

Wellness Center Central

October 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 October 18, 2019 (Friday) <u>11:00 a.m.-12:30 p.m.</u></p> <p>Costume Contest October 31, 2019 (Thursday) Wellness Center Central <u>2:00 p.m.-4:00p.m.</u></p>	<p>1 <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 111 <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>2 <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: CA Science Center F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism <u>1:00-2:00</u> Uke-N-Sing Ukulele 107 Poetry 111 <u>1:00-2:30</u> WRAP 114 NAMI Connection 108 <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>3 <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>10:00-1:00</u> Volunteerism 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 114 <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>4 <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>5 <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: Tiller Days 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>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 <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>10:30-11:30</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>12:30-3:00</u> Beach Volleyball F <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	8 <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 Intermediate Computer 109 Social Circle 111 <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	9 <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 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: Long Beach Museum of Art 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	10 <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>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 Pick A Place F <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	11 <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	12 <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: Irvine Global Village Festival 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 Ambassador Meeting (Fridays) <u>12:00 p.m.-12:30 p.m.</u>


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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p><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>10:30-11:30</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 Smoking Prevention 114 <u>12:30-2:30</u> Fundamentals of Painting 113 <u>12:30-3:00</u> Beach Volleyball F <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>15</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 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 111 <u>12:30-2:30</u> Glass Arts 113 <u>1:00-2:00</u> WRAP 114 <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>16 <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: Fullerton Arboretum F <u>11:30-1:00</u> Social Time Community Meeting <u>12:30-3:00</u> Volunteerism F</p> <p style="text-align: center;">Job Fair Wellness Center Central <u>1:00 p.m.-3:00 p.m.</u></p>  <p><u>3:00-4:00</u> Mindfulness 111 Basic Spanish 114 <u>3:00-4:30</u> Karaoke 108 Volleyball OS</p>	<p>17</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 LGBTIQ Support (Closed Group) 111 <u>10:00-11:30</u> Dual Recovery Anonymous 108 Arts and Crafts 113 Employment 114 <u>10:00-1:00</u> Volunteerism 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>18</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 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>19</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 <u>10:30-4:00</u> Social Outing: Silverado Days 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;">Chat With MAB (Wednesdays) <u>12:30 p.m. -1:00 p.m.</u></p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21 <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>10:30-11:30</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>12:30-3:00</u> Beach Volleyball F <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>22 <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 Intermediate Computer 109 Social Circle 111 <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>23 <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 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: The Broad Museum 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>24 <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 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 F <u>12:30-1:30</u> Goal Setting 108 Beginning Computer 109 Better Days 114 <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>25 <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>26 <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: Olvera Street 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>Costume Contest October 31, 2019 (Thursday) Wellness Center Central <u>2:00 p.m.-4:00p.m.</u></p>

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<p>28</p> <p><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>10:30-11:30</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>12:30-3:00</u> Beach Volleyball F <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>29</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 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 111 <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>30 <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 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: Olvera Street 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> WRAP 114 NAMI Connection 108 <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>31 <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>10:00-1:00</u> Volunteerism 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 114 <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>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>Halloween Party October 29, 2019 (Tuesday) Wellness Center West <u>2:00 p.m.-4:00 p.m.</u></p> <p>Halloween Party October 25, 2019 (Friday) Wellness Center South <u>2:00 p.m.-4:00 p.m.</u></p> <p>Chat With MAB (Wednesdays) <u>12:30 p.m.-1:00</u></p>	<p>Wellness & Community Resource Fair October 10, 2019 (Thursday) Wellness Center West <u>12:00 p.m.-2:00 p.m.</u></p> <p>Costume Contest October 31, 2019 (Thursday) Wellness Center Central <u>2:00 p.m.-4:00 p.m.</u></p> <p>Job Fair October 16, 2019 (Wednesday) Wellness Center Central <u>1:00 p.m.-3:00 p.m.</u></p>

