

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

Wellness Center Central

August 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
1 <u>9:15-9:45</u> Ice Breaker LR <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> Dream Boards 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 <u>10:00-12:00</u> Jewelry Design 113 <u>11:00-12:00</u> Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 <u>11:15-12:15</u> Yoga 111 (H) 889 7480 3364 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 <u>2:15-3:15</u> Coping Skills 111 Floral Design 113 <u>2:30-3:30</u> Free Form Expressive Exercise 107 <u>3:30-4:30</u> DBSA 108	2 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Eat Well, Live Well 114 (H) 828 4508 0989 **New Group** Smoothies K <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> NA Open Meeting 107 American History 108 (H) 818 6899 2601 <u>10:00-12:00</u> Watercolors 113 <u>10:00-1:00</u> **New Group** Volunteerism F Gold Coast Farms <u>11:00-12:00</u> **New Group** Schizophrenia Alliance 114 <u>11:00-12:15</u> DBSA 108 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Self Empowerment 108 (H) 895 9260 2224 <u>1:00-2:30</u> **New Time** Campus Sport Activities OS <u>1:30-2:30</u> Beginning Computer 109 Laughter Yoga 111 (H) 813 5117 8684 <u>2:00-4:00</u> Bowling at Concourse <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 <u>3:30-4:30</u> Bingo 113 Karaoke 108 Chess Club 114	3 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Wellness Wednesday 107 Gardening OS NAMI Connection 108 (H) 824 5047 2205 <u>9:45-11:15</u> Art Workshop 113 <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> SSI-Work Incentives & Employment 114 (H) 815 8824 9155 <u>11:00-12:00</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>12:00-3:00</u> Volunteerism F Food Distribution <u>1:00-2:00</u> WRAP 114 (H) 832 7126 3020 ASL-Sign Language 108 <u>1:00-3:00</u> Jewelry Design 113 <u>2:15-3:15</u> Grupo de Apoyo 108 Chess Club 114 <u>2:30-3:30</u> Let's Go Virtual Tours LR (H) 878 0973 2294 <u>3:30-4:30</u> Journaling 113 AA Open Meeting 114 (H) 836 0460 9371 Good Vibes Circle LR	4 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 <u>10:00-11:00</u> Healthy Living 114 (H) 841 6593 6409 <u>10:30-3:30</u> *Longer Time!!* Social Outing-Orange County Fair F <u>11:00-12:00</u> Open Discussion 108 Brain Health 114 <u>11:00-12:30</u> Campus Sport Activities OS <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Juicing K Education Support 114 Positive Thinking 107 (H) 841 4238 8927 <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727 <u>2:00-4:30</u> **New Time** Open Art Class 113 <u>2:15-3:15</u> Resilience 114 <u>3:15-4:30</u> Depression Bipolar Support Alliance 108 (H) 874 1407 2502 <u>3:30-4:30</u> NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	5 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-11:15</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>11:00-12:00</u> LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-1:30</u> Ambassador Meeting/ PPSP 114 <u>1:00-2:00</u> AA Open Meeting 111 <u>1:00-2:30</u> Campus Sport Activities OS <u>1:45-4:45</u> **New Group** Volunteerism F Riverbed Farms <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 <u>3:30-4:30</u> Good Vibes Circle LR Chess Club 114 <u>3:30-5:00</u> Mosaics 113 <u>5:00-8:00</u> Social Hour LR, 113, 108	6 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:30-12:30</u> Choir 107 (H) 857 3185 8460 <u>10:15-11:15</u> Schizophrenia Alliance 114 <u>10:45-12:00</u> Friends, Food & Fun K <u>11:00-3:00</u> Matinee Movie AMC at The Outlets of Orange <u>12:00-1:00</u> Topic of the Day LR (H) 810 6071 6338 <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Scrapbooking 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 108 Floral Design 113 3:30-4:30 DBSA 108 **New Group** Basic Spanish 114	9 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well K (H) 828 4508 0989 10:00-10:30 Walk & Talk OS 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-12:00 Watercolors 113 10:00-1:00 **New Group** Volunteerism F Gold Coast Farms 11:00-12:00 **New Group** Schizophrenia Alliance 114 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 1:00-2:30 **New Time** Campus Sport Activities OS 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:30-4:30 Bingo 113 Karaoke 108 Chess Club 114	10 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 SSDI-Work Incentives & Employment 114 (H) 815 8824 9155 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 108 1:00-3:00 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 3:30-4:30 Journaling 113 AA Open