

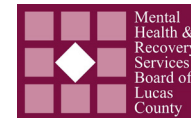


MAY 2024

| Mon   | Tue   | Wed   | Thu  | Fri  |
|---|---|---|--|--|
| <p><b>*Please contact TMWC Staff for RSVPs.</b></p> <p><b>Activities, Maddie - 419-764-5346</b></p> <p><b>Expressive Arts, Alyssa – 419-242-3000 ext. 109</b></p> <p><b>Fitness, Lindsay – 419-242-3000 ext. 110</b></p> <p><b>Computer Lab (CL), Rodney – 419-242-3000 ext. 114</b></p>                              |   | <p>1</p> <p><b>All Day: Activity Sign-Ups</b></p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>12:30 p.m. DRA</p> <p>12:30 p.m. <b>NEW-R Class Four</b></p> <p>1:30 p.m. <b>Journal Club</b></p> <p>1:30 p.m.</p> <p><b>NAMI Creative Expressions*</b></p> | <p>2</p> <p>10:00 a.m.</p> <p><b>Fitness: Circuit Training</b></p> <p>10:45 a.m. <b>Fishing Outing*</b></p> <p>11:00 a.m. Diabetes Support</p> <p>1:00 p.m. SA</p> <p>1:30 p.m. <b>Lawn Darts</b></p>                                | <p>3</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:00 a.m. DRA</p> <p>11:00 a.m. <b>Expressive Arts: Paranormal Day Craft</b></p> <p>1:00 p.m.</p> <p><b>SafeZone: LGBTQ+ &amp; Allies</b></p>  |
| <p>6</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>11:00 a.m. Women’s Peer Support</p> <p>12:00 p.m. Men’s Peer Support</p> <p>1:00 p.m. <b>Peer Support Class Four</b></p> <p>1:00 p.m. <b>Remote Car Racing</b></p> <p>1:15 p.m. <b>Fitness: Afternoon Stretch</b></p> | <p>7</p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>10:30 a.m. <b>Wellness Recovery Action Plan (WRAP) Class Eight</b></p> <p>10:45 a.m. <b>Canal Outing*</b></p> <p>11:00 a.m. Living Well</p> <p>1:00 p.m. Emotions Matter</p>   | <p>8</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>11:00 a.m. Empowering Change</p> <p>11:00 a.m. <b>Sidewalk Chalk</b></p> <p>12:30 p.m. <b>NEW-R Class Five</b></p> <p>12:30 p.m. DRA</p> <p>1:30 p.m. <b>Knitting Circle</b></p>                     | <p>9</p> <p>10:00 a.m.</p> <p><b>Fitness: Circuit Training</b></p> <p>11:00 a.m. <b>Mother’s Day Craft</b></p> <p>11:00 a.m. Diabetes Support</p> <p>1:00 p.m. SA</p>  | <p>10</p> <p>9:30 a.m. – 2:00 p.m.</p> <p><b>TMWC Health &amp; Resource Fair</b></p>   |
| <p>13</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>11:00 a.m. Women’s Peer Support</p> <p>12:00 p.m. Men’s Peer Support</p> <p>1:00 p.m. <b>Peer Support Class Five</b></p> <p>1:00 p.m. <b>Soccer</b></p> <p>1:15 p.m. <b>Fitness: Afternoon Stretch</b></p>           | <p>14</p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>11:00 a.m. Living Well</p> <p>11:30 a.m. <b>WRAP Class Graduation!</b></p> <p>12:00 p.m. <b>Karaoke</b></p> <p>1:00 p.m. Emotions Matter</p> <p>2:00 p.m. <b>Advocacy Group</b></p>   | <p>15</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:45 a.m. <b>Journal Club: Nature Walk*</b></p> <p>12:30 p.m. DRA</p> <p>12:30 p.m. <b>NEW-R Class Six</b></p>   | <p>16</p> <p>10:00 a.m.</p> <p><b>Fitness: Circuit Training</b></p> <p>11:00 a.m. <b>Flower Pot Craft</b></p> <p>11:00 a.m. Diabetes Support</p> <p>12:00 p.m.</p> <p><b>CL: Gaming for Mental Health</b></p> <p>1:00 p.m. DBSA</p>  |   |
| <p>20</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>11:00 a.m. Women’s Peer Support</p> <p>1:00 p.m. <b>Peer Support Class Graduation!</b></p> <p>1:00 p.m. <b>Monopoly</b></p> <p>1:15 p.m. <b>Fitness: Afternoon Stretch</b></p>                                       | <p>21</p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>11:00 a.m. Living Well</p> <p>11:00 a.m. <b>Community Leadership Class One</b></p> <p>12:00 p.m. <b>BINGO</b></p> <p>1:00 p.m. Emotions Matter</p>  | <p>22</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>11:00 a.m. Empowering Change</p> <p>11:00 a.m. <b>Basketball</b></p> <p>12:30 p.m. DRA</p> <p>12:30 p.m. <b>NEW-R Class Seven</b></p> <p>1:30 p.m. <b>Knitting Circle</b></p>                       | <p>23</p> <p>10:00 a.m.</p> <p><b>Fitness: Circuit Training</b></p> <p>10:45 a.m. <b>Coffee Connections*</b></p> <p>11:00 a.m. Diabetes Support</p> <p>11:00 a.m. <b>Expressive Arts: Paint a Wind Chime</b></p> <p>1:00 p.m. SA</p> | <p>24</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:00 a.m. DRA</p> <p>11:00 a.m. <b>Expressive Arts: Name That Tune (80’s Music)</b></p> <p>12:45 p.m. Stress Busters</p> <p>1:00 a.m.</p> <p><b>SafeZone: LGBTQ+ &amp; Allies</b></p> |
|    | <p>28</p> <p>10:00 a.m. <b>CL: Computer Basics</b></p> <p>11:00 a.m. Living Well</p> <p>11:00 a.m. <b>Community Leadership Class Two</b></p> <p>11:00 a.m. <b>Expressive Arts: Toledo Museum of Art Outing*</b></p> <p>1:00 p.m. Emotions Matter</p> <p>1:30 p.m. <b>Bracelet Making</b></p> <p>4:30 p.m.</p> <p><b>Board of Trustees Meeting</b></p> | <p>29</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:15 a.m. <b>Mud Hens Game*</b></p> <p>11:00 a.m. Empowering Change</p> <p>12:30 p.m. <b>NEW-R Class Graduation!</b></p> <p>12:30 p.m. DRA</p>   | <p>30</p> <p>10:00 a.m.</p> <p><b>Fitness: Circuit Training</b></p> <p>11:00 a.m. Diabetes Support</p> <p>1:00 p.m. <b>Nutrition in Recovery</b></p> <p>1:00 p.m. SA</p>   | <p>31</p> <p>9:30 a.m. <b>Gardening Club</b></p> <p>10:00 a.m. DRA</p> <p>11:00 a.m. <b>Wellness Friday</b></p> <p>12:45 p.m. Stress Busters</p> <p>1:00 a.m.</p> <p><b>SafeZone: LGBTQ+ &amp; Allies</b></p>                              |

