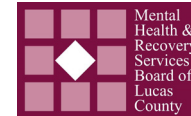


NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
<p>*Please contact TMWC Activities Specialist, Maddie C. For RSVPs and/or questions. Call 419-764-5346</p>		<p>1 9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 12:30 p.m. DRA 1:00 p.m. Mental Health Literacy 1:15 p.m. Computer: Lab Journeys 1:30 p.m. NAMI Creative Expressions* 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>2 11:00 a.m. Diabetes Support 11:00 a.m. Oak Openings Outing* 1:00 p.m. DBSA 1:00 p.m. Nutrition in Recovery</p>	<p>3 9:30 a.m. Gardening Club 10:00 a.m. DRA 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys 1:30 p.m. Fitness: Afternoon Stretches</p>
<p>6 9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. NEW-R Graduation! 1:15 p.m. Computer: Khan Academy 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>7 10:30 a.m. Wellness Recovery Action Plan (WRAP) 11:00 a.m. Living Well 12:00 p.m. Fall Craft 1:00 p.m. Emotions Matter</p>	<p>8 9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 11:00 a.m. Empowering Change 12:30 p.m. DRA 1:00 p.m. Mental Health Literacy 1:00 p.m. TMWC Singers Club 1:15 p.m. Computer: Lab Journeys 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>9 11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections* 12:30 p.m. Community Leadership 1:00 p.m. SA 1:30 p.m. Art: Mason Jar Leaf Lanterns</p>	<p>10 9:30 a.m. Gardening Club 10:00 a.m. Wellness Friday 10:00 a.m. DRA 11:00 a.m. Friday Forum 12:45 p.m. Stress Busters 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys 1:30 p.m. Fitness: Afternoon Stretches</p>
<p>13 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:15 p.m. Computer: Khan Academy 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>14 10:30 a.m. WRAP 11:00 a.m. Living Well 11:00 a.m. Bowling Outing* 1:00 p.m. Emotions Matter 2:00 p.m. Recovery Together Advocacy Group</p>	<p>15 9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 9:30 a.m. Women's Peer Support* 10:00 a.m. Toledo Walleye Game* 12:30 p.m. DRA 1:00 p.m. Mental Health Literacy 1:15 p.m. Computer: Lab Journeys 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>16 11:00 a.m. Diabetes Support 12:00 p.m. Knitting Circle 12:30 p.m. Community Leadership 1:00 p.m. DBSA 1:00 p.m. Nutrition in Recovery 1:30 p.m. Art: Fall Leaf Bowls</p>	<p>17 10:00 a.m. DRA 11:00 a.m. Annual Meeting & Thanksgiving Lunch 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys 1:30 p.m. Fitness: Afternoon Stretches</p>
<p>20 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:15 p.m. Computer: Khan Academy 1:30 p.m. Art: Gratitude Craft</p>	<p>21 11:00 a.m. WRAP Graduation! 11:00 a.m. Living Well 12:00 p.m. Pool Tournament 1:00 p.m. Emotions Matter 4:30 p.m. Board of Trustees Meeting</p>	<p>22 9:30 a.m. Computer: Khan Academy 11:00 a.m. Empowering Change 1:00 p.m. TMWC Singers Club 1:00 p.m. Mental Health Literacy Graduation! 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys</p>	<p>23 </p>	<p>24 TMWC CLOSED</p>
<p>27 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:15 p.m. Computer: Khan Academy 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>28 11:00 a.m. Living Well 12:00 p.m. Bingo 1:00 p.m. Emotions Matter 2:00 p.m. Recovery Together Advocacy Group</p>	<p>29 9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 1:30 p.m. Fitness: Afternoon Stretches</p>	<p>30 11:00 a.m. Diabetes Support 11:00 a.m. Knitting Circle 12:30 p.m. Community Leadership Graduation! 1:00 p.m. Nutrition in Recovery 1:00 p.m. SA</p>	

What's Happening at TMWC



Activities and Programs

NEW! Nutrition in Recovery will be held **every other Thursday at 1:00 p.m.** starting November 2. This program will be led by Sarah Schmitt from Lucas County OSU Extension Office.

OUTINGS (RSVP Required)

Thursday, November 2: Oak Openings Park

Thursday, November 9: Coffee Connections

Tuesday, November 14: Bowling Outing

Wednesday, November 15: Toledo Walleye Game

SUPPORT GROUPS

- Paul Mitchell Toledo will join **Women's Peer** support group for a day of self care and pampering on **Wednesday, November 15 from 9:30 a.m. to 2:30 p.m.** RSVP Required.

- November is Transgender Awareness Month! A time for education, awareness, and celebrating the trans community. SafeZone support group will kick-off the month on **Friday, November 3 at 1:00 p.m.**

- Are you recovering from substance use disorder? DRA support group offers in depth discussions on the 12 step program. Steps 1 through 3 will be covered **Friday, November 3, 10, & 17 at 10:00 a.m.**

FRIDAY FORUMS

Friday, November 10: Jeff Simmons, Long Term Care Ombudsman

An Ombudsman is an official public advocate appointed by the government to investigate complaints. Learn more about the process on **Friday, November 10 at 11:00 a.m.**

Friday, November 10: Wellness Friday

Ensuring our bodies are working properly is a part of maintaining wellness. Mercy Health Nurses will be at TMWC from 10 a.m. to 1 p.m. offering free health checks for members that screen blood pressure, blood sugar, and BMI.

Gardening Club

Donna – 419-242-3000 ext. 106

Friday, November 3: Amy Stone, OSU Ext. Office

Friday, November 10: Healthy Eating with Sarah Schmitt, OSU Ext. Office

Wednesday, November 15: Patrick Troyer, Lucas Co. Soil & Water

Wednesday, November 29: Make & Take Harvest Craft

Fitness

Lindsay – 419-242-3000 ext. 110

Afternoon Stretch: Mondays, Wednesdays, and Fridays at 1:30 p.m.

Movement is for everybody! The Eigensee Family Fitness room at Thomas M. Wernert Center is available Monday through Friday for open gym and guided training sessions.

Computer Lab

Todd – 419-242-3000 ext. 114

Computer Lab Journeys: Wednesdays and Fridays at 1:15 p.m.

A series of rotating workshops and activity sheets that are designed to help members navigate computer basics.

November 1: Create 3D Characters

November 8: A.I. Art

November 15: How Video Games Are Made

November 22: A.I. Art

November 29: Create 3D Characters

Khan Academy at TMWC: Mondays at 1:15 p.m. & Wednesdays at 9:30 a.m. Explore Online Learning!

Khan Academy is an online learning portal designed to promote education at your own pace. Try out different lessons, programs, and personalized activities on topics of your choosing.

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Wednesday, November 1 at 1:30 p.m.: NAMI Creative Expressions*
RSVP Required.

Thursday, November 9: Mason Jar Leaf Lanterns

Thursday, November 16: Fall Leaf Bowls

Monday, November 20: Gratitude Craft