

**College Community Services  
Wellness Center Advisory Board  
MEETING MINUTES  
Friday, June 19, 2015 – 1:00pm to 3:00pm  
Wellness Center of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Alonzo, Mike, Patty, Tony, Michelle, and Patti  
Guest: Ruben, Shirley, Jenny, Jayson, Sohail, and Danisha

**I. Call to Order – 1:04pm**

- a. Welcome – Michelle welcomed MAB members and guests.
- b. Approval of Agenda – The agenda for June 19, 2015 was approved by Mike and seconded by Tony.
- c. Approval of Minutes – The minutes from May 15, 2015 were approved by Alonzo and seconded by Tony.

**II. Reports**

- a. Program Director's Report – Patti
  - Patti reported on Wellness Center membership, staffing, community outreach participation, calendar changes, and upcoming events.
  - Wellness center is now fully staffed.
- b. President's Report – Michelle
  - Michelle recognized MAB members for their great teamwork.

**III. Unfinished Business**

- a. MAB members discussed the success of the Meeting of the Minds event. MAB also commented on how many Wellness Center members attended the event.
- b. Suggestion Box
  - Add resolution and follow-up date to suggestion box responses.
  - Post responses with MAB minutes.
- c. MAB Members spoke about Ruben's interest in becoming a MAB member.
  - Michelle nominated Ruben to become a MAB Member. Alonzo seconded. MAB Members voted unanimously for Ruben to become a MAB Member.
- d. Mike asked about the Inactive Membership survey. Jayson announced the survey was still waiting for final approval.

**IV. New Business**

- a. Sub-committee Reports
  - i. Outcomes – Mike emphasized the increase of member facilitation
  - ii. Arts Sub-committee – Tony reported on the art works of the Members that was displayed at Meeting of the Minds. He asked that the Calendar Art Fair be more planned out, that the art be ready to hang in advance, and that the event is bigger to showcase the artists' works.
  - iii. Events and Activities – Michelle again mention the tournament in August.
- b. Basketball
  - Wellness Center basketball tournament is scheduled for August 7<sup>th</sup> which is the first Friday in August. Michelle and Jermaine will facilitate the tournament.
  - Ruben suggested to increase time for basketball on Thursdays from 1 hour to 2 hours.
- c. Mike commented that members asked why there is no longer food for TAY Social Hour. Patti explained that the purpose of the group is to socialize. Food was initially provided to increase member participation and that waters will still be available for members.
- d. Michelle commented that a few Wellness Center Members were not fond of the new layout of the computer lab. Michelle stated that other Wellness Center Members commented that they liked the new layout. MAB members agreed that the new layout may take some time to get used to.

## **V. Announcements**

- a. Patti announced the MAB Retreat to be held in Hart Park on July 17<sup>th</sup> at 11:30am. MAB group picture will be taken and displayed in the Wellness Center.
- b. Patti announced the Celebration of Recovery Picnic to be held on July 25, 2015 at 11:00am.
- c. Jayson announced that Wellness Center South will open tentatively on October 1<sup>st</sup> and Wellness Center West will open tentatively on November 1<sup>st</sup>.
- d. Mike suggested having more yoga classes. Tony suggested we find a member facilitator for Yoga classes.

## **VI. Open Forum**

- a. Shirley praised Alonzo for his solo in the karaoke class. She also showed her progress of the songs she reviewed for explicit content and/or meaning.

- b. Jenny suggested maybe adding to Wellness Center website content asking for yoga instructors to volunteer to facilitate yoga classes.

### **VII. Upcoming Calendar**

- a. Education Fair- Thursday, July 23, 2015 from 1:00pm to 4:00pm
- b. Celebration of Recovery Picnic – Saturday, July 25, 2015 at 11:00am
- c. Blackout for August (no MAB meeting in August)
- d. Multi-Cultural celebration- Thursday, August 23, 2015, 11:00-4:00.
- e. Next MAB meeting September 18, 2015 at 1:00pm

### **VIII. Adjournment**

- a. Michelle adjourned the meeting at 2:39