

Wellness Center Central

October 2025

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



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
DBSA 108
Game Time 114

MAB Agenda Mtg.
10/11/2025
10:00-10:30am
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**MAB Mtg. 114**  
**10/18/2025**  
**11:00-12:30**

**28 9:15-9:45**  
Ice Breaker/Work Order Day Check-In LR  
**9:45-10:45**  
**Eat Well, Live Well 114**  
(H) 814 7469 2733

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

**10:00-11:30**  
Off Campus Sports

**10:00-12:00**  
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**  
Pathways to Recovery 108

**29 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 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**  
**Job Club—114**

**2:30-3:30**  
Bingo 107  
Anger Management 108

**2:30-4:00**  
Chess Club 114  
Crochet 113

**3:30-4:30**  
Social Skills 108

**30 9:15-9:45**  
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

**11:30 -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

**2:00-3:00 111**  
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 -12:00**  
AA Open Meeting 111  
Stay Fit Friday 107

**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**  
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

**5:00-8:00**  
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!**



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November 2025

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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.

#### Also Available:

Mock Interview and Work Stress Management

Please contact Jason Stentz (949) 406-9687  
or see any staff member for more information.

This is your time to SHINE!



*Join us for a new group!*

### EMOTIONAL WELLNESS

*Where members are welcome to  
talk about types of emotions  
and how to manage them.*

