## Wellness Center Central November 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

*Calendar is subject to change www.weimesscenteroc.com						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Translators are available upon request in:  Spanish, Vietnamese, Farsi, Chinese and Korean  Ambassador Meeting (Fridays) 12:00 p.m12:30 p.m.  Member Advisory Board (MAB) Meeting November 22, 2019 (Friday) 11:00 a.m12:30 p.m.	Peer Partnering Support Program (Wednesdays) 10:00 a.m11:00 a.m.  Community Meeting (Wednesdays) 12:00 p.m12:30 p.m.  Chat With MAB (Wednesdays) 12:30 p.m1:00  Wellness Center Central will be closed during the Thanksgiving Holidays!	Native American Heritage Month  Visit us and Share your story on Wednesdays during the community meetings at 12:00 Noon	Wellness Center South Thanksgiving Gathering (Friday) November 15, 2019 12:00p.m3:00p.m.  Wellness Center West Thanksgiving Luncheon (Tuesday) November 19, 2019 12:00p.m2:00p.m.  Wellness Center Central Thanksgiving Feast (Wednesday) November 20, 2019 12:00p.m2:00p.m.	1 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Gardening OS 10:00-11:30 Floral Design 113 West African Drumming 111 10:30-11:30 Enlightenment 108 11:30-12:30 Social Time 12:30-1:30 Men's Group 108 Women's Group 111 Living in the Now 114 12:30-2:30 TAY Social OS Nature Walk F Choir 107 1:30-2:30 Brain Health 108 Meditation 111 2:00-4:00 Water Colors 113 2:30-4:00 Chess Club 114 3:00-4:00 Open Discussion 108 Self Empowerment 111 3:30-4:30 Social Dance LR 5:00-8:00 Social Hour 107, 108, 113, LR	2 9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Video Dance 107 10:00-11:30 Fundamentals of Drawing 113 Cooking Class K 10:30-4:00 Social Outing: Festival of Flight F 11:30-12:30 Social Time 12:30-2:00 Jewelry Design II 113 1:00-2:00 Topic of the Day 108 1:00-3:00 House Movie LR 2:00-3:00 Meditation 111 2:00-3:30 NAMI Connection 113 3:30-4:30 Fun with Games LR	

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*Calendar is subject to change			www.wellnesscenteroc.com	enteroc.com Saturday 9:00am-5:00pm		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4	5	6 9:15-10:00	7	8	9	
9:15-10:00	9:15-10:00	Morning Ice Breaker	9:15-10:00	9:15-10:00	<u>9:15-10:00</u>	
<b>Morning Ice Breaker</b>	Morning Ice Breaker	Social Time	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker	
Social Time	Social Time	<u>10:00-11:00</u>	Social Time	Social Time	Social Time	
<u>10:00-11:00</u>	<u>10:00-11:00</u>	Dance Fitness 107	10:00-11:00	<u>10:00 -11:00</u>	<u>10:00-11:00</u>	
Gardening OS	Tai Chi 107	<u>10:00 -11:30</u>	Free Form	Gardening OS	Video Dance 107	
Dance Fitness 107	Better Bites 114	Jewelry Design I 113	Exercise 107	<u>10:00-11:30</u>	<u>10:00-11:30</u>	
