

The Wellness Center

September 2011

1910 N. Bush St.
Santa Ana, CA 92706
Phone: 714-361-4860

Hours of Operation
Monday-Thursday- 9:00am- 5:00pm
Friday- 9:00am-7:30pm
Saturday- 9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Goodwill Gym Tuesday's and Thursday's 11:30-1:00pm</p>	<p>*Class also offered in Spanish •Class taught bilingual in Vietnamese ✓Class taught bilingual in Spanish Translators available in: Spanish, Vietnamese & Farsi upon request. Please call ahead</p>	<p><u>Meetings of Interest</u> <u>September 8th</u> Mental Health Board Arts 10am-12pm Stigma Elimination 2:00pm-4:00pm</p>	<p>1 9am-10am-Hatha Yoga 9:30am-11am - Fun with Art/Gardening 10:00am - 11:30am - Dual Recovery/Dance Hour 11am-12:30pm - Peer Discussion 11am-12:30pm - Jewelry Design I• 12pm-1pm-Intermediate Computers/ French Talk 2pm-3:30pm-Frisbee Golf /2pm-4pm-Art Workshop 1pm-3pm - Singing in Vietnamese• 1pm-2pm - Acting and Drama 2pm-3pm-Meditation/2pm-4pm-Glass Arts 2pm-4pm - Fast Track to Employment 3pm-4pm - Conversacion En Español✓ 3:00pm-4:00pm - Spiritual Treasure Chest 4pm-5pm- How to Guard Your Peace</p>	<p>2 Community Meeting 11:30am 9:30am-11am - Floral Design • 10am-1pm-Walk About 10am-11pm - Enlightenment 10:00am-11:30am-West African Drumming 12pm-1pm-Fashion 101 12:30pm-2:30pm - Lookin' Good, Feelin' Good 1pm-2pm-Traveling around the World 1pm-3pm - Choir• 2pm-3pm-Newsletter 2:30pm-3:30pm-World Religion 3:30pm-4:30pm-</p>	<p>3 9:30am-11:00- Gardening 10:00am-11:30am-Scrap Booking 10am-12pm-Photo Club 10am-12pm-Peer to Peer-NAMI 11am-12pm-Art Class 11am-5pm-Social Outing: International Street Fair 11am-12pm-Going Back to School 1pm-2pm-Art Workshop 3pm-4pm-Music Appreciation 2pm-3:30pm - NAMI Connection 2:00pm-4:30pm - Movie: The Beaver</p>