Thursdays  
2:00 pm - 2:50 pm  
Room 111



### PATHWAYS TO RECOVERY

*Where members will talk about  
types of emotions and how to  
manage them.*

Tuesdays  
3:30 pm - 4:20 pm  
Room 111

## Saturday

**1 9:15-9:45**  
Ice Breaker/Work Or-  
der Day Check-In LR

**9:45-10:35**  
Coping Skills 108

**10:00-10:50**  
Schizophrenia  
Alliance 114

**10:00-11:50**  
Jewelry Design 113

**11:00-4:00**  
Social Outing F  
Noche De Altares  
Celebration—  
Santa Ana

**11:00-11:50**  
Enlightenment 108

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

**12:00-12:50**  
Positive Thinking 108

**12:00-1:20**  
Golf Card Game 107

**1:00-1:50**  
Poetry 114  
**NAMI Connection 108**  
**(H) 825 2384 8811**

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

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| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <b>3</b> 9:15-9:45<br>Ice Breaker/Work Order Day Check-In LR<br><br>9:45-11:45<br>Off Campus Sports<br><br>10:00-10:50<br>Mindful Meditation 111<br>Dual Recovery Anonymous 108<br><br>10:00-11:50<br>Jewelry Design 113<br><br>11:00-11:50<br>Break through the Barriers of Trauma 108 (H) 816 7681 1961<br>Music Appreciation 114<br>Yoga 107<br><br>12:00-12:50<br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><br>1:00-1:50<br>Healthy Relationships 108 (H) 840 3417 3056<br>AA Open Meeting 107<br>Story Circle 114<br><br>2:00-2:50<br>Healing With Art 113<br><br>2:15-3:05<br>Coping Skills 108<br>Social Anxiety 111<br><br>3:30-4:20<br>DBSA 108<br>Game Time 114 | <b>4</b> 9:15-9:45<br>Ice Breaker/Work Order Day Check-In LR<br><br>9:45-10:35<br>Eat Well, Live Well 114 (H) 814 7469 2733<br><br>10:00-10:50<br>Al-Anon Meeting 107<br><br>10:00-11:45<br>Off Campus Sports F<br><br>10:00-11:50<br>Watercolors 113<br><br>10:00-1:00<br>Volunteerism F<br>Gold Coast Farms<br><br>11:00-11:50<br>Schizophrenia Alliance 114<br>DBSA 111<br>Karaoke 108<br><br>12:00-12:50<br>Social Time/Work Order Day Check-In LR<br><br>1:00-1:50<br>Self Empowerment 111 (H) 895 9260 2224<br>Time Travel w/Terry 108<br><br><div style="border: 2px solid blue; padding: 5px; text-align: center;"> <b>1:00-1:50</b><br/> <b>Work Order Day Training 114</b> </div><br>1:30-2:20<br>Beginning Computer 109<br><br>2:00-2:50<br>Women's Light 108<br><br>2:00-3:20<br>Mosaics 113<br><br>2:00-4:00<br>Bowling at Concourse F<br><br>2:30-3:20<br>Anger Management 108 (H) 897 1661 6727<br><br>3:30-4:20<br>Chess Club 114<br>Pathways to Recovery | <b>5</b> 9:15-9:45<br>Ice Breaker/Work Order Day Check-In LR<br><br>9:45-10:35<br>Wellness Wednesday 114<br>Gardening OS<br>NAMI Connection 108 (H) 824 5047 2205<br><br>9:45-10:50<br>Art Workshop 113<br>Campus Sports OS<br><br>10:00-10:50<br>AA Open Meeting 111<br><br><div style="text-align: center;"> <b>11:00-11:50</b><br/> <b>Community Meeting LR (H) 844 3176 0396</b> </div><br>12:00-12:50<br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><br>12:00-3:00<br>Volunteerism F<br>Beach Clean Up<br><br>1:00-1:50<br>ASL Sign Language 108<br>Recovery Expression 107<br><br>1:00-2:20<br>Jewelry Design 113<br>WRAP 114 (H) 832 7126 3020<br><br>1:30-2:50<br>Uke