Meeting 114 (H) 836 0460 9371 Good Vibes Circle LR	11 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 10:00-1:00 Social Outing Corona del Mar F 11:00-12:00 Open Discussion 108 Brain Health 114 **New Group** Care for Caregiver 113 (H) 829 7927 2772 11:00-12:30 Campus Sport Activities OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 107 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-3:15 Job Club Viewing Party 114 895 4836 4001 Passcode: 200963 2:00-4:30 **New Time** Open Art Class 113 2:15-3:15 Resilience 111 3:15-4:30 Depression Bipolar Support Alliance 108 (H) 874 1407 2502 3:30-4:30 NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	12 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 1:45-4:45 **New Group** Volunteerism F Riverbed Farms 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 3:30-4:30 Good Vibes Circle LR Chess Club 114 3:30-5:00 Mosaics 113 Tea Time K 5:00-8:00 Social Hour LR, 113, 108	13 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 (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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Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 <u>9:15-9:45</u> Ice Breaker LR <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> Dream Boards 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 <u>10:00-12:00</u> Jewelry Design 113 <u>11:00-12:00</u> Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 <u>11:15-12:15</u> Yoga 111 (H) 889 7480 3364 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 <u>2:15-3:15</u> Coping Skills 111 Floral Design 113 <u>2:30-3:30</u> Free Form Expressive Exercise 107 <u>3:30-4:30</u> DBSA 108 **New Group** Basic Spanish 114	16 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Eat Well, Live Well 114 (H) 828 4508 0989 **New Group** Smoothies K <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> NA Open Meeting 107 American History 108 (H) 818 6899 2601 <u>10:00-12:00</u> Watercolors 113 <u>10:00-1:00</u> **New Group** Volunteerism F Gold Coast Farms <u>11:00-12:00</u> **New Group** 114 Schizophrenia Alliance <u>11:00-12:00</u> New Lung 114 (H) 935 6761 4878 *Enrollment required* Contact April to enroll <u>11:00-12:15</u> DBSA 108 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Self Empowerment 108 (H) 895 9260 2224 <u>1:00-2:30</u> **New Time** Campus Sport Activities OS <u>1:30-2:30</u> Beginning Computer 109 Laughter Yoga 111 (H) 813 5117 8684 <u>2:00-4:00</u> Bowling at Concourse <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 <u>3:30-4:30</u> Bingo 113 Karaoke 108 Chess Club 114	17 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 <u>9:45-11:15</u> Art Workshop 113 <u>10:00-10:30</u> Walk & Talk OS <u>11:00-12:00</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>12:00-3:00</u> Volunteerism F Food Distribution <u>1:00-2:00</u> WRAP 114 (H) 832 7126 3020 ASL-Sign Language 108 <u>1:00-3:00</u> Jewelry Design 113 <u>2:15-3:15</u> Grupo de Apoyo 108 Chess Club 114 <u>2:30-3:30</u> Let's Go Virtual Tours LR (H) 878 0973 2294 <u>3:30-4:30</u> Journaling 113 AA Open Meeting 114 (H) 836 0460 9371 Good Vibes Circle LR	18 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 <u>10:00-11:00</u> Healthy Living 114 (H) 841 6593 6409 <u>10:00-1:00</u> Social Outing Orange County Great Park F  10:00-12:30 Collaborative Sports Tournament OS <u>11:00-12:00</u> Open Discussion 108 Brain Health 114 Fresh Flower Design 113 <u>1:00-2:00</u> Juicing K Education Support 114 Positive Thinking 113 (H) 841 4238 8927 <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727 <u>2:00-4:30</u> **New Time** Open Art Class 113 <u>2:15-3:15</u> Resilience 114 <u>3:15-4:30</u> Depression Bipolar Support Alliance 108 (H) 874 1407 2502 <u>3:30-4:30</u> NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	19 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-11:15</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>11:00-12:00</u> LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-1:30</u> Ambassador Meeting/ PPSP 114 <u>1:00-2:00</u> AA Open Meeting 111 <u>1:00-2:30</u> Campus Sport Activities OS <u>1:45-4:45</u> **New Group** Volunteerism F Riverbed Farms <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 <u>5:00-8:00</u> Social Hour LR, 113, 108	20 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:30-12:30</u> Choir 107 (H) 857 3185 8460 <u>10:15-11:15</u> Schizophrenia Alliance 114 <u>10:45-12:00</u> Friends, Food & Fun K 10:00-2:00 OC Recovery Connection Rally Hosted by Purpose of Recovery <u>12:00-1:00</u> Topic of the Day LR (H) 810 6071 6338 <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114