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<p>5</p> <p>Labor Day Center Closed</p>	<p>6</p> <p>9:30am-11am - Art Expressions 10am-11am - Topic of the Day /Yoga 11am-12pm - Standup Comedy Hour 11am-12pm - Moving Meditation 11am-12:30pm- Farmers Market 12pm-1pm -Living in the Now 12pm-1pm - Beginner Computer 1pm-2pm - Acting and Drama /Self-Empowerment• 2pm-3pm-Narcotics Anonymous 2pm-4pm - Bowling League/Art Workshop 2pm-5pm -Movie Club: Kingpin 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time:</p>	<p>7</p> <p>9:30am-11am - Arts and Crafts 10am-11am - Power Up Your Memory 10am-11:30am- Cooking Class/ Documentary Hour 11am-12pm-DBSA / Laughing Yogi 12pm -1pm- Computer Tutorial 10pm-5pm -Social Outing: Griffith Observatory 2pm-4pm-Art Workshop 1pm-2pm - Wellness Recovery Action Plan* 2pm-3pm - AA Meeting/ Dancing Emotion 3pm-4pm-Keychain Art/3pm-4pm- Guided Imagery 3pm-4:30pm -Core Gifts 3:30pm-4:45pm - Fun with Games</p>	<p>8</p> <p>9am-10am-Hatha Yoga 9:30am-11am - Fun with Art/Gardening 10am - 11:30am - Dual Recovery/Dance Hour 11am -12:30pm Jewelry Design I• 11am-12:30pm - Peer Discussion 12pm-1pm- Intermediate Computers/French Talk 2pm-3:30pm-Frisbee Golf /2pm-4pm-Art Workshop 1pm-3pm - Singing in Vietnamese• 1pm-2pm - Acting and Drama 2pm-4pm - Fast Track to Employment 2pm-3pm- Meditation/2pm-4pm -Glass Arts 3pm-4pm - Conversacion En Español/ 3pm-4pm - Spiritual Treasure Chest 4pm-5pm- How to Guard Your Peace</p>	<p>9</p> <p>Community Meeting 11:30am 9:30am-11am - Floral Design• 10am-1pm-Walk About 10am-11pm - Enlightenment 10:00am-11:30am - West African Drumming 12:00pm-1:00pm- Fashion 101 12:30pm-2:30pm - Lookin' Good, Feelin' Good 1pm-2pm-Traveling around the World 1pm-3pm - Choir• 2:30pm-3:30pm- World Religion 2pm3pm-Newsletter 3:30pm-4:30pm - Social Dancing 4pm-5pm - Open Discussion 5pm-7:30pm - Social Hour: Rock Star Party</p>	<p>10</p> <p>9am-10:30am - Gardening 10am-11:30am-Scrap Booking 10am-12pm-Photo Club 10am-12pm-Peer to Peer-NAMI 11am-12pm-Art Class 11pm-5pm-Social Outing: Getty Villa 11am-12pm-Going Back to School 1pm-2pm-Art Workshop 3pm-4pm-Music Appreciation 2pm-3:30pm - NAMI Connection 2:00pm-4:30pm - Movie: The Music Never Stopped</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>9:30am-11am - Breakfast Club 9:30am-11am - Poetry 10am-11am - Zumba 10am-11:00pm - Life Skills: Authentic You I 11am-12pm - Meditation/Why Weight? 12pm-1pm-Smart Budgeting 11:00-12:30- Jewelry Design II • 12pm-1pm- Positive Thinking 1pm-2pm- Keychain Art/ Famous Quotes 2pm- 3pm - Coping Skills/Chess Club 3pm-4pm - Spirituality/ Viet Open Discussion• 3:30pm-5pm - Game Tournament - Bingo</p>	<p>13</p> <p>9:30am-11am - Art Expressions 10am-11am - Topic of the Day / Yoga 11am-12pm-Stand Up 4 Wellness / Moving Meditation 11:am-12:30pm- Farmers Market 12pm-1:00pm- Beginner Computer 12pm-1pm- Living in the Now 1pm-2pm - Acting and Drama /Self-Empowerment• 2pm-3pm-Narcotics Anonymous 2pm-4pm - Bowling League/Art Workshop 2pm-3pm - Narcotics Anonymous 2pm-5pm -Movie Club: One Flew over the Cuckoo's Nest 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time!</p>	<p>14</p> <p>9:30am-11am - Arts and Crafts 10am-11am - Power Up Your Memory 10am-11:30am- Cooking Class/ Documentary Hour 11am-12pm-DBSA / Laughing Yogi 12pm -1pm- Computer Tutorial 10am-5pm -Social Outing: Park Picnic 1pm-4pm-Glass Arts /2pm-4pm-Art Workshop 1pm-2pm - Wellness Recovery Action Plan* 2pm-3pm - AA Meeting / Dancing Emotion 3pm-4pm-Keychain Art/3pm-4pm-Guided Imagery 3pm-4:30pm -Core Gifts 3:30pm-4:45pm - Fun with Games</p>	<p>15</p> <p>9am-10am-Hatha Yoga 9:30am-11am - Fun with Art/Gardening 10am - 11:30am - Dual Recovery/Dance Hour 11am-12:30pm - Peer Discussion/Jewelry Design I• 12pm-1pm- Intermediate Computers/French Talk 2pm-3:30pm-Frisbee Golf 2pm-4pm-Art Workshop1-3pm/Singing in Vietnamese• 1pm-2pm-Acting and Drama 2pm-3pm- Meditation/2pm-4pm -Glass Arts 2pm-4pm - Fast Track to Employment 3pm-4pm - Conversacion En Español√ 3pm-4pm - Spiritual Treasure Chest</p>	<p>16</p> <p>Community Meeting 11:30am 9:30am-11am - Floral Design • 10am-1pm-Walk About 10am-11am - Enlightenment 10:00am-11:30am - West African Drumming 12pm-1pm- Fashion 101 12:30-2:30pm-Lookin' Good, Feelin' Good 1pm-3pm - Choir•/1pm-2pm- Traveling around the World 2pm-3pm- Newsletter/2:30pm- 3:30pm-World Religion 3:30pm-4:30pm-Social Dancing 4pm-5pm - Open Discussion 5pm-7:30pm - Social Hour: 1940's Masquerade Party</p>	<p>17</p> <p>9am-10:30am - Gardening 10am-11:30am-Scrap Booking 10am-12pm-Photo Club 10am-12pm-Peer to Peer-NAMI 11am-12pm-Art Class 11pm-5pm-Social Outing: Huntington Beach Hang Out 11am-12pm-Going back to School 1pm-2pm-Art Workshop 3pm-4pm-Music Appreciation 2pm-3:30pm - NAMI Connection 2:00-4:30pm - Movie: What's Eating Albert Grape</p>

