

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|
| <p>Translators are available upon request in:</p> <p>Spanish, Vietnamese, Farsi, Chinese and Korean</p> <p>Ambassador Meeting (Fridays) <u>12:00 p.m.-12:30 p.m.</u></p> <p>Member Advisory Board (MAB) Meeting November 22, 2019 (Friday) <u>11:00 a.m.-12:30 p.m.</u></p> | <p>Peer Partnering Support Program (Wednesdays) <u>10:00 a.m.-11:00 a.m.</u></p> <p>Community Meeting (Wednesdays) <u>12:00 p.m.-12:30 p.m.</u></p> <p>Chat With MAB (Wednesdays) <u>12:30 p.m.-1:00</u></p> <p>Wellness Center Central will be closed during the Thanksgiving Holidays !</p> | <p><i>Native American Heritage Month</i></p> <p><i>Visit us and Share your story on Wednesdays during the community meetings at 12:00 Noon</i></p> |  <p>Wellness Center South Thanksgiving Gathering (Friday) November 15, 2019 <u>12:00p.m.-3:00p.m.</u></p>  <p>Wellness Center West Thanksgiving Luncheon (Tuesday) November 19, 2019 <u>12:00p.m.-2:00p.m.</u></p>  <p>Wellness Center Central Thanksgiving Feast (Wednesday) November 20, 2019 <u>12:00p.m.-2:00p.m.</u></p> | <p>1 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Gardening OS <u>10:00-11:30</u> Floral Design 113 West African Drumming 111 <u>10:30-11:30</u> Enlightenment 108 <u>11:30 -12:30</u> Social Time <u>12:30-1:30</u> Men's Group 108 Women's Group 111 Living in the Now 114 <u>12:30-2:30</u> TAY Social OS Nature Walk F Choir 107 <u>1:30-2:30</u> Brain Health 108 Meditation 111 <u>2:00-4:00</u> Water Colors 113 <u>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour 107, 108, 113, LR</p> | <p>2 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Festival of Flight F <u>11:30-12:30</u> Social Time <u>12:30-2:00</u> Jewelry Design II 113 <u>1:00-2:00</u> Topic of the Day 108 <u>1:00-3:00</u> House Movie LR <u>2:00-3:00</u> Meditation 111 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Don't forget to set clocks back one hour on Sunday Nov. 3rd!</p>  </div> |

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



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|---|---|--|--|---|--|
| <p>11</p>  <p>Wellness Center Central will be Closed</p>  | <p>12</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Tai Chi 107 Better Bites 114 <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>10:30-3:00</u> Movie Club: Cinemark in Orange F <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> American History 108 Zumba 107 Tech Talk 109 Social Circle 114 <u>12:30 -2:30</u> Glass Arts 113 <u>1:30-2:30</u> Positive Thinking 108 <u>2:00-3:00</u> 12-Step Meeting 111 <u>2:00-4:00</u> Bowling F Tea Time K <u>3:00-4:00</u> Healthy Relationships 108 <u>3:00-4:30</u> Basketball OS Volleyball OS</p> | <p>13 <u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Dance Fitness 107 <u>10:00 -11:30</u> Jewelry Design I 113 Cooking Class K <u>10:00-1:00</u> Volunteerism-Beach F <u>10:30-12:00</u> Depression Bipolar Support Alliance 108 <u>11:00 -12:00</u> Education 101 114 <u>11:00-4:00</u> Social Outing: Korean Bell of Friendship F <u>11:30-1:00</u> Social Time Community Meeting <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Poetry 111 <u>1:00-2:30</u> NAMI Connection 108 WRAP 114 <u>1:30 -3:00</u> Art Workshop 113 <u>2:00 -3:00</u> 12-Step Meeting 111 Music Academy 107 <u>3:00 -4:00</u> Mindfulness 111 Basic Spanish 114 <u>3:00-4:30</u> Karaoke 108 Volleyball OS</p> | <p>14</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Free Form Exercise 107 Juicing K <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 <u>10:00-1:00</u> Volunteerism-Beach F <u>11:00-3:00</u> Social Outing: Orange Library F <u>11:30-12:30</u> Social Time <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 Better Days F <u>12:30-2:00</u> Pathways to Recovery 111 <u>12:30-2:30</u> Mosaics 113 <u>1:30-2:30</u> Refreshing English 114 Chair Yoga 107 <u>3:00-4:00</u> Al-Anon 108 <u>3:00-4:30</u> Campus Sport Activities OS</p> | <p>15</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00 -11:00</u> Gardening OS <u>10:00-11:30</u> Floral Design 113 West African Drumming 111 <u>10:30-11:30</u> Enlightenment 108 <u>11:30 -12:30</u> Social Time <u>12:30-1:30</u> Men's Group 108 Women's Group 111 Living in the Now 114 <u>12:30-2:30</u> TAY Social OS Nature Walk F Choir 107 <u>1:30-2:30</u> Brain Health 108 Meditation 111 <u>2:00-4:00</u> Water Colors 113 <u>2:30-4:00</u> Chess Club 114 <u>3:00-4:00</u> Open Discussion 108 Self Empowerment 111 <u>3:30-4:30</u> Social Dance LR <u>5:00-8:00</u> Social Hour 107, 108, 113, LR</p> | <p>16</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time <u>10:00-11:00</u> Video Dance 107 <u>10:00-11:30</u> Fundamentals of Drawing 113 Cooking Class K <u>10:30-4:00</u> Social Outing: Brea Museum and Historical Society F <u>11:30-12:30</u> Social Time <u>12:30-2:00</u> Jewelry Design II 113 <u>1:00-2:00</u> Topic of the Day 108 <u>1:00-3:00</u> House Movie LR <u>2:00-3:00</u> Meditation 111 <u>2:00-3:30</u> NAMI Connection 113 <u>3:30-4:30</u> Fun with Games LR</p> <p>Chat With MAB (Wednesdays) <u>12:30 p.m. -1:00 p.m.</u></p> |