N'Feel Better 111<br><br>2:30-3:20<br>Bingo 107<br>Anger Management 108<br><br>2:30-3:50<br>Chess Club 114<br>Crochet 113<br><br>3:30-4:20<br>Social Skills 108<br>Mock Interview 111 | <b>6</b> 9:15-9:45<br>Ice Breaker/Work Order Day Check-In LR<br><br>9:30-1:00<br>Santiago Canyon College Tour<br><br>9:45-10:35<br>Tai Chi 107/OS<br>Creative Dance for Healing 111<br><br>9:45-11:05<br>Campus Sports OS<br><br>10:00-10:50<br>Healthy Living 114 (H) 812 0742 2407<br>DBSA 108 (H) 852 7154 9027<br><br>11:00-11:50<br>Open Discussion 107<br>Positive Thinking 108 (H) 841 4238 8927<br><br>11:30-1:45<br>AA—Friendship Club<br><br>12:00-12:50<br>Special Presentation: The Art of Gratitude w/Halleh from OMID<br><br>1:00-1:50<br>Budgeting 114<br>Enlightenment 111<br><br>1:00-2:20<br>Music Academy 108<br><br>2:00-2:50<br>Emotional Wellness 111<br><br>2:00-3:20<br>Game Time 107<br><br>2:00-4:20<br>Open Art Class 113<br><br>3:30-4:21<br>NA Open Meeting 111<br>Poetry 114 | <b>7</b> 9:15-9:45<br>Ice Breaker/Work Order Day Check-In LR<br><br>10:00-10:50<br>Looking Good-Feeling Good 108<br><br>10:00-11:20<br>Cooking K<br><br>10:00-11:30<br>Campus Sport OS<br><br>10:00-10:50<br>AA Open Meeting 111<br>Stay Fit Friday 107<br><br>12:00-12:50<br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><br>12:00-3:00<br>Volunteerism F<br>Beach Clean Up<br><br>1:00-1:50<br>Mindfulness 111<br>Balance & Boundaries 108<br>Trauma Recovery 114<br><br>1:30-3:20<br>Open Art 113<br><br>2:00-2:50<br>Women's Group 108 (H) 875 7924 1408<br>Men's Group 111<br>Japanese Language 107<br>Communication Skills 114<br><br>3:00-3:50<br>Anime 111<br><br>3:00-4:20<br>Chess Club 114<br>Good Vibes Circle 108<br><br>3:15-4:05<br>Tea Time—K<br><br>4:00-4:50<br>West African Drumming 111<br><br>5:00-5:50<br>Work Stress Mgmt. 114<br><br>5:00-8:00<br>Social Hour | <b>8</b> 9:15-9:45<br>Ice Breaker/Work Order Day Check-In<br><br>9:45-10:35<br>Coping Skills 108<br><br>10:00-10:50<br>Schizophrenia Alliance 114<br><br>10:00-11:50<br>Jewelry Design 113<br><br><div style="border: 2px solid brown; padding: 10px; text-align: center;"> <b>11:00-4:00</b><br/> <b>Social Outing F</b><br/> <b>Holiday Faire</b><br/> <b>Event at Great Park</b><br/> <b>Palm Court Arts Complex</b> </div><br>11:00-11:50<br>Enlightenment 108<br><br>12:00-12:50<br>Positive Thinking 108<br><br>12:00-1:20<br>Golf Card Game 107<br><br>1:00-1:50<br>Poetry 114<br>NAMI Connection 108 (H) 825 2384 8811<br><br>2:15-4:25<br>Art Workshop 113<br><br>Social Hour:<br>In House Cinema LR<br>Bingo 114<br>Karaoke 108<br>Fun with Games 107 |
| <div style="border: 2px solid orange; padding: 10px;"> <b>MAB</b><br/> <b>Agenda Mtg.</b><br/> <b>11/14/2025</b><br/> <b>11:00-11:30am</b><br/>           ~~~~~<br/> <b>MAB Mtg. 114</b><br/> <b>11/21/2025</b><br/> <b>11:00-12:30</b><br/>           ~~~~~<br/> <b>Closed Groups</b> </div>                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <div style="border: 2px solid brown; padding: 10px; text-align: center;"> <b>(H)=Hybrid</b><br/> <b>Zoom/Onsite</b><br/> <b>Group is</b><br/> <b>online/onsite</b> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |