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<p>19</p> <p>9:30am-11am - Breakfast Club 9:30am-11am - Poetry 10am-11am - Zumba 10am-11:00am - Life Skills: Authentic You II 11-12pm - Meditation/Why Weight? 11-12:30pm- Jewelry Design II• 12pm-1pm- Positive Thinking 1pm-2pm-Famous Quotes/Keychain Art 2pm- 3pm - Coping Skills/Chess Club 3pm-4pm - Spirituality/Viet Open Discussion• 3:30pm-5pm - Game Tournament - Bingo</p>	<p>20</p> <p>9:30am-11am - Art Expressions 10am-11am - Topic of the Day/Yoga 11am-12pm - Energy Flow Healing 11am-12pm-Standup Comedy Hour 11am-12:30pm-Farmers Market 12pm-1:00pm-Living in the Now 12pm-1:00pm-Beginner Computer 1pm-2pm - Acting and Drama/Self-Empowerment• 2pm-4pm-Bowling/Art Workshop 2pm-3pm - Narcotics Anonymous 2pm-5pm -Movie Club: Amadeus 3pm-4pm-Healthy Relationships 4pm-5pm- Game Time!</p>	<p>21</p> <p>9:30am-11am - Arts and Crafts 10am-11:30am- Documentary Hour 10am-11:30am- Cooking Class 10am-11am - Power Up Your Memory 11am-12pm-DBSA 12pm-1pm- Computer Tutorial 10am-5pm -Social Outing: Santa Monica Pier 2pm-4pm-Art Workshop 1pm-2pm - Wellness Recovery Action Plan* 2pm-3pm-AA Meeting/Dancing Emotion 3pm-4pm-Keychain Art /Guided Imagery 3pm-4:30pm-Core Gifts 3:30pm-4:45pm - Fun with Games</p>	<p>22</p> <p>9am-10am-Hatha Yoga 9:30am-11am - Fun with Art/Gardening 10am - 11:30am - Dual Recovery/Dance Hour 11am-12:30pm - Peer Discussion/Jewelry Design• 12pm-1pm- Intermediate Computers /French Talk 1pm-3pm-Singing in Vietnamese• 2pm-3:30pm-Frisbee Golf /2pm-4pm-Glass Arts 2pm-4pm-Art Workshop 1pm-2pm-Acting and Drama/2pm-3pm- Meditation 2pm-4pm - Fast Track to Employment 3pm-4pm - Conversacion En Español✓ 3pm-4:00pm - Spiritual Treasure Chest 4pm-5pm- How to Guard Your Peace</p>	<p>23</p> <p>Community Meeting 11:30am 9:30am-11am-Floral Design• 10am-1pm-Walk About 10am-11am - Enlightenment 10:00am-11:30am - West African Drumming 12:00pm-1:00pm-Fashion 101 12:30pm-2:30pm-Lookin' Good, Feelin' Good 1pm-4pm - Walk about/2pm-3pm-Newsletter 1pm-2pm-Traveling around the World 1pm-3pm - Choir• 2:30pm-3:30pm - World Religion 3:30pm-4:30pm - Social Dancing 4pm-5pm - Open Discussion 5pm-7:30pm - Social Hour: Retro Party</p>	<p>24</p> <p>9am-10:30am - Gardening 10am-11:30am-Scrap Booking 10am-12pm-Photo Club 10am-12pm-Peer to Peer -NAMI 11am-12pm-Art Class 10am-5pm-Social Outing: Northcutt Auto/Music Mus. 11am-12pm-Going Back to School 1pm-2pm-Art Workshop 3pm-4pm-Music Appreciation 2pm-3:30pm - NAMI Connection 2:00pm-4:30pm - Movie: Benny and Joon</p>