# What's Happening at TMWC



## Support Groups

May is Mental Health Month! See how we're celebrating at TMWC!

**WOMEN'S PEER:** How to Navigate Difficult Emotions on Monday, May 20 at 11:00 a.m.

**STRESSBUSTERS:** '5 Pillars of Health' on Friday, May 24 at 12:45 p.m.

**SAFEZONE:** LGBTQ+ Mental Health on Friday, May 31 at 1:00 p.m.

## Activities and Programs

### ACTIVITIES & OUTINGS:

Thursday, May 2 at 10:45 a.m. - Fishing Outing\*

Monday, May 6 at 1:00 p.m. - Remote Car Racing

Tuesday, May 7 at 10:45 a.m. - Canal Outing\*

Thursday, May 9 at 11:00 a.m. - Mother's Day Craft

Monday, May 13 at 1:00 p.m. - Soccer

Tuesday, May 14 at 12:00 p.m. - Karaoke

Wednesday, May 15 at 10:45 a.m. - Nature Walk Outing\*

Thursday, May 16 at 11:00 a.m. - Flower Pot Craft

Monday, May 20 at 1:00 a.m. - Monopoly

Tuesday, May 21 at 12:00 p.m. - BINGO

Wednesday, May 22 at 11:00 a.m. - Basketball

Thursday, May 23 at 10:45 a.m. - Coffee Connections\*

Tuesday, May 28 at 1:30 p.m. - Bracelet Making

Wednesday, May 29 at 10:15 a.m. - Mud Hens Game\*

### IMPORTANT DATES:

Friday, May 10: TMWC Health & Resource Fair (9:30 a.m. - 2:00 p.m.)

Friday, May 17: TMWC CLOSED for Staff Retreat

Monday, May 27: TMWC CLOSED for Memorial Day

## Expressive Arts

Alyssa - 419-242-3000 ext. 109

Wednesday, May 1 at 1:30 p.m. - NAMI Creative Expressions - RSVP!

Friday, May 3 at 11:00 a.m. - National Paranormal Day Craft

Monday, May 6 at 9:00 a.m. & 11:00 a.m. - Q-Tip Painting

Wednesday, May 8 at 1:30 p.m. - Knitting Circle

Wednesday, May 15 at 10:45 a.m. - Journal Club: Nature Walk Outing

Wednesday, May 22 at 1:30 p.m. - Knitting Circle

Thursday, May 23 at 11:00 a.m. - Paint a Wind Chime

Tuesday, May 28 at 11:00 a.m. - Toledo Museum of Art Outing - RSVP!

## Fitness

Lindsay - 419-242-3000 ext. 110

Mondays at 1:15 p.m. - Afternoon Stretch!

Thursdays at 10:00 a.m. - **Circuit Training!** Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in to a raffle for a BIG prize. One winner will be drawn at the end of each month.

## Computer Lab

Rodney - 419-242-3000 ext. 114

**Mondays and Tuesdays at 10:00 a.m. - Computer Basics!** A beginners guide to one of the most popular electronic devices in use today.

**Thursday, May 16 at 12:00 p.m. - Gaming for Mental Health!** Nintendo Switch Sports

## Gardening Club

Donna - 419-242-3000 ext. 106

Friday, May 3 at 9:30 a.m. - Amy from OSU Lucas Co. Extension Office Friday,

May 31 at 9:30 a.m. - Patrick from Lucas Co. Soil & Water Conservation