



# PEER *connections*

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## FOOD AND FELLOWSHIP

### Supper Club Returns to TMWC

**S**upper Club is one of the longest standing traditions at Thomas M. Wernert Center (TMWC), dating back to the early 90s when TMWC was known as the Consumers Union Drop-In Center. Despite not always having a kitchen or large clubroom to accommodate, Supper Club carried on throughout the years at member's homes, picnics in the park, local churches, and more.

Over the years, "supper" turned into lunch, but the original name stuck. In more recent memory, the expansion of the TMWC building on Woodruff Avenue allowed for many Supper Clubs in the comfort of our own Clubroom, and the use of a top notch kitchen from some wonderful cooks.

On Friday, October 7, 2022, TMWC hosted its first in-house Friday Supper Club since closing for COVID in March 2020. Thanks

to the hiring of our new Food Services Coordinator, Ed Dias for making the return possible. Ed comes to TMWC with over a decade of experience as a chef in the hospitality industry. "I love cooking for other people," says Ed. For his inaugural meal, TMWC members were treated to a delicious home-made meal of goulash, salad, garlic bread, and dessert.

"The meal was a big hit; our stomachs and hearts were full seeing everyone enjoy a meal together once again," says Member Services Director, Janese. "The return of Supper Club is a great opportunity for socialization. During Supper Club, I always encourage peers to sit next to someone they might not know very well," she adds. "Everyone likes good food and sharing a meal with a stranger is the easiest way to make a friend."



Members and peer support staff alike are appreciative for the time to get to know each other in the TMWC Clubroom. Nothing compares to the buzz around TMWC on Friday afternoons, as peers prepare to share in a meal.

**Thomas M. Wernert Center invites all members to join Friday Supper Club every Friday at 12:00 p.m.**

### NOVEMBER SUPPER CLUB MENU

**NOVEMBER 4:** Soup, chicken pot pie, biscuit, salad, brownie, and juice

**NOVEMBER 11:** Ham, cheese, lettuce and tomato sandwiches, chips, fruit, and juice

**NOVEMBER 18:** Tacos and tostadas, guacamole, beans and rice, ice cream, and juice



### Annual Meeting & Thanksgiving Lunch

**Monday, November 21, 2022 at 11:00 a.m.**

The Thomas M. Wernert Center annual meeting will take place at 11:00 a.m. on Monday, November 21, 2022, followed by a Thanksgiving Luncheon for members.

The meeting and lunch (turkey, potatoes, green beans, and pie) will take place in the Clubroom at TMWC.

During the annual meeting, members will have an opportunity to hear from the board of trustees as well as newly elected voting members.

# Finding Inspiration through Local Art Community

“Engaging with arts in our community helps us understand the world better and can inspire our own art practices,” says Expressive Arts Coordinator, Neil. “It’s also a wonderful way to learn what arts are available to us in our own backyard at little to no cost.” Neil encourages TMWC members to step outside your comfort zone this season and see what creative journeys await in the Expressive Arts program.



**Along with open art and other Expressive Arts projects, the following community collaborations are scheduled for TMWC members:**

## ISSUE BOX THEATRE



After a great introduction into acting and improve techniques in September, Issue Box! Theatre will continue to collaborate with TMWC in November.

According to their website, “Issue Box Theatre is an organization committed to making theatre that grows out of the communities it serves.”

Working together, TMWC and Issue Box Theatre will lead a multi-sensory creative storytelling experience. This activity engages all five senses (touch, sound, sight, smell, and taste).

Members may RSVP with Neil to participate on Fridays at 11:00 a.m. Space is limited and available on a first come, first served basis.

## TSA OUTING



Toledo School for the Arts presents a yearly student showcase as part of their arts programs with a free performance to the community on the first Friday of each month.

This program highlights dance, theatre, music, literary, and visual arts. Enjoy coffee and art with your peers on the first Friday of the month at 9:00 a.m.

