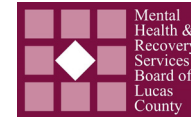


**JULY 2023**

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p align="center"><b>CLOSED FOR THE HOLIDAY</b></p>		<p>5</p> <p><b>ALL DAY Activity Sign Up</b>            9:30 a.m. <b>Gardening Club</b>            10:00 a.m. <b>Get Strong!</b>            12:30 p.m. DRA            1:15 p.m. <b>Computer Lab Journeys</b>            1:30 p.m. <b>NAMI Creative Expressions*</b></p>	<p>6</p> <p><b>10:00 a.m. Litter League*</b>            11:00 a.m. Diabetes Support            11:30 a.m. <b>Sandpiper Cruise*</b>            1:00 p.m. DBSA</p>	<p>7</p> <p><b>9:30 a.m. Gardening Club</b>            10:00 a.m. DRA  <b>10:00 a.m. Brains and Balance</b>            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b>            1:15 p.m. <b>Computer Lab Journeys</b></p>
<p>10</p> <p><b>9:30 a.m. Gardening Club</b>  <b>10:00 a.m. Get Strong!</b>            11:00 a.m.            Women's Peer Support  <b>12:00 p.m. Men's Peer Support</b></p>	<p>11</p> <p><b>11:00 a.m. Living Well</b>  <b>11:00 a.m. Seagate Center Concert Series*</b>  <b>12:00 p.m. Bingo</b>  <b>1:00 p.m. Emotions Matter</b></p>	<p>12</p> <p><b>9:30 a.m. Gardening Club</b>  <b>10:00 a.m. Get Strong!</b>            12:30 p.m. DRA            1:15 p.m. <b>Computer Lab Journeys</b></p>	<p>13</p> <p><b>10:00 a.m. Litter League*</b>            11:00 a.m. Diabetes Support            11:00 a.m. <b>Karaoke</b>  <b>12:30 p.m. Personal Leadership Class One</b>            1:00 p.m. SA</p>	<p>14</p> <p><b>9:30 a.m. Gardening Club</b>            10:00 a.m. DRA  <b>10:00 a.m. Brains and Balance</b>  <b>12:45 p.m. Stress Busters</b>            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b>            1:15 p.m. <b>Computer Lab Journeys</b></p>
<p>17</p> <p><b>9:30 a.m. Gardening Club</b>  <b>10:00 a.m. Get Strong!</b>            11:00 a.m.            Women's Peer Support  <b>12:00 p.m. Men's Peer Support</b>  <b>12:00 p.m. Peer Support Class One</b></p>	<p>18</p> <p><b>10:30 a.m. Coping Skills for Diabetes (CSD) Class One</b>  <b>11:00 a.m. Living Well</b>  <b>11:00 a.m. Coffee Connections*</b>  <b>1:00 p.m. Emotions Matter</b></p>	<p>19</p> <p><b>9:30 a.m. Gardening Club</b>  <b>12:00 p.m. Exploring Emotions (EE) Class One</b>  <b>12:30 p.m. DRA</b>  <b>1:15 p.m. Computer Lab Journeys</b></p>	<p>20</p> <p><b>TMWC OPEN AT 10 a.m.</b>  <b>10:00 a.m. Litter League*</b>            11:00 a.m. Diabetes Support  <b>12:30 p.m. Personal Leadership Class Two</b>            1:00 p.m. DBSA</p>	<p>21</p> <p><b>9:30 a.m. Gardening Club</b>            10:00 a.m. DRA  <b>11:00 a.m. Friday Forum</b>            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b>            1:15 p.m. <b>Computer Lab Journeys</b></p>
<p>24</p> <p><b>9:30 a.m. Gardening Club</b>  <b>10:00 a.m. Get Strong!</b>            11:00 a.m.            Women's Peer Support  <b>12:00 p.m. Men's Peer Support</b>  <b>12:30 p.m. Peer Support Class Two</b></p>	<p>25</p> <p><b>11:00 a.m. CSD Class Two</b>  <b>12:00 p.m. Maumee Bay Picnic*</b>  <b>1:00 p.m. Emotions Matter</b>    <b>NO Board of Trustees Meeting</b></p>	<p>26</p> <p><b>10:00 a.m. Get Strong!</b>  <b>11:00 a.m. Gardening Club Outing*</b>  <b>12:30 p.m. DRA</b>  <b>12:30 p.m. EE Class Two</b>  <b>1:15 p.m. Computer Lab Journeys</b></p>	<p>27</p> <p><b>10:00 a.m. Litter League*</b>            11:00 a.m. Diabetes Support  <b>12:30 p.m. Personal Leadership Class Three</b>            1:00 p.m. SA</p>	<p>28</p> <p><b>9:30 a.m. Gardening Club</b>            10:00 a.m. DRA  <b>10:00 a.m. Brains and Balance</b>  <b>11:00 a.m. Wellness Friday</b>  <b>12:45 p.m. Stress Busters</b>            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b>            1:15 p.m. <b>Computer Lab Journeys</b></p>
<p>31</p> <p><b>9:30 a.m. Gardening Club</b>  <b>10:00 a.m. Get Strong!</b>            11:00 a.m.            Women's Peer Support  <b>12:00 p.m. Men's Peer Support</b>  <b>12:30 p.m. Peer Support Class Three</b></p>	<p align="center"><b>*Please contact TMWC Activities Specialist, Jodee S. for RSVPs and questions. Call or text (419)764-5364</b></p>			<p align="center"><b>SUPPER CLUB IS EVERY FRIDAY AT 12:00 PM</b></p>