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Monday-Thursday & Saturday 9:00am-5:00pm

Friday 9:00am-8:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>10 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><b>9:45-11:45</b><br>Off Campus Sports<br><b>10:00-10:50</b><br>Mindful Meditation 111<br>Dual Recovery Anonymous 108<br><b>10:00-11:50</b><br>Jewelry Design 113<br><b>11:00-11:50</b><br>Break through the Barriers of Trauma 108 (H) 816 7681 1961<br>Music Appreciation 114<br>Yoga 107<br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><b>1:00-1:50</b><br>Healthy Relationships 108 (H) 840 3417 3056<br>AA Open Meeting 107<br>Story Circle 114<br><b>2:00-2:50</b><br>Healing With Art 113<br><b>2:15-3:05</b><br>Coping Skills 108<br>Social Anxiety 111<br><b>3:30-4:20</b><br>DBSA 108<br>Game Time 114<br><br> | <b>11</b><br><b>WCC</b><br><b>Closed Today</b><br><br><br><br><p>We celebrate Veterans Day on November 11th to honor all who have served in the U.S. Armed Forces.</p><br><p>Originally known as <u>Armistice Day</u>, it marked the end of World War I in 1918 but was renamed and expanded in 1954 to recognize the service of all military veterans in any conflict.</p><br><p>The day is a federal holiday to express gratitude for veterans' patriotism, sacrifices, and willingness to serve the nation.</p> | <b>12 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><b>9:45-10:35</b><br>Wellness Wednesday 108<br>Gardening OS<br>NAMI Connection 108 (H) 824 5047 2205<br><b>9:45-10:50</b><br>Art Workshop 113<br>Campus Sports OS<br><b>10:00-10:50</b><br>AA Open Meeting 111<br><br><b>10:00-11:00 Rm 114</b><br>**Benefits Workshop** with Dung Le<br><b>11:00-11:50</b><br>Community Meeting LR (H) 844 3176 0396<br><b>11:00-2:00</b><br>Volunteerism F<br>Food Distribution<br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><b>1:00-1:50</b><br>ASL Sign Language 108<br>Preparing For the Future 107<br><b>1:00-2:20</b><br>Jewelry Design 113<br>WRAP 114 (H) 832 7126 3020<br><b>1:30-2:50</b><br>Uke N'Feel Better 111<br><b>2:30-3:20</b><br>Bingo 107<br>Anger Management 108<br><b>2:30-3:50</b><br>Chess Club 114<br>Crochet 113<br><b>3:30-4:20</b><br>Social Skills 108<br>Mock Interview 111<br><br><p>Copyright Clarvida, 2025. All Rights Reserved</p> | <b>13 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><b>9:45-10:35</b><br>Tai Chi 107/OS<br>Creative Dance for Healing 111<br><b>9:45-11:05</b><br>Campus Sports OS<br><b>10:00-10:50</b><br>Healthy Living 114 (H) 812 0742 2407<br>DBSA 108 (H) 852 7154 9027<br><b>11:00-11:50</b><br>Open Discussion 107<br>Positive Thinking 108 (H) 841 4238 8927<br><br><br><br><b>11:30am-2:00pm</b><br><br><b>Gratitude Feast</b><br><br><b>1:00-1:50</b><br>Enlightenment 111<br><b>1:00-2:20</b><br>Music Academy 108<br><b>2:00-2:50 111</b><br>Emotional Wellness<br><b>2:00-3:20</b><br>Game Time 107<br><b>2:00-4:20</b><br>Open Art Class 113<br><b>3:30-4:21</b><br>NA Open Meeting 111<br>Poetry 114 | <b>14 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><b>10:00-10:50</b><br>Looking Good-Feeling Good 108<br><b>10:00-11:20</b><br>Cooking K<br><b>10:00-11:30</b><br>Campus Sports<br><b>11:00-11:50</b><br>AA Open Meeting 111<br>Stay Fit Friday 107<br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><b>12:00-3:00</b><br>Volunteerism F<br>Beach Clean Up<br><b>1:00-1:50</b><br>Mindfulness 111<br>Balance & Boundaries 108<br>Trauma Recovery 114<br><b>1:30-3:20</b><br>Open Art 113<br><b>2:00-2:50</b><br>Women's Group 108 (H) 875 7924 1408<br>Men's Group 111<br>Japanese Language 107<br><b>3:00-3:50</b><br>Anime 111<br><b>3:00-4:20</b><br>Good Vibes Circle 108<br>Chess Club 114<br><b>3:15-4:05</b><br>Choir 107 (H) 857 3185 8460<br><b>4:00-4:50</b><br>West African Drumming 111<br><b>5:00-5:50</b><br>Work Stress Mgmt. 114<br><b>5:00-8:00</b><br>Social Hour | <b>15 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><div style="border: 2px solid brown; padding: 5px;"> <b>9:00-1:00</b><br/>NAMI Walk OC<br/>Angel Stadium Sign up with Wellness Walkers </div><br><b>9:45-10:35</b><br>Coping Skills 108<br><b>10:00-10:50</b><br>Schizophrenia Alliance 114<br><b>10:00-11:50</b><br>Jewelry Design 113<br><b>11:00-11:50</b><br>Enlightenment 108<br><b>12:00-12:50</b><br>Positive Thinking 108<br><b>12:00-1:20</b><br>Golf Card Game 107<br><b>1:00-1:50</b><br>Poetry 114<br>NAMI Connection 108 (H) 825 2384 8811<br><b>2:15-4:15</b><br>Art Workshop 113<br>Social Hour:<br>In House Cinema LR<br>Bingo 114<br>Karaoke 108<br>Fun with Games 107<br><br> |

