

**MARCH 2024**

Mon

Tue

Wed

Thu

Fri

**\*Please contact TMWC Staff for RSVPs, questions, and/or concerns.**

**Activities, Maddie - 419-764-5346**

**Expressive Art, Alyssa – 419-242-3000 ext. 109**

**Fitness, Lindsay – 419-242-3000 ext. 110**

**Computer Lab (CL), Rodney – 419-242-3000 ext. 114**

1

**9:00 a.m. Expressive Art:  
First Fridays @ TSA**  
**9:30 a.m. Gardening Club**  
**10:00 a.m. DRA**  
**1:00 p.m.**  
**SafeZone: LGBTQ+ & Allies**  
**1:15 p.m.**  
**Fitness: Line Dancing**

4

**11:00 a.m. Letters for Women**  
**11:00 a.m. Women’s Peer Support**  
**11:00 a.m.**  
**Expressive Art: Puzzle Canvas**  
**12:00 p.m. Men’s Peer Support**  
**12:00 p.m.**  
**Personal Leadership Class Eight**  
**1:15 p.m. Fitness: Afternoon Stretch**

5

**10:30 a.m.**  
**Wellness Recovery Action Plan**  
**(WRAP) Class One**  
**11:00 a.m. Living Well**  
**1:00 p.m. Emotions Matter**  
**2:00 p.m. Advocacy Group**

6

**All Day: Activity Sign-Ups**  
**9:30 a.m. Gardening Club**  
**12:30 p.m. DRA**  
**1:00 p.m. Exploring Emotions (EE)**  
**Class Ten**  
**1:15 p.m. Fitness: Afternoon Stretch**  
**1:30 p.m. Journal Club**  
**1:30 p.m.**  
**NAMI Creative Expressions\***

7

**10:45 a.m.**  
**Fitness: Bowling Outing\***  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. Computer Lab (CL):**  
**Khan Academy**  
**1:00 p.m. SA**

8

**10:00 a.m. DRA**  
**11:00 a.m. Friday Forum**  
**12:45 p.m. Stress Busters**  
**1:00 p.m. CL: Mario Party**  
**1:00 p.m.**  
**SafeZone: LGBTQ+ & Allies**  
**1:15 p.m.**  
**Fitness: Line Dancing**

11

**11:00 a.m. Women’s Peer Support**  
**12:00 p.m. Men’s Peer Support**  
**12:00 p.m.**  
**Personal Leadership Graduation!**  
**1:15 p.m. Fitness: Afternoon Stretch**  
**1:30 p.m. Birdhouse Craft**

12

**10:30 a.m. WRAP Class Two**  
**11:00 a.m. Living Well**  
**12:00 p.m. Karaoke**  
**1:00 p.m. Emotions Matter**

13

**9:30 a.m. Gardening Club**  
**11:00 a.m. Empowering Change**  
**12:30 p.m. DRA**  
**1:00 p.m. EE Graduation!**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**1:30 p.m. Knitting Circle**  
**1:30 p.m.**  
**Expressive Art: Paper Mache**

14

**9:30 a.m. CL: Pi Day Activity**  
**10:00 a.m.**  
**Fitness: Circuit Training**  
**10:30 a.m. Outing:**  
**Goodwill Bookstore\***  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. CL: Khan Academy**  
**1:00 p.m. DBSA**

15

**10:00 a.m. DRA**  
**11:00 a.m. Friday Forum**  
**1:00 p.m.**  
**SafeZone: LGBTQ+ & Allies**  
**1:15 p.m.**  
**Fitness: Line Dancing**

18

**11:00 a.m. Women’s Peer Support**  
**12:00 p.m. Men’s Peer Support**  
**1:15 p.m. Fitness: Afternoon Stretch**

19

**10:30 a.m. WRAP Class Three**  
**11:00 a.m. Living Well**  
**12:00 p.m. BINGO**  
**1:00 p.m. Emotions Matter**  
**2:00 p.m. Advocacy Group**

20

**9:30 a.m. Gardening Club**  
**12:30 p.m. DRA**  
**1:15 p.m. Fitness: Afternoon Stretch**  
**1:30 p.m. Journal Club**

**21 TMWC OPEN AT 10 a.m.**

**10:15 a.m.**  
**Fitness: Circuit Training**  
**10:45 a.m. Outing:**  
**Coffee Connections\***  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. CL: Khan Academy**  
**1:00 p.m. SA**

22

**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 a.m.**  
**SafeZone: LGBTQ+ & Allies**  
**1:15 p.m.**  
**Fitness: Line Dancing**

25

**11:00 a.m. Women’s Peer Support**  
**12:00 p.m. Men’s Peer Support**  
**1:15 p.m. Fitness: Afternoon Stretch**

26

**10:30 a.m. WRAP Class Four**  
**11:00 a.m. Living Well**  
**11:00 a.m. Outing:**  
**Glass City Nature Walk\***  
**1:00 p.m. Emotions Matter**  
  
