


JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2 	3 International Mind-Body Wellness Day 10:30 a.m. WRAP Class 4 11:00 a.m. Musical Instruments 11:00 a.m. Living Well 1:00 p.m. Emotions Matter	4 ALL DAY Activity Sign Up 9:30 a.m. Gardening Club 12:30 p.m. DRA 1:30 p.m. Creative Expressions w/ NAMI* 2:00 p.m. Safe Zone: LGBTQ+ & Allies	5 10:00 a.m. Bingo 11:00 a.m. Diabetes Support 1:00 p.m. Depression Bipolar Support Alliance (DBSA)	6 10:00 a.m. DRA 11:00 a.m. Friday Forum 12:00 p.m. Friday Supper Club
9 11:00 a.m. Women's Peer Support 11:00 a.m. Mindful Monday Games 12:00 p.m. Men's Peer Support 1:15 p.m. Computer Lab Journeys	10 10:30 a.m. WRAP Class 5 11:00 a.m. SLAM Poetry 11:00 a.m. Living Well 1:00 p.m. Emotions Matter	11 9:30 a.m. Gardening Club 11:00 a.m. Personal Leadership Class 1 11:00 a.m. Rummy Tournament 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies	12 11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections* 1:00 p.m. Schizophrenia Alliance (SA)	13 10:00 a.m. DRA 11:00 a.m. Friday Forum 12:00 p.m. Friday Supper Club 12:30 p.m. Stress Busters 1:15 p.m. Computer Lab Journeys 1:30 p.m. Issue Box Theatre*
16 CLOSED FOR MARTIN LUTHER KING JR. DAY	17 10:30 a.m. WRAP Class 6 11:00 a.m. Museum of Art Outing* 11:00 a.m. Living Well 1:00 p.m. Emotions Matter	18 9:30 a.m. Gardening Club 11:00 a.m. Personal Leadership Class 2 11:00 a.m. Ping Pong Tournament 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies	19 TMWC OPEN AT 10 a.m. 11:00 a.m. Diabetes Support 11:00 a.m. Board Games 1:00 p.m. DBSA 5:15 p.m. NAMI Create Now	20 10:00 a.m. DRA 11:00 a.m. Friday Forum 12:00 p.m. Friday Supper Club
23 11:00 a.m. Women's Peer Support 11:00 a.m. Mindful Monday Games 12:00 p.m. Men's Peer Support 12:30 p.m. Mental Health Literacy (MHL) Class 1 1:15 p.m. Computer Lab Journeys	24 10:30 a.m. WRAP Class 7 11:00 a.m. Living Well 1:00 p.m. Emotions Matter 4:30 p.m. TMWC Board of Trustees Meeting	25 9:30 a.m. Gardening Club 11:00 a.m. Personal Leadership Class 3 11:00 a.m. Family Feud 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies	26 11:00 a.m. Diabetes Support 11:00 a.m. Open Mic Event 1:00 p.m. SA	27 10:00 a.m. DRA 11:00 a.m. Friday Forum 12:00 p.m. Friday Supper Club 12:30 p.m. Stress Busters 1:15 p.m. Computer Lab Journeys
30 CLOSED FOR STAFF TRAINING	31 10:30 a.m. WRAP Class 8 11:00 a.m. Square Dancing 11:00 a.m. Living Well 1:00 p.m. Emotions Matter	<p>*You must RSVP for Activity/Outing On Activity Sign up Day (January 4) Or See Program Coordinator</p>		

What's Happening at TMCWC



Expressive Arts

Neil – 419-242-3000 ext. 111

January 4 at 1:30 pm: Creative Expressions with NAMI

January 13 at 1:30 pm: Storytelling with Issue Box Theatre

January 19 at 5:15 pm: NAMI Create Now

Computer Lab

Todd – 419-242-3000 ext. 114

Computer Lab Journeys:

January 9, 13, 23, & 27 at 1:15 pm.

Lab Journeys are a series of activities designed to help navigate computer basics.

Fitness

Lindsay – 419-242-3000 ext. 110

Brains & Balance: Fridays at 10:00 am.

Brains & Balance is a 30 minute class that tests your center of gravity while working to improve memory, focus, and brain functions.

Friday Forum Series

Fridays at 12:30 pm

January 6: Neighborhood Properties Inc.

January 13: Dr. Williamson on Human Trafficking

January 20: Tobacco Education Session by Zepf Center

January 27: UT Community Care Clinics

Dual Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

January 4: Supporting Others

January 6, 13, 20, & 27: Step Meetings

January 11: DRA Principles

January 18: Daily Inventory

January 25: Prevent Self-Sabotage

Emotions Matter

Amy – 419-242-3000 ext. 108

January 3: Good Vibes for a New Year

January 10: Embracing Worries

January 17: Anxiety: How to Help

January 24: Finding Happiness Through Acts of Kindness

January 31: Calming Down Anger

Men's Peer Support

Rob – 419-242-3000 ext. 119

January 9: Taking a Load Off & Having Fun

January 23: What is Stress?

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

January 9: Polycystic Ovary Syndrome

January 23: Journal Decorating

Living Well

Sarah – 419-242-3000 ext. 116

January 3: Cleaning Storage Spaces

January 10: Goal Setting

January 17: Love Languages

January 24: Healthy Relationships

January 31: Finding Friendships

Diabetes Support

Sarah – 419-242-3000 ext. 116

January 5: New Year Journaling

January 12: Eating Out

January 19: Prevent Mindless Eating

January 26: Facts About A1C Levels

Stress Busters

Donna – 419-242-3000 ext. 106

January 13: Recover from Burnout

January 27: Stress and Sleep

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

January 4, 11, 18, & 25: It Gets Better Series

Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

January 5: Depressive Disorders

January 19: Finding Inspiration & Hope

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

January 12 & 26: Hearing Voices Movement Part 1 & 2

Gardening Club

Donna – 419-242-3000 ext. 106

January 4: Gardening Books & Seed Catalogs

January 11: Planting Aerogardens

January 18: Bird Feeders

January 25: "Rocking On" with Patrick from Lucas Soil & Water

Friday Supper Club Menu

Fridays at 12:30 pm

January 6: Spaghetti & garlic bread

January 13: Chicken salad sandwich & broccoli cheddar soup

January 20: Turkey casserole, salad, & dinner roll

January 27: Ribs with Spanish rice, & coleslaw