



Wellness Center Central Community Newsletter

APRIL 2023

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Wellness Center Central Mission Statement

Our goals are to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Community News Flash!

- ◇ All 3 Wellness Centers Present: Bowling Tournament on Wednesday April 5, 2023 - 1 p.m. at Concourse Bowling.
- ◇ Member Appreciation Carnival May 19 at 12 p.m.-3 p.m.
- ◇ Education Fair June 22 at 10 a.m.-12 p.m.
- ◇ Mental Health Awareness Month

- **Contact our Employment Specialist, Janice Jones at (949) 406-9687, for any employment support.**
- **Contact William Be to get education resources.**
- **Contact Diana Hua at (626) 373-0157 to get WRAP information and resources.**

WELLNESS CENTER CENTRAL
401 South Tustin Street, Building C
Orange, CA 92866
Phone: 714-361-4860 Fax: 714-361-4861
www.wellnesscenteroc.com

Operational Hours:
Monday-Thursday 9:00am-5pm
Friday: 9:00am-8pm
Saturday: 9:00am-5pm

Health 101: Mooncake



A mooncake is a Chinese bakery product traditionally eaten during the Mid-Autumn Festival. The festival is about lunar appreciation and Moon watching, and mooncakes are regarded as a delicacy. Mooncakes are offered between friends or on family gatherings while celebrating the festival. The Mid-Autumn Festival is widely regarded as one of the four most important Chinese festivals.

Mid-Autumn Festival

The festival is intricately linked to legends of Chung'e, the mythical Moon Goddess of Immortality. According to the Liji, an ancient Chinese book recording customs and ceremonies, the Chinese Emperor should offer sacrifices to the Sun in spring and the Moon in autumn. The 15th day of the 8th lunar month is the day called "Mid-Autumn". The night on the 15th of the 8th lunar month is also called "Night of the Moon". Because of its central role in the Mid-Autumn festival, mooncakes remained popular even in recent years. For many, they form a central part of the Mid-Autumn festival experience such that it is now commonly known as 'Mooncake Festival'.

Inspirational Quotes

"The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty." – **Winston Churchill**

"If You Are Working On Something That You Really Care About, You Don't Have To Be Pushed. The Vision Pulls You." – **Steve Jobs**

"People Who Are Crazy Enough To Think They Can Change The World, Are The Ones Who Do." – **Rob Siltanen**

"We May Encounter Many Defeats But We Must Not Be Defeated." – **Maya Angelou**

"The Man Who Has Confidence In Himself Gains The Confidence Of Others." – **Hasidic Proverb**

"The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today." – **Franklin D. Roosevelt**

Source: <https://motivationping.com/quotes>



Finding Inner Peace

How do you find your inner peace? Is it by meditating in the Himalayas Mountains, going on a vacation in the Caribbean, or promoting world peace?

Inner peace does not have a one-size-fits-all definition. There is no standard process or mandatory steps to follow to find your peace of mind. Finding inner peace is more challenging with our busy schedule, hectic lifestyle, and everyday stressors, but it's completely possible.

How to Find Inner Peace and Happiness

There are many ways to achieve inner peace and happiness. One way might work for you but not for others. Finding serenity and happiness cannot be achieved overnight; it is an ongoing process. You might want to check out and try the following strategies on the list below to help you find your spirituality, peace, and happiness.

1. Spend Time in Nature

When you spend time in nature, like taking short walks or appreciating nature, you may find serenity. Spending time with nature and taking a deep breath can prevent your mind from thinking about stressful thoughts. This is not a one-time thing, but long-term exposure to nature is an opportunity for you to deal with life's everyday stress.

2. Meditate

Meditation has many proven benefits for our physical, emotional, and mental health. In particular, practicing mindfulness meditation has been seen to decrease anxiety and prevent depression. You can try yoga, read a book on meditation, listen to a guided meditation on a podcast, or practice 40–45 minutes of mindfulness meditation every day at home. These can all help you find your path to peace and happiness.

3. Be Grateful

Finding your peace and taking care of your well-being means being grateful for what you have, not complaining about what you lack in life. When you appreciate what you have, you'll find more peace. It has been found that individuals with a grateful heart and the ones contented with their life's blessings find peace and happiness within.