Nutrition 101 114	Music Appreciation 113	Cooking Class K	Juicing K	Floral Design 113	Fundamentals	
<u>10:00-11:30</u>	10:30-12:00	10:30-12:00	LGBTIQ Support (Closed	West African	of Drawing 113	
Scrapbooking 113	Depression Bipolar	Depression Bipolar	Group) 111	Drumming 111	Cooking Class K	
<u>10:00-1:00</u>	Support Alliance 108	Support Alliance 108	10:00-11:30	<u>10:30-11:30</u>	10:30-4:00	
Volunteerism:	10:30-3:00	<u>11:00 -12:00</u>	Dual Recovery	Enlightenment 108	Social Outing: 3rd	
Riverbed Farm	Movie Club:	Education 101 114	Anonymous 108	<b>11:30 -12:30</b>	Street Promenade F	
<u>10:30-11:30</u>	Cinemark in Orange F	<b>11:00-4:00</b>	Arts and Crafts 113	Social Time	<b>11:30-12:30</b>	
Yoga <b>111</b>	<b>11:30-12:30</b>	Social Outing: Citadel F	Employment 114	<b>12:30-1:30</b>	<b>Social Time</b>	
Dual Recovery	Social Time	<b>11:30-1:00</b>	11:00-3:00	Men's Group 108	<b>12:30-2:00</b>	
Anonymous 108	<u>12:30 -1:30</u>	Social Time	Social Outing:	Women's Group 111	Jewelry Design II 113	
<u>11:30-12:30</u>	American History 108	<b>Community Meeting</b>	Barnes and Nobles F	Living in the Now 114	1:00-2:00	
Social Time	Zumba 107	12:30-3:00	<b>11:30-12:30</b>	12:30-2:30	Topic of the Day 108	
<u>12:30-1:30</u>	Social Circle 114	Volunteerism: Church	Social Time	TAY Social OS	<u>1:00-3:00</u>	
Coping Skills 108	<u>12:30 -2:30</u>	Food Distribution	<u>12:00-3:00</u>	Walkabout <b>F</b>	House Movie LR	
<b>Fashion 101 111</b>	Glass Arts 113	<u>1:00-2:00</u>	Volunteerism: Riverbed	Choir 107	<u>2:00-3:00</u>	
<u>12:30-2:30</u>	<u>1:30 -2:30</u>	Uke-N-Sing	Farm <mark>F</mark>	<u>1:30-2:30</u>	Meditation 111	
Fundamentals of	Positive Thinking 108	Ukulele <mark>107</mark>	<b>12:30-1:30</b>	Brain Health 108	<u>2:00-3:30</u>	
Painting 113	<u>2:00-3:00</u>	Poetry 111	Goal Setting 108	Meditation 111	NAMI Connection 113	
<u>1:00-2:30</u>	12-Step Meeting 111	<u>1:00-2:30</u>	Beginning Computer 109	<u>2:00-4:00</u>	<u>3:30-4:30</u>	
Volleyball <mark>OS</mark>	<u>2:00-4:00</u>	NAMI Connection 108	Better Days F	Water Colors 113	Fun with Games LR	
<u>1:30-2:30</u>	Bowling <b>F</b>	WRAP <b>114</b>	<u>12:30-2:30</u>	<u>2:30-4:00</u>		
Laughter Yoga 107	<u>3:00-4:00</u>	<u>1:30 -3:00</u>	Mosaics 113	Chess Club 114	<b>Ambassador</b>	
<u>2:00-3:00</u>	Healthy	Art Workshop 113	<u>1:30-2:30</u>	<u>3:00-4:00</u>	Meeting	
Social Anxiety	Relationships 108	<u>2:00 -3:00</u>	Refreshing English 114	Open Discussion 108	_	
Support Group 108	<u>3:00-4:30</u>	12-Step Meeting 111	Chair Yoga <mark>107</mark>	Self Empowerment 111	(Fridays)	
<u>3:00-4:00</u>	Basketball OS	Music Academy 107	<u>3:00-4:00</u>	<u>3:30-4:30</u>	12:00 p.m12:30 p.m.	