# What's Happening at TMWC



## Activities and Programs

### Tuesdays at 11 a.m.: Nutrition Series with Living Well

What are nutrients? What foods provide the most nutrition? Learn all about it! Including a *collaboration with Gardening Club on July 11.*

### 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!'

### TMWC SUPPORT GROUPS:

- SafeZone support group will now meet every FRIDAY at 1 p.m. This month will focus on planning for the Toledo Pride Parade!

### OUTINGS: RSVP Required

**Thursday, June 6: Sandpiper Cruise** - Enjoy a relaxing ride on the Maumee river with your peers!

**Tuesday, June 18: Coffee Connections** - Fill your cup with some new friends! Share stories and laughs at a local cafe.

**Tuesday, June 25: Maumee Bay Picnic** - Lunch in the park? That's nature and nutrients!

**Friday, July 21 at 11:00 a.m.: You Are Not Alone** (Friday Forum)

### Monday, July 31 from 9 a.m. to 3 p.m.: Mercy Mammogram Mobile

Mercy's mobile mammography unit delivers mammogram screenings to women age 40 and older. The initiative makes access to mammography services easier and helps boost awareness around breast health.

RSVP Required.

## Gardening Club

Donna – 419-242-3000 ext. 106

**Friday, July 7: ALL ABOUT BERRIES** with guest, Amy Stone from Lucas County OSU Extension Office

**Wednesday, July 26: Local Garden Outing\*** RSVP Required.

**Friday, July 28: TREE TALK** with guest, Patrick Troyer from Lucas Soil & Water Conservation

## 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!

### Fridays from 10-10:30 a.m.: Brains & Balance Class

This half-hour class tests your center of gravity while working to improve memory, focus, and brain functions. Activities change each week to keep members on their toes!

## Expressive Arts

Alyssa – 419-242-3000 ext. 109

**Celebrate summer with creative projects and open studio sessions Monday through Friday!**

### Wednesday, July 5 at 1:30 p.m.: NAMI Creative Expressions

RSVP Required.

### Tuesday, July 11 at 11:00 a.m.: One Seagate Summer Concert Series

Live music from local artists and lunch at the fountain at One Seagate in Downtown Toledo. RSVP Required.

## Computer Lab

Todd – 419-242-3000 ext. 114

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

### Wednesday, July 5 & July 19: A.I. Art

Learn how art is made using artificial intelligence.

### Wednesday, July 12: Create 3D Characters!

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

### Wednesday, July 26: 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!