4. Take Responsibility for Your Actions

Taking responsibility and accountability for all your actions takes a whole level of maturity. Even when it's hard, you'll find peace and happiness by admitting your mistakes. Accept criticisms and use them to improve yourself, as accepting that you made mistakes will make you a more resilient person.

5. Don't Let Your Past Mistakes Define You

We all have mistakes in the past we're not proud of, but dwelling on your past mistakes will take the best of you. Don't let your past mistakes define you, and don't let those memories stop you from growing into a better individual. To find your peace and happiness, let go of your regrets. Remember that these mistakes made you a better person. You're going to commit mistakes in the future anyway, so learn to pick yourself up and move on.

6. Love Yourself

Self-care is important to finding peace and happiness. How can you be truly happy in life if you cannot love yourself? Loving yourself means looking after your physical, emotional, mental, and spiritual health. These include eating healthy, exercising regularly, and looking after your overall well-being.

When you have a healthy relationship with yourself and practice self-care, you also project this positive energy toward others. Imagine how happy and peaceful your life can be when you feel good about yourself. Healthy self-love also results in good relationships with the people around you.

7. Practice Acceptance and Contentment

In finding peace and happiness, acceptance and contentment are key. Accept that you will have problems in life and learn how to deal with them. Being contented means having emotional, physical, or even financial contentment. The desire for material things and financial wealth does not excite an individual with inner peace.

Source: <https://kentuckycounselingcenter.com/how-to-find-inner-peace/>



Talent Show 2023



The Wellness Center Central had a delightful Talent Show event for our members to showcase their amazing talents. Our members had dazzled us with wonderful piano performance, dance, poetry skills, and stand-up comedy. The Talent Show was an unforgettable event. We are deeply appreciated all the talents our members have shown us. They are all unique and talented individuals.

Black History Month Celebration 2023



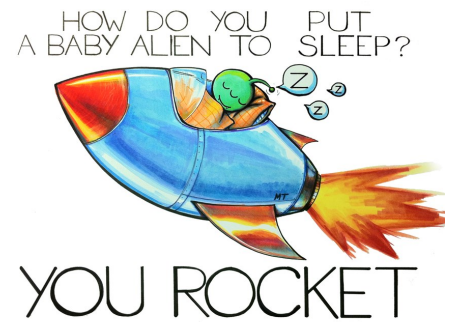
The Wellness Center Central had an amazing time celebrating Black History Month on Friday 2/24/23. The event was filled with honoring Black history and cultures, wonderful West African Drumming performance, laughter, and dance. Everyone had an amazing time.



Comedy Corner

A proud and confident genius makes a bet with an idiot. The genius says, "Hey idiot, every question I ask you that you don't know the answer, you have to give me \$5. And if you ask me a question and I can't answer yours I will give you \$5,000." The idiot says, "Okay." The genius then asks, "How many continents are there in the world?" The idiot doesn't know and hands over the \$5. The idiot says, "Now I ask: what animal stands with two legs but sleeps with three?" The genius tries and searches very hard for the answer but gives up and hands over the \$5000. The genius says, "Dang it, I lost. By the way, what was the answer to your question?" The idiot hands over \$5.

Source: www.laughfactory.com



Did You Know?

Did you know Viking men wore makeup?

Did you know you can get your eyeballs tattooed?

Did you know it would cost \$18.3 million to make a replica Darth Vader suit?

Did you know Einstein slept 10 hours a night.

Did you know Peru has more pyramids than Egypt.

Did you know a giraffe can go longer without water than a camel.

Did you know you burn more calories sleeping than watching TV.

Did you know there are more chickens than people.