Please RSVP with Neil to participate.

## What’s New in the Eigensee Family Fitness Room?

Fitness Coordinator Lindsay is happy to announce the return of guided wellness classes. These classes are designed to get your body moving. Working out is hard, but YOU can do hard things. Grab a friend and try a class today!

- **Strength Training Together** is a great option for members who want to increase their heart rate and stamina. This one-hour class uses six exercise stations to target and engage all of the major muscle groups. No commitment necessary; classes are every Tuesday and Thursday from 1:00 to 2:00 pm, in the Eigensee Family Fitness Room or outdoors (weather permitting).
- **Brains and Balance class is back!** This challenging activity was a big hit in the past. This 30 minute class tests your center of gravity while working to improve memory, focus, and brain functions.

The Eigensee Family Fitness Room is also open for drop in use Monday through Friday. Hours may vary.

Please see the schedule posted on Lindsay’s door for more detailed information.

## Explore ‘Lab Journeys’ in TMWC Computer Lab!

Computer Lab Coordinator, Todd, is excited to announce a series of new activities that are designed to help members navigate computer basics.

**The following programs are part of a new series called “Lab Journeys.”**

- **Find the Picture** – Search for a particular picture or set of pictures while learning about image search tools.
- **How to Search** – Exercises in using Google to navigate a search, including how to comb through data
- **Google A Day Challenge** – Daily challenges to help members become familiar with using search engines and build confidence in finding the right resources.
- **PDF Knowhow** – PDF stands for Portable Document Format. Learn how to download and fill out common PDF forms, as well as sign and date them.
- **Shortcut Ctrl** – Learn common Windows keyboard shortcuts and discover an easier way to navigate the screen.

# PEER SUPPORT IN ACTION



Peers took a tour of MacQueen's Orchard and picked their own apples!



Women's Peer support group teamed up with Neil in Expressive Arts for a Fall art project!



Paul & Linda at MacQueen's Orchard.



## GIFT BASKET RAFFLE!

Thomas M. Wernert Center is gearing up for another holiday season!

Let's celebrate the season and another great year with a gift basket raffle: **1 TICKET WILL BE RECEIVED FOR EACH SUPPORT GROUP, ACTIVITY, OR PROGRAM ATTENDED.**

Tickets can be earned starting **TUESDAY, NOVEMBER 1 – WEDNESDAY, NOVEMBER 30.**

Peers may put tickets in multiple baskets, but will only be allowed to win one.

The drawing will be held during Supper Club on **FRIDAY, DECEMBER 9.**



THOMAS M. WERNERT CENTER  
FOR MENTAL HEALTH RECOVERY & SUPPORT

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Our social with TMWC on  
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**MISSION**

To improve the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy and peer support.

**BOARD OF TRUSTEES**

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- Georgia Humbarger – Community Volunteer
- Patricia J. Robb – Executive Director

**SUPPORTED BY:**



**GIVING  
TUESDAY**

**NOVEMBER 29, 2022**

Please consider supporting the Thomas M. Wernert Center (TMWC) on Tuesday, November 29, 2022. Your gift will help us improve the quality of life of persons living with mental illness through our peer-driven programs and services in Lucas County.

**To donate to TMWC on #GivingTuesdayNWO, you can participate in the following ways:**

- Visit [www.wernertcenter.org](http://www.wernertcenter.org) on November 29 and select 'Ways to Help' to contribute online.
- Visit TMWC's Facebook page on November 29 and donate during our Giving Tuesday Facebook Event.
- Mail your check dated November 29, 2022 to Thomas M. Wernert Center, 208 W. Woodruff, Toledo, OH 43604 (note #GivingTuesday on check)

**If you have any questions about contribution, please contact Chloe Szakovits at 419-242-3000 ext. 136.**

*All funds raised directly benefit the programs and services of TMWC. Please be sure to have all gifts dated on Tuesday, November 29, 2022.*

**Thank you for your support!**