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22 <u>9:15-9:45</u> Ice Breaker LR <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> Scrapbooking 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 <u>10:00-12:00</u> Jewelry Design 113 <u>11:00-12:00</u> Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 <u>11:15-12:15</u> Yoga 111 (H) 889 7480 3364 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 <u>2:15-3:15</u> Coping Skills 108 Floral Design 113 <u>3:30-4:30</u> DBSA 108 	23 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Eat Well, Live Well 114 (H) 828 4508 0989 **New Group** Smoothies K <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> NA Open Meeting 107 American History 108 (H) 818 6899 2601 <u>10:00-12:00</u> Watercolors 113 <u>10:00-1:00</u> **New Group** Volunteerism F Gold Coast Farms <u>11:00-12:00</u> **New Group** Schizophrenia Alliance 114 <u>11:00-12:15</u> DBSA 108 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Self Empowerment 111 (H) 895 9260 2224 <u>1:00-2:30</u> **New Time** Campus Sport Activities OS <u>1:30-2:30</u> Beginning Computer 109 <u>2:00-4:00</u> Bowling at Concourse <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 <u>3:30-4:30</u> Bingo 113 Karaoke 108 Chess Club 114	24 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 <u>9:45-11:15</u> Art Workshop 113 <u>10:00-10:30</u> Walk & Talk OS <u>11:00-12:00</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>12:00-3:00</u> Volunteerism F Beach Clean Up <u>1:00-2:00</u> WRAP 114 (H) 832 7126 3020 ASL-Sign Language 108 <u>1:00-3:00</u> Jewelry Design 113 <u>2:15-3:15</u> Grupo de Apoyo 108 Chess Club 114 <u>2:30-3:30</u> Let's Go Virtual Tours LR (H) 878 0973 2294 <u>3:30-4:30</u> Journaling 113 AA Open Meeting 114 (H) 836 0460 9371 Good Vibes Circle LR	25 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 <u>10:00-11:00</u> Healthy Living 114(H) 841 6593 6409 <u>10:00-1:00</u> Social Outing Friendship Bell F <u>11:00-12:00</u> Open Discussion 108 Brain Health 114 Campus Sport Activities OS <u>12:00-1:00</u> Social Time LR  Multicultural Celebration 1:00 - 3:00 <u>3:15-4:30</u> Depression Bipolar Support Alliance 108 (H) 874 1407 2502 <u>3:30-4:30</u> NA Open Meeting 111 Poetry 114 (H) 860 6045 5887	26 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-11:15</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>11:00-12:00</u> LGBTQ+(Closed) 111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-1:30</u> **Returning Group** Chat With Director 114 <u>1:00-2:00</u> AA Open Meeting 111 <u>1:00-2:30</u> Campus Sport Activities OS <u>1:45-4:45</u> **New Group** Volunteerism F Riverbed Farms <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113  3:00-5:00 Summer Barbecue <u>3:30-4:30</u> Good Vibes Circle LR Chess Club 114 <u>3:30-5:00</u> Mosaics 113 Tea Time K <u>5:00-8:00</u> Social Hour LR, 113, 108 Super Bingo Night	27 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:30-12:30</u> Choir 107 (H) 857 3185 8460 <u>10:15-11:15</u> Schizophrenia Alliance 114 <u>10:45-12:00</u> Friends, Food & Fun K <u>11:00-3:00</u> Matinee Movie AMC at The Outlets of Orange <u>12:00-1:00</u> Topic of the Day LR (H) 810 6071 6338 <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114

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			~~~~~   <b>Translators</b>   <b>available</b>   <b>upon</b>   <b>request in:</b>   <b>Spanish,</b>   <b>Vietnamese,</b>   <b>Farsi,</b>   <b>Chinese and</b>   <b>Korean</b>	<b>Have A Look!</b>    Please view our BLOG at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a> for fun, informative ideas and resources.   If you have any suggestions, comments, or blogs to contribute, please email them to <a href="mailto:Sohail.Eftekhazadeh@pathways.com">Sohail.Eftekhazadeh@pathways.com</a>