

# The Wellness Center

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

September 2011

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><b>Goodwill Gym</b> <b>Tuesday's and Thursday's</b> <b>11:30am-1:00pm</b></p>	<p><b><u>Meetings of Interest</u></b> <b>September 8th</b> <b>Mental Health Board Arts</b> <b>10am-12pm</b> <b>Stigma Elimination</b> <b>2:00pm-4:00pm</b></p>	<p><b>*Class also offered in Spanish</b> <b>•Class taught bilingual in Vietnamese</b> <b>✓Class taught bilingual in Spanish</b> <b>Translators available in:</b> <b>Spanish, Vietnamese &amp; Farsi</b> <b>upon request.</b> <b>Please call ahead.</b></p>	<p><b>1</b> 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><b>2</b> <b>Community Meeting 11:30am</b> 9:30am-11am - Floral Design • 10am-1pm-Walk About 10am-11am - 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-Social Dancing 4pm-5pm - Open Discussion 5pm-7:30pm - Social Hour: <b>Labor Day Party</b></p>	<p><b>3</b> 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: <i>The Beaver</i></p>
<p><b>5</b> <b>LABOR DAY HOLIDAY</b> <b>Center Closed</b></p>	<p><b>6</b> 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: <i>Kingpin</i> 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time!</p>	<p><b>7</b> 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: <i>Griffith Observatory</i> 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><b>8</b> 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 3pm-4pm-Meditation/2pm-4pm-Glass Arts 3pm-4pm - Conversacion En Español/ 3pm-4pm - Spiritual Treasure Chest 4pm-5pm- How to Guard Your Peace</p>	<p><b>9</b> <b>Community Meeting 11:30am</b> 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: <b>Rock Star Party</b></p>	<p><b>10</b> 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: <i>The Music Never Stopped</i></p>
<p><b>12</b>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><b>13</b>9:30am-11am - Art Expressions 10am-11am - Topic of the Day /Yoga 11am-12pm-Stand Up 4 Wellness /Moving Meditation 11am-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: <i>One Flew over the Cuckoo's Nest</i> 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time!</p>	<p><b>14</b> 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: <i>Park Picnic</i> 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><b>15</b> 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 4pm-5pm - Balance and Boundaries</p>	<p><b>16</b> <b>Community Meeting 11:30am</b> 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: <b>1940's Masquerade Party</b></p>	<p><b>17</b> 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: <i>What's Eating Albert Grape</i></p>
<p><b>19</b> 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><b>20</b> 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: <i>Amadeus</i> 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time!</p>	<p><b>21</b> 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: <i>Santa Monica Pier</i> 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><b>22</b> 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 4pm-5pm-Balance and Boundaries</p>	<p><b>23</b> <b>Community Meeting 11:30am</b> 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: <b>Retro Party</b></p>	<p><b>24</b> 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: <i>Benny and Jojo</i></p>
<p><b>26</b> 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><b>27</b> 9:30am-11am - Art Expressions 10am-11am - Topic of the Day/Yoga 11am-12pm-Stand Up 4 Wellness/Moving Mediation 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: <i>Pirate Radio</i> 3pm-4pm-Healthy Relationships 4pm-5pm-Game Time!</p>	<p><b>28</b>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: <i>Holly wood</i> 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><b>29</b> <b>Staff Training</b> <b>9-12 p.m. Center Closed</b>  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><b>30</b> <b>Community Meeting 11:30am</b> 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 about2pm-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: <b>Birthday Party</b></p>	