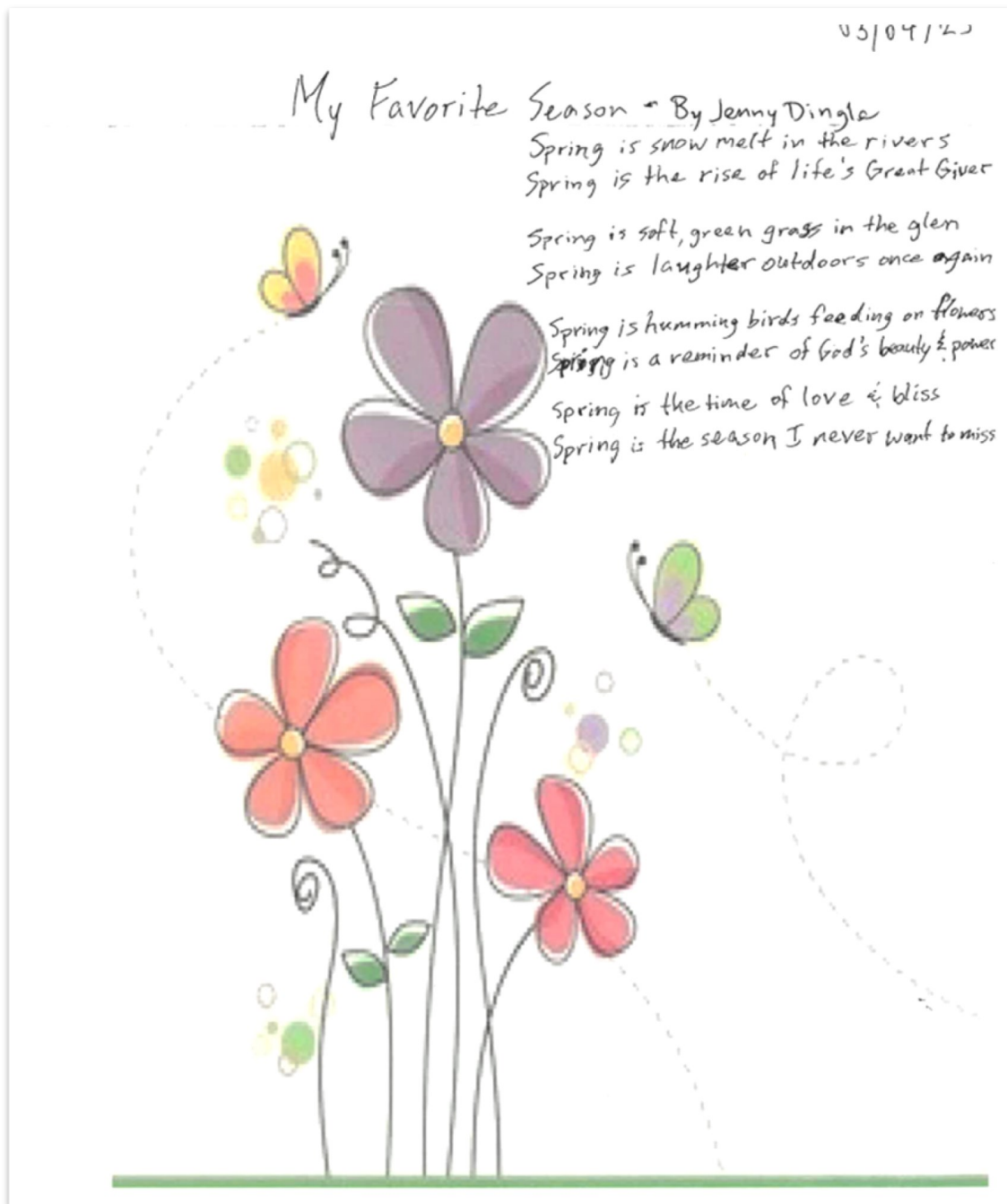
Did you know America top selling ice cream flavor is vanilla.

Did you know human thigh bones are stronger than concrete.

Did you know you begin to feel thirsty when your body losses 1% of water.

Source: www.did-you-knows.com

Artist Showcase



My Favorite Season
By: Jenny Dingle

Vision, Mission, and Values

Our Mission:

To provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Sudoku Challenge

	6		8	2		3		
				7		1		
9							5	
	4		7					5
8				9				6
5					3		7	
	2							3
		9		6				
		7		1	4		9	

Please contact us by phone at 714-361-4860 or
on our website wellnesscenteroc.com
Become a member today! Membership is free!