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| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                              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| <b>17 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><b>9:45-11:45</b><br>Off Campus Sports<br><br><b>10:00-10:50</b><br>Mindful Meditation 111<br>Dual Recovery<br>Anonymous 108<br><br><b>10:00-11:50</b><br>Jewelry Design 113<br><br><b>11:00-11:50</b><br>Break through the Barriers of Trauma 108 (H) 816 7681 1961<br>Music Appreciation 114<br>Yoga 107<br><br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><br><b>1:00-1:50</b><br>Healthy Relationships 108 (H) 840 3417 3056<br>AA Open Meeting 107<br>Story Circle 114<br><br><b>2:00-2:50</b><br>Healing With Art 113<br><br><b>2:15-3:05</b><br>Coping Skills 108<br>Social Anxiety 111<br><br><b>3:30-4:20</b><br>DBSA 108<br>Game Time 114 | <b>18 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><b>9:45-10:35</b><br>Eat Well, Live Well 114 (H) 814 7469 2733<br><br><b>10:00-10:50</b><br>Al-Anon Meeting 107<br><br><b>10:00-11:45</b><br>Off Campus Sports F<br><br><b>10:00-11:50</b><br>Watercolors 113<br><br><b>10:00-1:00</b><br>Volunteerism F<br>Gold Coast Farms<br><br><b>11:00-11:50</b><br>Schizophrenia Alliance 114<br>DBSA 111<br>Karaoke 108<br><br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR<br>New Lung 114<br><br><b>1:00-1:50</b><br>Self Empowerment 111 (H) 895 9260 2224<br>Time Travel W/Terry 108<br><br><div style="border: 2px solid blue; padding: 5px; text-align: center; color: red;"> <b>1:00-1:50</b><br/>Work Order Day Training 114         </div><br><b>1:30-2:20</b><br>Beginning Computer 109<br><br><b>2:00-2:50</b><br>Women's Light 108<br><br><b>2:00-3:20</b><br>Mosaics 113<br><br><b>2:30-3:20</b><br>Anger Management 108 (H) 897 1661 6727<br><br><b>3:30-4:20</b><br>Chess Club 114<br>Pathways to Recovery 108 | <b>19 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><b>9:45-10:35</b><br>Wellness Wednesday 114<br>Gardening OS<br>NAMI Connection 108 (H) 824 5047 2205<br><br><b>9:45-10:50</b><br>Art Workshop 113<br>Campus Sports OS<br><br><b>10:00-10:50</b><br>AA Open Meeting 111<br><br><b>11:00-11:50</b><br>Community Meeting LR (H) 844 3176 0396<br><br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><br><b>12:00-3:00</b><br>Volunteerism F<br>Beach Clean Up<br><br><b>1:00-1:50</b><br>ASL Sign Language 108<br>Recovery Expression 107<br><br><b>1:00-2:20</b><br>Jewelry Design 113<br>WRAP 114 (H) 832 7126 3020<br><br><b>1:30-2:50</b><br>Uke'N'Feel Better 111<br><br><b>2:30-3:20</b><br>Bingo 107<br>Anger Management 108<br><br><b>2:30-3:50</b><br>Chess Club 114<br>Crochet 113<br><br><b>3:30-4:20</b><br>Social Skills 108<br>Mock Interview 111 | <b>20 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><b>9:45-10:35</b><br>Tai