**4:30 p.m.**  
**Board of Trustees Meeting**

27

**11:00 a.m. Empowering Change**  
**11:00 a.m.**  
**Expressive Art: Ink Coasters\***  
**12:30 p.m. DRA**  
**1:15 p.m. Fitness: Afternoon Stretch**  
**1:30 p.m. Knitting Circle**

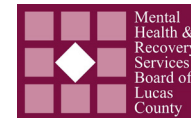
28

**10:00 a.m.**  
**Fitness: Circuit Training**  
**11:00 a.m.**  
**Expressive Art: Garden Stones\***  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. CL: Khan Academy**  
**1:00 p.m. SA**  
**1:00 p.m. Nutrition in Recovery**

29

**10:00 a.m. DRA**  
**10:00 a.m. Wellness Friday**  
**11:00 a.m.**  
**Easter Egg Scavenger Hunt**  
**12:45 p.m. Stress Busters**  
**1:00 a.m.**  
**SafeZone: LGBTQ+ & Allies**  
**1:15 p.m. Fitness: Line Dancing**

# What's Happening at TMWC



## Activities and Programs

### SUPPORT GROUPS:

**Mondays at 11:00 a.m. - Women's Peer Support Group:** March is Women's History Month. Attend Women's Peer to celebrate your Girl Power!

**Friday, March 8 at 12:45 p.m. - Stressbusters Support Group:** Can self-love reduce stress? Discuss and create your own 'Self-Love Jars' with Stressbusters!

### ACTIVITIES & OUTINGS:

**Monday, March 4 at 11:00 a.m. - Letters for Women** Thank an influential women in your life with a nice note, or write a positive letter to lift up women in need.

**Wednesday, March 6 & 20 at 1:30 p.m. - NEW! Journal Club** Did you know writing down thoughts and feelings can help us to understand them more clearly? Make mindfulness more fun! TMWC Journal Club will be held twice a month, exploring mixed media journaling and creative writing prompts.

**Tuesday, March 12 at 12:00 p.m. - Karaoke!**

**Wednesday, March 13 & 27 at 1:30 p.m. - Knitting Circle!**

**\*Thursday, March 14 at 10:30 a.m. - Goodwill Bookstore Outing - RSVP!**

**Tuesday, March 12 at 12:00 p.m. - BINGO**

**\*Thursday, March 21 at 10:30 a.m. - Coffee Connections Outing - RSVP!**

**\*Tuesday, March 26 at 10:45 a.m. - Glass City Nature Walk - RSVP**

**Thursday, March 28 at 1:00 p.m. - Nutrition in Recovery w/ OSU Lucas Co. Extension**

**Friday, March 29 at 11:00 p.m. - Easter Egg Scavenger Hunt!**

### FRIDAYS AT TMWC:

**Friday, March 8 at 11:00 a.m. - The Toledo Fair Housing Center: Tenant Rights**

**Friday, March 15 at 11:00 a.m. - St. Patrick's Celebration w/ Irish Singers**

**Friday, March 22 at 11:00 a.m. - CRO: Client Rights & Resources**

**Friday, March 29 at 10:00 a.m. - Wellness Friday w/ Mercy Community Nurses**

## Gardening Club

Donna - 419-242-3000 ext. 106

**Friday, March 1 at 9:30 a.m. - Amy S. from OSU Extension, Lucas County**

**Wednesday, February 6, 13, & 20 at 9:30 a.m. - Planting Seeds!**

**Friday, February 22 at 9:30 a.m. - 'Worm Composting' w/ Patrick T. from Lucas Co. Soil & Water Conservation**

## Expressive Arts

Alyssa - 419-242-3000 ext. 109

**Friday, March 1 at 9:00 a.m. - First Fridays at Toledo School for the Arts - RSVP!** Support the students at Toledo School for the Arts by attending their monthly art showcase held every first Friday.

**Monday, March 4 at 11:00 a.m. & 1:30 p.m. - Puzzle Canvas Art**

**\*Wednesday, March 6 at 1:30 p.m. - NAMI Creative Expressions - RSVP!**

**Wednesday, March 13 at 11:00 a.m. - Paper Mache Craft**

**\*Saturday, March 23 at 2:00 p.m. - The Great Pancake Escape - RSVP!**

There is inspiring art around town! See The Ballet Theatre of Toledo presents 'The Great Pancake Escape' at Lourdes University

**Thursday, March 28 at 11:00 a.m. - Garden Stones - RSVP! Limited space available.**

## Fitness

Lindsay - 419-242-3000 ext. 110

**Mondays and Wednesdays at 1:15 p.m. - Afternoon Stretch**

**\*Thursday, March 7 at 10:45 a.m. - Bowling Outing - RSVP!**

**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.

**Fridays at 1:15 p.m. - Line Dancing!** Learn a choreographed dance with your peers! The repeating sequence of steps performed in line dances can help improve hand-eye coordination.

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

**Thursdays at 1:00 p.m. - Khan Academy!** Explore online learning at your own pace.

**Friday, March 8 at 1:00 p.m. - Mario Party!** Celebrate Mario Day (March 10) playing peers in a Mario Party tournament.

**Thursday, March 14 at 9:30 a.m. - Pi Day Scavenger Hunt**