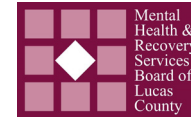


AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	<p align="center">1</p> <p align="center">10:30 a.m. Coping Skills for Diabetes 11:00 a.m. Living Well 12:00 p.m. Corn Hole Tournament 1:00 p.m. Emotions Matter</p>	<p align="center">2</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Library Concert* 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Lab Journeys 1:30 p.m. NAMI Creative Expressions*</p>	<p align="center">3</p> <p align="center">10:00 a.m. Litter League* 11:00 a.m. Diabetes Support 12:00 p.m. TMWC Picnic 12:30 p.m. Personal Leadership 1:00 p.m. DBSA</p>	<p align="center">4</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. DRA 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Lab Journeys</p>
<p align="center">7</p> <p align="center">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. Peer Support</p>	<p align="center">8</p> <p align="center">10:30 a.m. Coping Skills for Diabetes 11:00 a.m. Living Well 11:00 a.m. U-Pick Flowers* 1:00 p.m. Emotions Matter</p>	<p align="center">9</p> <p align="center">9:30 a.m. Gardening Club 11:00 a.m. Old West End Walk 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Lab Journeys</p>	<p align="center">10</p> <p align="center">10:00 a.m. Litter League* 11:00 a.m. Diabetes Support 11:00 a.m. Art Gallery Outing* 12:00 p.m. Recovery Together Advocacy Group 12:30 p.m. Personal Leadership 1:00 p.m. SA</p>	<p align="center">11</p> <p align="center">9:30 a.m. Gardening Club 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. Lab Journeys</p>
<p align="center">14</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. Peer Support</p>	<p align="center">15</p> <p align="center">10:30 a.m. Coping Skills for Diabetes 11:00 a.m. Living Well* 12:00 p.m. Pool Tournament 1:00 p.m. Emotions Matter</p>	<p align="center">16</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Fabric Painting Activity 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Lab Journeys</p>	<p align="center">17</p> <p align="center">TMWC OPEN AT 10 a.m. 10:00 a.m. Litter League* 11:00 a.m. Diabetes Support 11:00 a.m. Downtown Concert* 12:30 p.m. Personal Leadership 1:00 p.m. DBSA</p>	<p align="center">18</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Friday Forum 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Lab Journeys</p>
<p align="center">21</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. Peer Support Graduation!</p>	<p align="center">22</p> <p align="center">10:30 a.m. Coping Skills for Diabetes 11:00 a.m. Living Well 11:00 a.m. Gone Fishing!* 1:00 p.m. Emotions Matter 4:30 p.m. Board of Trustees Meeting/Retreat (Off Campus)</p>	<p align="center">23</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Wheel of Fortune 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Lab Journeys</p>	<p align="center">24</p> <p align="center">10:00 a.m. Litter League* 11:00 a.m. Diabetes Support 12:00 p.m. Recovery Together Advocacy Group 12:30 p.m. Personal Leadership 1:00 p.m. SA</p>	<p align="center">25</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. DRA 10:00 a.m. Wellness Friday 12:45 p.m. Stress Busters 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Lab Journeys</p>
<p align="center">28</p> <p align="center">9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support</p>	<p align="center">29</p> <p align="center">10:30 a.m. Coping Skills for Diabetes 11:00 a.m. Living Well 11:00 a.m. Coffee Connections* 1:00 p.m. Emotions Matter</p>	<p align="center">30</p> <p align="center">9:30 a.m. Gardening Club* 10:00 a.m. Get Strong! 11:00 a.m. Stepping Stone Activity 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Lab Journeys</p>	<p align="center">31</p> <p align="center">10:00 a.m. Litter League* 11:00 a.m. Diabetes Support 11:00 a.m. Bingo 12:30 p.m. Personal Leadership 1:00 p.m. DBSA</p>	<p align="center">*Please contact TMWC Activities Specialist, Jodee, for RSVPs and questions. Call or text (419)764-5364</p>

What's Happening at TMWC



Activities and Programs

Thursdays at 10 a.m.: Litter League Trash Pick Up*

Members who have completed the appropriate forms may join Team TMWC every Thursday at 10 a.m. to help 'Keep Toledo Beautiful!'

The Mercy Health Mobile Mammography Unit will be at TMWC on **Monday, August 14** from 9:20 a.m. to 3:20 p.m. RSVP Required.

TMWC SUPPORT GROUPS:

- **Living Well** support group will practice budgeting techniques with a trip to Ciolino Market on **Tuesday, August 15**.
- **SafeZone** support group will meet **every Friday at 1 p.m.** to plan and prepare for the Toledo Pride Parade.
- Reduce stress by enjoying nature! **Stressbusters** support group will go on a nature walk on **Friday, August 11**.

OUTINGS: RSVP Required

Wednesday, August 2: Music at the Main Branch Library.

Tuesday, August 8: Pick your own bouquet at GardenView Flowers in Grand Rapids, Ohio.

Thursday, August 17: Enjoy the afternoon at Levis Square Park with live music, food trucks, games, and more.

Tuesday, August 29: Coffee Connections!

FRIDAY FORUMS

Friday, August 11: Budgeting & Finances

presented by Primerica - A Financial Services Company for Families

Friday, August 18: Clients Rights Forum

Learn more about your right to be treated with consideration, respect for personal dignity, autonomy, and privacy.

Friday, August 25: Wellness Friday Mercy Health Nurses will be at TMWC from 10 a.m. to 1 p.m.

Gardening Club

Donna – 419-242-3000 ext. 106

Wednesday, August 4: Guest, Amy Stone from OSU Extension.

Friday, August 18: Guest, Patrick T. from Lucas Co. Soil and Water.

Wednesday, August 30: Botanical Garden Outing. RSVP Required.

Fitness

Lindsay – 419-242-3000 ext. 110

Mondays & Wednesdays at 10 a.m.: Get Strong!

A one-hour strength training class with a focus on staying mindful!

Tuesday, August 22: Gone Fishing! All skill levels welcome. RSVP Required.

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Wednesday, August 2 at 1:30 p.m.: NAMI Creative Expressions.

RSVP Required.

Thursday, August 3: Paint a Piggy Bank. RSVP Required.

Monday, August 7 & Wednesday, August 9: Tie Dye T-Shirts.

RSVP Required.

Thursday, August 10: Art Gallery Outing. RSVP Required.

Visit "Exploring the Western Wild" at 20 North Gallery in Downtown Toledo. The painting and photographs in this exhibit feature beautiful landscapes of Northwest Ohio.

Computer Lab

Todd – 419-242-3000 ext. 114

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

Wednesday, August 2: A.I. Art

Learn how art is made using artificial intelligence.

Wednesday, August 9: Create 3D Characters!

Use Hero Forge (an online design application) to make a custom 3D character!

Wednesday, August 16: A.I. Art

Wednesday, August 23 : How Computers Work: Build Demonstration (NEW!)

What is inside a computer that makes it work? See for yourself with this interactive computer build demonstration.

Every Friday: Crayon Physics

Watch your drawings come to life in this interactive game. Doodle your way through over 70 levels of creative science problems!