Chi 107/OS<br>Creative Dance for Healing 111<br><br><b>9:45-11:15</b><br>Campus Sports<br><br><b>10:00-10:50</b><br>Healthy Living 114 (H) 812 0742 2407<br>DBSA 108 (H) 852 7154 9027<br><br><b>10:00-1:00</b><br>Social Outing F<br>Irvine Spectrum Center<br><br><b>11:00-11:50</b><br>Open Discussion 107<br>Positive Thinking 108 (H) 841 4238 8927<br><br><b>11:30-1:45</b><br>AA—Friendship Club<br><br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR<br><br><b>1:00-1:50</b><br>Budgeting 114<br>Enlightenment 111<br><br><b>1:00-2:20</b><br>Music Academy 108<br><br><b>2:00-2:50</b><br>Emotional Wellness 111<br><br><b>2:00-3:20</b><br>Game Time 107<br><br><b>2:00-4:20</b><br>Open Art Class 113<br><br><b>3:30-4:20</b><br>NA Open Meeting 111<br>Poetry 114 | <b>21 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><b>10:00-10:50</b><br>Looking Good-Feeling Good 108<br><br><b>10:00-11:20</b><br>Cooking K<br><br><b>10:00-11:30</b><br>Campus Sports<br><br><b>11:00-11:20</b><br>Chat with MAB 114<br><br><b>11:00-11:50</b><br>AA Open Meeting 111<br>Stay Fit Friday 107<br><br><b>12:00-12:50</b><br>Social Time/Work Order Day Check-In LR (H) 823 6633 6837<br><br><b>12:00-3:00</b><br>Volunteerism F<br>Beach Clean Up<br><br><b>1:00-1:50</b><br>Mindfulness 111<br>Balance & Boundaries 108<br>Trauma Recovery 114<br><br><b>1:30-3:20</b><br>Open Art 113<br><br><b>2:00-2:50</b><br>Women's Group 108 (H) 875 7924 1408<br>Men's Group 111<br>Japanese Language 107<br><br><b>3:00-3:50</b><br>Anime 107<br><br><b>3:00-4:20</b><br>Good Vibes Circle 108<br>Chess Club 114<br><br><b>3:15-4:05</b><br>Tea Time K<br><br><b>4:00-4:50</b><br>West African Drumming 111<br><br><b>5:00-5:50</b><br>Work Stress Mgmt. 114<br><br><b>5:00-8:00</b><br>Social Hour<br>**Super Bingo** | <b>22 9:15-9:45</b><br>Ice Breaker/Work Order Day Check-In LR<br><br><b>9:45-10:35</b><br>Coping Skills 108<br><br><b>10:00-10:50</b><br>Schizophrenia Alliance 114<br><br><b>10:00-11:50</b><br>Jewelry Design 113<br><br><div style="border: 2px solid brown; padding: 5px; text-align: center;"> <b>11:00-4:00</b><br/>Social Outing F<br/>Grand Central Art Center<br/>St. Mickeyland         </div><br><b>11:00-11:50</b><br>Enlightenment 108<br><br><div style="border: 2px solid brown; padding: 5px; text-align: center;"> <b>11:30-3:30</b><br/>Matinee Movies at AMC 30 at the Outlets at Orange<br/>Van leaves WCC at 11:30+-<br/>Box Office 12:00 to 12:30<br/>Return Pick Up 3:30+-         </div><br><b>12:00-1:20</b><br>Golf Card Game 107<br><br><b>12:00-12:50</b><br>Positive Thinking 108<br><br><b>1:00-1:50</b><br>Poetry 114<br>NAMI Connection 108 (H) 825 2384 8811<br><br><b>2:15-4:15</b><br>Art Workshop 113<br>Social Hour:<br>In House Cinema LR<br>Bingo 114<br>Karaoke 108<br>Fun With Games 107 |