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<p>26</p> <p>9:30am-11am - Breakfast Club 9:30am-11am - Poetry 10am-11am - Zumba 10am-11:00pm - Life Skills: Self-Esteem 11:00-12:30pm- Jewelry Design II • 11am-12pm - Meditation /Why Weight? 12pm-1pm- Smart Budgeting 12pm-1pm- Positive Thinking 1pm-2pm- Famous Quotes/ Keychain Art 2pm- 3pm - Coping Skills/Chess Club 3pm-4pm - Spirituality/Viet Open Discussion• 3:30pm-5pm - Game Tournament- Bingo</p>	<p>27</p> <p>9:30am-11am - Art Expressions 10am-11am - Topic of the Day/Yoga 11am-12pm-Stand Up 4 Wellness/ Moving Meditation 11pm-12:30pm- Farmers Market 12pm-1:00pm- Beginner Computer 1pm-2pm - Acting and Drama/Self-Empowerment • 2pm-4pm-Bowling 2pm-3pm - Narcotics Anonymous 2pm-5pm - Movie Club: Pirate Radio 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time</p>	<p>28</p> <p>9:30am-11am - Arts and Crafts 10am-11:30am- Cooking Class/ Documentary Hour 10am-11am - Power Up Your Memory 11am-12pm-DBSA 12pm-1pm-Computer Tutorial 10am-5pm -Social Outing: Holly wood 2pm-4pm-Art Workshop 1pm-2pm - Wellness Recovery Action Plan* 2pm-3pm -AA Meeting/Dancing Emotion 3pm-4pm-Keychain Art /Guided Imagery 3:30pm-4:45pm - Fun with Games</p>	<p>29</p> <p>Staff Training 9-12 p.m. Center Closed</p> <p>1pm-3pm-Singing in Vietnamese• 2pm-3:30pm-Frisbee Golf 2pm-4pm-Art Workshop/2pm-4pm-Glass Arts 1pm-2pm-Acting and Drama/2pm-3pm-Meditation 2pm-4pm - Fast Track to Employment 3pm-4pm - Conversacion En Español✓ 3:00pm-4:00pm - Spiritual Treasure Chest 4pm-5pm- How to Guard Your Peace 4pm-5pm-Balance and Boundaries</p>	<p>30</p> <p>Community Meeting 11:30am 9:30am-11am-Floral Design• 10am-1pm-Walk About 10:00am-11:30am - West African Drumming 12:00pm-1:00pm-Fashion 101 12:30-2:30-Lookin' Good, Feelin' Good 1pm-4pm - Walk about 2pm-3pm-Newsletter 1pm-2pm-Traveling around the World 1pm-3pm - Choir• 2:30pm-3:30pm - World Religion 3:30pm-4:30pm - Social Dancing 4pm-5pm - Open Discussion 5pm-7:30pm - Social Hour: Birthday Party</p>	