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

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| <p>25</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Gardening OS</p> <p>Dance Fitness 107</p> <p>Nutrition 101 114</p> <p><u>10:00-1:00</u> Volunteerism: Riverbed Farm</p> <p><u>10:00-11:30</u> Scrapbooking 113</p> <p><u>10:30-11:30</u> Yoga 111</p> <p>Dual Recovery Anonymous 108</p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:30-1:30</u> Coping Skills 108</p> <p>Fashion 101 111</p> <p><u>12:30-2:30</u> Fundamentals of Painting 113</p> <p><u>1:00-2:30</u> Volleyball OS</p> <p><u>1:30-2:30</u> Laughter Yoga 107</p> <p><u>2:00-3:00</u> Social Anxiety Support Group 108</p> <p><u>3:00-4:00</u> Meditation 111</p> <p>Healthy Living 108</p> <p><u>3:00-4:30</u> Bingo 113</p> | <p>26</p> <p><u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Tai Chi 107</p> <p>Better Bites 114</p> <p><u>10:30-12:00</u> Depression Bipolar Support Alliance 108</p> <p><u>10:30-3:00</u> Movie Club: Cinemark in Orange F</p> <p><u>11:30-12:30</u> Social Time</p> <p><u>12:30-1:30</u> American History 108</p> <p>Zumba 107</p> <p>Tech Talk 109</p> <p>Social Circle 114</p> <p><u>12:30 -2:30</u> Glass Arts 113</p> <p><u>1:30-2:30</u> Positive Thinking 108</p> <p><u>2:00-3:00</u> 12-Step Meeting 111</p> <p><u>2:00-4:00</u> Bowling F</p> <p>Tea Time K</p> <p><u>3:00-4:00</u> Healthy Relationships 108</p> <p><u>3:00-4:30</u> Basketball OS</p> <p>Volleyball OS</p> | <p>27 <u>9:15-10:00</u> Morning Ice Breaker Social Time</p> <p><u>10:00-11:00</u> Dance Fitness 107</p> <p><u>10:00-11:30</u> Jewelry Design I 113</p> <p>Cooking Class K</p> <p><u>10:00-1:00</u> Volunteerism-Beach F</p> <p><u>10:30-12:00</u> Depression Bipolar Support Alliance 108</p> <p><u>11:00-12:00</u> Education 101 114</p> <p><u>11:00-4:00</u> Social Outing: Irvine Regional Park/Zoo F</p> <p><u>11:30-1:00</u> Social Time Community Meeting</p> <p><u>1:00-2:00</u> Uke-N-Sing Ukulele 107</p> <p>Poetry 111</p> <p><u>1:00-2:30</u> WRAP 114</p> <p>NAMI Connection 108</p> <p><u>1:30-3:00</u> Art Workshop 113</p> <p><u>2:00-3:00</u> 12-Step Meeting 111</p> <p>Music Academy 107</p> <p><u>3:00-4:00</u> Mindfulness 111</p> <p>Basic Spanish 114</p> <p><u>3:00-4:30</u> Karaoke 108</p> <p>Volleyball OS</p> | <p>28</p> <p><i>Wellness Center Central will be closed for the holiday!</i></p> | <p>29</p> <p><i>Wellness Center Central will be closed for the holiday!</i></p> | <p>30</p> <p><i>Wellness Center Central will be closed for the holiday!</i></p> |