Meditation 111	Volleyball OS	<u>3:00 -4:00</u>	Al-Anon 108	Social Dance LR		
Healthy Living 108		Mindfulness 111	<u>3:00-4:30</u>	<u>5:00-8:00</u>		
<u>3:00-4:30</u>		Basic Spanish 114	Campus Sport	Social Hour 107, 108,		
Bingo <b>113</b>		<u>3:00-4:30</u>	Activities OS	113, LR		
		Karaoke 108				
		Volleyball OS	Copyright Pathways of California, 2019, All Rights Reserved			

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13 9:15-10:00	•	15	16
11	9:15-10:00	Morning Ice Breaker	9:15-10:00	9:15-10:00	9:15-10:00
	Morning Ice Breaker	Social Time	Morning Ice Breaker	Morning Ice Breaker	Morning Ice Breaker
	Social Time	10:00-11:00	Social Time	Social Time	Social Time
	10:00-11:00	Dance Fitness 107	10:00-11:00	10:00 -11:00	10:00-11:00
	Tai Chi 107	10:00 -11:30	Free Form Exercise 107	Gardening OS	Video Dance <b>107</b>
	Better Bites 114	Jewelry Design I 113	Juicing K	10:00-11:30	10:00-11:30
	10:30-12:00	Cooking Class K	10:00-11:30	Floral Design 113	Fundamentals
Veterans	Depression Bipolar	10:00-1:00	Dual Recovery	West African	of Drawing 113
Day	Support Alliance 108	Volunteerism-Beach F	Anonymous 108	Drumming 111	Cooking Class K
Was a second	10:30-3:00	10:30-12:00	Arts and Crafts 113	10:30-11:30	10:30-4:00
	Movie Club:	Depression Bipolar	Employment 114	Enlightenment 108	Social Outing:
	Cinemark in Orange F	Support Alliance 108	10:00-1:00	11:30 -12:30	Brea Museum and
Wellness	11:30-12:30	<u>11:00 -12:00</u>	<b>Volunteerism-Beach F</b>	<b>Social Time</b>	Historical Society F
Meille22	Social Time	<b>Education 101 114</b>	<b>11:00-3:00</b>	<u>12:30-1:30</u>	11:30-12:30
Conton	<u>12:30-1:30</u>	<b>11:00-4:00</b>	Social Outing: Orange	Men's Group 108	Social Time
Center	American History 108	Social Outing: Korean	Library F	Women's Group 111	<u>12:30-2:00</u>
Caratrasl	Zumba 107	Bell of Friendship F	<b>11:30-12:30</b>	Living in the Now 114	Jewelry Design II 113
Central	Tech Talk 109	<u>11:30-1:00</u>	Social Time	<u>12:30-2:30</u>	<u>1:00-2:00</u>
	Social Circle 114	Social Time	<u>12:30-1:30</u>	TAY Social OS	Topic of the Day 108
will be	<u>12:30 -2:30</u>	<b>Community Meeting</b>	Goal Setting 108	Nature Walk F	<u>1:00-3:00</u>
	Glass Arts 113	<u>1:00-2:00</u>	Beginning	<b>Choir 107</b>	House Movie LR
Closed	<u>1:30-2:30</u>	Uke-N-Sing	Computer 109	<u>1:30-2:30</u>	<u>2:00-3:00</u>
0.0000	Positive Thinking 108	Ukulele 107	Better Days F	Brain Health 108	Meditation 111
	<u>2:00-3:00</u>	Poetry 111	<u>12:30-2:00</u>	Meditation 111	<u>2:00-3:30</u>
-AM) (MA	12-Step Meeting 111	<u>1:00-2:30</u>	Pathways to	<u>2:00-4:00</u>	NAMI Connection 113
XXXXXXX	<u>2:00-4:00</u>	NAMI Connection 108	Recovery 111	Water Colors 113	<u>3:30-4:30</u>
Veterans	Bowling F	WRAP 114	12:30-2:30	2:30-4:00	Fun with Games LR
TX Day	Tea Time K	<u>1:30 -3:00</u>	Mosaics 113	Chess Club 114	
	3:00-4:00	Art Workshop 113	1:30-2:30	3:00-4:00	Chat With MAB
	Healthy	<u>2:00 -3:00</u>	Refreshing English 114	Open Discussion 108	(Wednesdays)
	Relationships 108	12-Step Meeting 111	Chair Yoga 107	Self Empowerment 111	12:30 p.m1:00 p.m.
