



Wellness Center Central Community Newsletter

APRIL 2020

INSIDE:

Health 101: Lychee	2
Inspirational Quotes	2
Lunar New Year Celebration	3
Memoirs of our 10 Years Journey	4
Black History Month 2020	5
Comedy Corner	6
Did You Know?	6
Artist Corner	7
Vision, mission, and Values	8
Sudoku Challenge	8

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!

Due to the new novel coronavirus, COVID-19, Wellness Center Central's in person classes and groups have been suspended since March 17, 2020. We have transitioned many of our groups and classes online! Please join us by checking out our website, www.wellnesscenteroc.com or give us a call and we can help you access the online and phone groups. We hope everyone is staying healthy and well during this time!

- **New Online Groups for this month: Better Days, Choir, Healthy Living, Poetry, and Comedy Hour**
- **Contact our Employment Specialist, Janice Jones, for any employment support**
- **Contact our main center phone number (714) 631-4860 for any questions and technical difficulties**

WELLNESS CENTER CENTRAL
401 South Tustin Street, Building C
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Temporary Hours:
Monday-Friday 8:30am-5pm

Health 101: Lychee

In celebration of Lunar New Year, which was on January 25, 2020, we are going to highlight one of Asia's favorite fruit! Sweet and exotic, lychees are one of the tropical delights that many Americans are unfamiliar with. That's too bad, because they offer a delightful flavor and satisfying juiciness eaten fresh or in several different culinary endeavors. Lychee skin is reddish and easy to peel, revealing a white, somewhat translucent flesh.

Lychee is a tropical and subtropical fruit tree native to the Guangdong and Fujian provinces of China, and now cultivated in many parts of the world. Like many other fruits grown in warm, humid climates such as China, India and even some of the Southern U.S. states, lychees contain an amazing amount of vitamin C. A healthy array of supporting nutrients is also added, including B vitamins, potassium, thiamin, niacin, folate and copper.



Give lychee a try in your next Boba drink, or on its own, you won't regret it!

Sources: <https://foodfacts.mercola.com/lychee.html>

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>

PEACE LOVE

Lunar New Year Celebration

Year of The Rat 2020



Lunar New Year 2020 was celebrated on February 6, 2020 to promote cultural experience of Asian New Year traditions, customs, music, and festivities. Lunar New Year is centuries old and gains significance because the festival is a time to honor deities as well as ancestors. Based on the lunisolar calendar, 2020 is the year of the Rat.

Activities Included:
Traditional Asian New Year Cuisine
Fashion Show
Lunar New Year Trivia Fun
Korean Dance

Memoirs of Our 10 Years Journey

Wellness Center Central proudly celebrated our Ten Year Anniversary on January 22, 2020. We were proud to celebrate this great achievement with our community.

Special guests included Janet Brown, field representative from office of US Congressmen Lou Correa, Lind Molina Director of Adult and Older Adult Behavioral Health Services, Jayson Benbrook Program Manager at Central Services, Carlos Espinoza Orange County Program Monitor and Pathways Executive Leaderships including Pathways California State Director Gail Laporte.

United States Congress House of Representatives Certificate of Special Recognition was presented by Janet Brown to Sohail Eftekhazadeh Program Director to honor the 10th Year Anniversary of the Wellness Center Central.

Event Included presentations by Jayson Benbrook, Sohail Eftekhazadeh, Linda Molina, Gail Laporte, WCC MAB President and WCC members who each shared their views and what it took for our program to achieve successful outcome and milestone.

Members and guests celebrated the day by listening to WCC choir singing, African Drumming, music and dance. Members were served Porto's sandwiches and cookies.

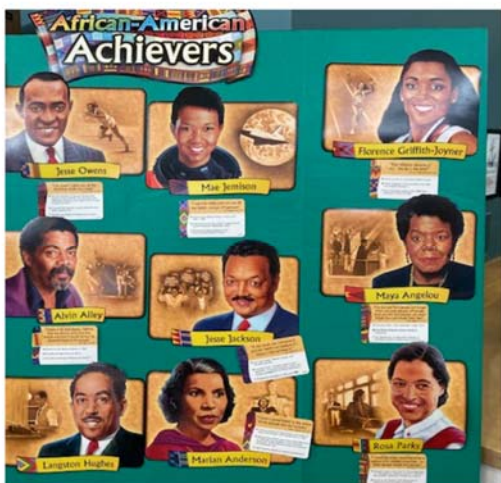
It was a wonderful day of celebration enjoyed by everyone!



Black History Month 2020



The History of Kwanzaa was the theme for the Annual Black History Celebration which was held on February 26, 2020. Wellness Center Central was decorated to resemble a Kwanzaa festive. Members enjoyed the opportunity to learn about different meaning of Kwanzaa such as umoja, agulia, ujima, ujamaa, nia, kuumba, and imani. Several members performed and filled the air with great music and singing. Professional dancers and West African drummers performed as well. There was lots of singing and dancing throughout the celebration. Everyone who attended had a great time.



Comedy Corner

Q: Why did King Kong climb the Empire State Building?

A: He couldn't fit in the elevator

Q: Why is the letter B very cool?

A: Because it's sitting in the AC.

Q: What is tall when it's young and short when it's old?

A: A candle.

Q: What's the difference between a jeweler and a jailer?

A: A jeweler sells watches and a jailer watches cells.



Source: <http://www.laughfactory.com>

Did You Know?

Did you know the Amazon rainforest produces half the world's oxygen supply.

Did you know Brazil is named after a tree.

Did you know tennis was originally played with bare hands.

Did you know ants stretch when they wake up in the morning.

Did you know cats can jump up to 7 times their tail length.

Did you know tree hugging is forbidden in china.

Did you know there is no butter in buttermilk.

Did you know a crocodile can't stick out its tongue.

Did you know household dust is made of dead skin cells.

Did you know Bill Gates began programming computers at the of age 13.

Did you know there is no sound in space.

Source: www.did-you-knows.com



Natasha Corich

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

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

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