# Wellness Center Central

**November 2025**

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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| <p><b>24</b> 9:15-9:45<br/>Ice Breaker/Work Order<br/>Day Check-In LR</p> <p>9:45-11:45<br/>Off Campus Sports</p> <p>10:00-10:50<br/>Mindful Meditation 111</p> <p>Dual Recovery<br/>Anonymous 108</p> <p>10:00-11:50<br/>Jewelry Design 113</p> <p>11:00-11:50<br/>Break through the<br/>Barriers of Trauma 108<br/>(H) 816 7681 1961</p> <p>Music Appreciation 114<br/>Yoga 107</p> <p>12:00-12:50<br/>Social Time/Work Order<br/>Day Check-In LR<br/>(H) 823 6633 6837</p> <p>1:00-1:50<br/>Healthy<br/>Relationships 108<br/>(H) 840 3417 3056</p> <p>AA Open Meeting 107<br/>Story Circle 114</p> <p>2:00-2:50<br/>Healing With Art 113</p> <p>2:15-3:05<br/>Coping Skills 108<br/>Social Anxiety 111</p> <p>3:30-4:20<br/>DBSA 108<br/>Game Time 114</p>  | <p><b>25</b> 9:15-9:45<br/>Ice Breaker/Work Order<br/>Day Check-In LR</p> <p>9:45-10:35<br/>Eat Well, Live Well 114<br/>(H) 814 7469 2733</p> <p>10:00-10:50<br/>Al-Anon Meeting 107</p> <p>10:00-11:45<br/>Join Us For Coffee F</p> <p>10:00-11:50<br/>Watercolors 113</p> <p>10:00-1:00<br/>Volunteerism F<br/>Gold Coast Farms</p> <p>11:00-11:50<br/>Schizophrenia Alliance 114<br/>DBSA 111<br/>Karaoke 108</p> <p>12:00-12:50<br/>Social Time/Work Order<br/>Day Check-In LR</p> <p>1:00-1:50<br/>Self Empowerment 111<br/>(H) 895 9260 2224</p> <div> <p>1:00-1:50<br/>Work Order Day<br/>Training 114</p> </div> <p>1:30-2:20<br/>Beginning Computer 109</p> <p>2:00-2:50<br/>Women's Light 108</p> <p>2:00-3:20<br/>Mosaics 113</p> <p>2:00-4:00<br/>Bowling at Concourse F</p> <p>2:30-3:20<br/>Anger Management 108<br/>(H) 897 1661 6727</p> <p>3:30-4:20<br/>Chess Club 114<br/>Pathways to Recovery</p> | <p><b>26</b> 9:15-9:45<br/>Ice Breaker/Work Order<br/>Day Check-In LR</p> <p>9:45-10:35<br/>Wellness Wednesday<br/>114</p> <p>Gardening OS</p> <p>NAMI Connection 108<br/>(H) 824 5047 2205</p> <p>9:45-10:50<br/>Art Workshop 113<br/>Campus Sports<br/>OS</p> <p>10:00-10:50<br/>AA Open Meeting 111</p> <p>11:00-11:50<br/>Community Meeting LR<br/>(H) 844 3176 0396</p> <p>12:00-12:50<br/>Social Time/Work Order<br/>Day Check-In LR<br/>(H) 823 6633 6837</p> <p>12:00-3:00<br/>Volunteerism F<br/>Beach Clean Up</p> <p>1:00-1:50<br/>ASL Sign Language 108</p> <p>Preparing for the Future<br/>107</p> <p>1:00-2:20<br/>Jewelry Design 113<br/>WRAP 114<br/>(H) 832 7126 3020</p> <p>1:30-2:50<br/>Uke N'Feel Better 111</p> <p>2:00-2:50<br/>Job Club—114</p> <p>2:30-3:20<br/>Bingo 107<br/>Anger Management 108</p> <p>2:30-3:50<br/>Chess Club 114<br/>Crochet 113</p> <p>3:30-4:20<br/>Social Skills 108<br/>Mock Interview 111</p> | <p><b>27</b></p> <div> <p>Wellness Center Central<br/>will be closed November 27th<br/>&amp; November 28th for<br/>Thanksgiving!</p> <p>We wish you a happy, healthy<br/>holiday, with gratitude.</p>  </div> | <p><b>28</b></p> | <p><b>29</b> 9:15-9:45<br/>Ice Breaker/Work Order<br/>Day Check-In LR</p> <p>9:45-10:35<br/>Coping Skills 108</p> <p>10:00-10:50<br/>Schizophrenia<br/>Alliance 114</p> <p>10:00-11:50<br/>Jewelry Design 113</p> <p>11:00-11:50<br/>Enlightenment 108</p> <div> <p>11:00-4:00<br/>Social Outing F<br/>Fullerton Arboretum</p> </div> <p>12:00-1:20<br/>Golf Card Game 107</p> <p>12:00-12:50<br/>Positive Thinking 108</p> <p>1:00-1:50<br/>Poetry 114<br/>NAMI Connection 108<br/>(H) 825 2384 8811</p> <p>2:15-4:15<br/>Art Workshop 113<br/>Social Hour:<br/>In House Cinema LR<br/>Bingo 114<br/>Karaoke 108<br/>Fun With Games 107</p>  |

## 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 necklaces 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.

**Spiritual Groups:** 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 abuse/dependence.

**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.

**Mind 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.

**Social Groups:** 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.