	3:00-4:30	Music Academy 107	3:00-4:00	3:30-4:30	
	Basketball OS	3:00 -4:00	Al-Anon 108	Social Dance LR	
	Volleyball <mark>OS</mark>	Mindfulness 111	3:00-4:30	5:00-8:00	
		Basic Spanish 114	Campus Sport	Social Hour 107, 108,	
		3:00-4:30 Variable 100	Activities OS	113, LR	
		Karaoke 108	Co	ppyright Pathways of California, 20	019, All Rights Reserved
		Volleyball <mark>OS</mark>			

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*Calendar is subject to change			-		9.00am 5.00pm
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20 9:15-10:00	21 9:15-10:00	22	23
9:15-10:00	9:15-10:00	Morning Ice Breaker	Morning Ice Breaker	9:15-10:00	9:15-10:00
<b>Morning Ice Breaker</b>	Morning Ice Breaker	Social Time	Social Time	Morning Ice Breaker	<b>Morning Ice Breaker</b>
Social Time	Social Time	<u>10:00-11:00</u>	<u>10:00-11:00</u>	Social Time	Social Time
<u>10:00-11:00</u>	<u>10:00-11:00</u>	<b>Dance Fitness 107</b>	Free Form Exercise 107	<u>10:00-11:00</u>	<u>10:00-11:00</u>
Gardening OS	Tai Chi 107	Music Academy 111	Juicing K	Gardening OS	Video Dance 107
Dance Fitness 107	Better Bites 114	<u>10:00-11:30</u>	<u>10:00-11:30</u>	<u>10:00-11:30</u>	<u>10:00-11:30</u>
Nutrition 101 114	Music Appreciation 113	Jewelry Design I 113	<b>Dual Recovery</b>	Floral Design 113	Fundamentals
<u>10:00-11:30</u>	<u>10:30-12:00</u>	Cooking Class K	Anonymous 108	West African	of Drawing 113
Scrapbooking 113	Depression Bipolar	<u>10:30-12:00</u>	Arts and Crafts 113	Drumming 111	Cooking Class K
<u>10:00-1:00</u>	Support Alliance 108	Depression Bipolar	Employment —	<u>10:30-11:30</u>	<u>10:30-4:00</u>
Volunteerism:	<u>10:30-3:00</u>	Support Alliance 108	SSI/SSDI 114	Enlightenment 108	Social Outing: Fowler
Beach Clean Up	Movie Club:	<u>11:00 -12:00</u>	<b>11:00-3:00</b>	<b>11:30-12:30</b>	Museum at UCLA
<u>10:30-11:30</u>	Cinemark in Orange F	Education 101 114	Social Outing: Barnes	Social Time	<u>11:30-12:30</u>
Yoga <b>111</b>	<b>11:30-12:30</b>		and Nobles <mark>F</mark>	<b>12:30-1:30</b>	Social Time
<b>Dual Recovery</b>	Social Time	12:00pm -2:00pm	<u>11:30-12:30</u>	Men's Group 108	<u>12:30-2:00</u>
Anonymous 108	<u>12:30 -1:30</u>	Thanksgiving	Social Time	Women's Group 111	Jewelry Design II 113
<u>11:30-12:30</u>	American History 108		<u>12:00-3:00</u>	Living in the Now 114	<u>1:00-2:00</u>
Social Time	<b>Zumba 107</b>	Feast	Volunteerism:	<b>12:30-2:30</b>	Topic of the Day 108
<u>12:30-1:30</u>	Social Circle 114	@	Riverbed Farm <b>F</b>	TAY Social OS	<u>1:00-3:00</u>
Coping Skills 108	<u>12:30 -2:30</u>		<u>12:30-1:30</u>	Walkabout <mark>F</mark>	House Movie LR
Fashion 101 <b>111</b>	Glass Arts 113	TOWNEG.	Goal Setting 108	Choir 107	<u>2:00-3:00</u>
New Lung 114	<u>1:30 -2:30</u>		Beginning	<u>1:30-2:30</u>	Meditation 111
<u>12:30-2:30</u>	Positive Thinking 108		Computer 109	Brain Health 108	<u>2:00-3:30</u>
Fundamentals of	<u>2:00-3:00</u>	40.00.00	Better Days 114	Meditation 111	NAMI Connection 113
