chi 107/OS<br><br><b>10:00-11:00</b><br>Healthy Living 114(H)<br>841 6593 6409<br><br><b>10:00-1:00</b><br>Social Outing F<br>Bolsa Chica Wetlands<br><br><b>11:00-12:00</b><br>Open Discussion 108<br>Brain Health 114<br><br><b>11:00-12:30</b><br>Campus Sport<br>Activities OS<br><br><b>12:00-1:00</b><br>Social Time LR<br><br><b>1:00-2:00</b><br>Juicing K<br>Education Support 114<br>Positive Thinking 107 (H)<br>841 4238 8927<br><br><b>1:00-2:30</b><br>Music Academy 108 (H)<br>885 0804 0727<br><br><b>1:30-3:30</b><br>Open Art Class 113<br><br><b>2:15-3:15</b><br>Resilience 114<br><br><b>3:15-4:30</b><br>Depression Bipolar<br>Support Alliance 108 (H)<br>874 1407 2502<br><br><b>3:30-4:30</b><br>NA Open Meeting 111<br>Poetry 114 (H)<br>860 6045 5887 | <b>29 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Social Anxiety 108<br><br><b>9:45-11:15</b><br>Cooking K<br><br><b>10:00-11:30</b><br>Arts & Crafts 113<br><br><b>11:00-12:00</b><br>LGBTQ+(Closed) 111<br>Looking Good-Feeling<br>Good 108<br>Stay Fit Friday 107/OS<br><br><b>12:00-1:00</b><br>Social Time LR (H)<br>823 6633 6837<br><br><b>1:00-1:30</b><br>Chat With MAB 114<br><br><b>1:00-2:00</b><br>AA Open Meeting 111<br>Campus Sport<br>Activities OS<br><br><b>2:15-3:15</b><br>Women's Group 114 (H)<br>875 7924 1408<br>Men's Group 108 (H)<br>827 3339 4133<br><br><b>3:30-4:30</b><br>Good Vibes Circle LR<br>Chess Club 114<br>Balance & Boundaries<br>108<br><br><b>3:30-5:00</b><br><b>*New Time*</b><br>Mosaics 113<br>Tea Time K<br><br><b>5:00-8:00</b><br>Social Hour LR, 113, 108<br>Super Bingo Night | <b>30 9:15-9:45</b><br>Ice Breaker LR<br><br><b>9:45-10:45</b><br>Coping Skills 108<br><br><b>10:00-12:00</b><br>Jewelry Design 113<br><br><b>10:30-12:30</b><br>Choir 107 (H)<br>857 3185 8460<br><br><b>10:15-11:15</b><br>Schizophrenia<br>Alliance 114<br><br><b>10:45-12:00</b><br>Friends, Food & Fun K<br><br><div style="border: 1px solid blue; padding: 10px; text-align: center;"> <b>11:00-3:00</b><br/>Matinee Movie<br/>AMC at The Outlets<br/>of Orange       </div><br><b>12:00-1:00</b><br>Topic of the Day<br>LR/108 (H)<br>810 6071 6338<br><br><b>1:00-2:00</b><br>NAMI<br>Connection 108 (H)<br>825 2384 8811<br><br><b>2:15-4:25</b><br>Art Workshop 113<br>In House Cinema LR<br>Bingo 114 |