Painting 113	12-Step Meeting 111	12:30-3:00	<u>12:30-2:30</u>	<u>2:00-4:00</u>	<u>3:30-4:30</u>
<u>1:00-2:30</u>	<u>2:00-4:00</u>	Volunteerism: Church	Mosaics 113	Water Colors 113	Fun with Games LR
Volleyball OS	Bowling F	Food Distribution	<u>1:30-2:30</u>	<u>2:30-4:00</u>	
<u>1:30-2:30</u>	<u>3:00-4:00</u>	2:00-3:00	Refreshing English 114	Chess Club 114	
Laughter Yoga 107	Healthy	12-Step Meeting <b>111</b>	Chair Yoga 107	<u>3:00-4:00</u>	
<u>2:00-3:00</u>	Relationships 108	3:00-4:00	<u>3:00-4:00</u>	Open Discussion 108	
Social Anxiety	<u>3:00-4:30</u>	Mindfulness 111	Al-Anon 108	Self Empowerment	
Support Group 108	Basketball OS	Basic Spanish 114	<u>3:00-4:30</u>	111	
<u>3:00-4:00</u>	Volleyball <mark>OS</mark>	3:00-4:30 Karaalia 100	Campus Sport	<u>3:30-4:30</u>	
Meditation 111		Karaoke 108	Activities OS	Social Dance LR	
Healthy Living 108		Volleyball OS		<u>5:00-8:00</u>	
<u>3:00-4:30</u>				Social Hour 107, 108,	
Bingo 113				113, LR	
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401 S. Tustin Street # C Orange, CA 92866 Phone: (714)361-4860 www.wellnesscenteroc.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Gardening OS Dance Fitness 107 Nutrition 101 114 10:00-1:00 Volunteerism: Riverbed Farm 10:00-11:30 Scrapbooking 113 10:30-11:30 Yoga 111 Dual Recovery Anonymous 108 11:30-12:30 Social Time 12:30-1:30 Coping Skills 108 Fashion 101 111 12:30-2:30 Fundamentals of Painting 113 1:00-2:30 Volleyball OS 1:30-2:30 Laughter Yoga 107 2:00-3:00 Social Anxiety Support Group 108	26  9:15-10:00 Morning Ice Breaker Social Time 10:00-11:00 Tai Chi 107 Better Bites 114 10:30-12:00 Depression Bipolar Support Alliance 108 10:30-3:00 Movie Club: Cinemark in Orange F 11:30-12:30 Social Time 12:30-1:30 American History 108 Zumba 107 Tech Talk 109 Social Circle 114 12:30-2:30 Glass Arts 113 1:30-2:30 Positive Thinking 108 2:00-3:00 12-Step Meeting 111 2:00-4:00 Bowling F Tea Time K 3:00-4:00 Healthy Relationships 108 3:00-4:30 Basketball OS	27 9:15-10:00  Morning Ice Breaker Social Time 10:00-11:00 Dance Fitness 107 10:00-11:30 Jewelry Design I 113 Cooking Class K 10:00-1:00 Volunteerism-Beach F 10:30-12:00 Depression Bipolar Support Alliance 108 11:00-12:00 Education 101 114 11:00-4:00 Social Outing: Irvine Regional Park/Zoo F 11:30-1:00 Social Time Community Meeting 1:00-2:00 Uke-N-Sing Ukulele 107 Poetry 111 1:00-2:30 WRAP 114 NAMI Connection 108 1:30-3:00 Art Workshop 113 2:00-3:00 12-Step Meeting 111 Music Academy 107 3:00-4:00 Mindfulness 111	Thursday 28  Wellness Center Central will be closed for the holiday!	Wellness Center Central will be closed for the holiday!	Wellness Center Central will be closed for the holiday!
3:00-4:00 Meditation 111 Healthy Living 108 3:00-4:30 Bingo 113	Basketball OS Volleyball OS	Basic Spanish 114 3:00-4:30 Karaoke 108 Volleyball 0S	Сор	pyright Pathways of California, 2019	o, All Rights Reserved