

**FEBRUARY 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  
**10:00 a.m. Fitness: Circuit Training**  
 11:00 a.m. Diabetes Support  
**12:30 p.m.**  
**Wellness Recovery Action Plan (WRAP) Class Five**  
 1:00 p.m. DBSA

2  
**9:00 a.m. Expressive Art: First Fridays @ TSA**  
 10:00 a.m. DRA  
 1:00 p.m.  
**SafeZone: LGBTQ+ & Allies**  
 1:15 p.m.  
**Fitness: Line Dancing**

5  
**11:00 a.m.**  
**Valentine's Garland Craft**  
 11:00 a.m. Women's Peer Support  
 12:00 p.m. Men's Peer Support  
 12:00 p.m.  
**Personal Leadership Class Four**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**2:00 p.m. WISE Program\***

6  
**9:30 a.m. CL: Khan Academy**  
**10:45 a.m. 577 Foundation: Crochet Class Outing\***  
 11:00 a.m. Living Well  
 11:00 a.m.  
**Mental Health Literacy (MHL) Class Five**  
 1:00 p.m. Emotions Matter  
**2:00 p.m. Advocacy Group**

7  
**All Day: Activity Sign-Ups**  
**9:30 a.m. Gardening Club**  
 12:30 p.m. DRA  
**1:00 p.m. Exploring Emotions (EE) Class Six**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**1:30 p.m.**  
**NAMI Creative Expressions\***

8  
**10:00 a.m. Fitness: Circuit Training**  
**11:00 a.m. African American Legacy Project Museum Tour\***  
 11:00 a.m. Diabetes Support  
**11:00 a.m. Expressive Art: Heart Ornament\***  
**12:30 p.m. WRAP Class Six**  
 1:00 p.m. SA

9  
 10:00 a.m. DRA  
**10:00 a.m. Morning Movie**  
 12:45 p.m. Stress Busters  
 1:00 p.m.  
**SafeZone: LGBTQ+ & Allies**  
 1:15 p.m.  
**Fitness: Line Dancing**

12  
 11:00 a.m. Women's Peer Support  
 12:00 p.m. Men's Peer Support  
 12:00 p.m.  
**Personal Leadership Class Five**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**2:00 p.m. WISE Program\***

13  
**9:30 a.m. CL: Khan Academy**  
 11:00 a.m. Living Well  
**11:00 a.m. MHL Class Six**  
**12:00 p.m. Bingo**  
 1:00 p.m. Emotions Matter

14  
**9:30 a.m. Gardening Club**  
**10:30 a.m. Valentine's Day Party**  
 11:00 a.m. Empowering Change  
 12:30 p.m. DRA  
**1:00 p.m. EE Class Seven**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**1:30 p.m. Knitting Circle**

15  
**TMWC OPEN AT 10 a.m.**  
**10:15 a.m. Fitness: Circuit Training**  
 11:00 a.m. Diabetes Support  
**11:00 a.m. Coffee Connections\***  
**12:30 p.m. WRAP Class Seven**  
**1:00 p.m. CL: Khan Academy**  
 1:00 p.m. DBSA

16  
 10:00 a.m. DRA  
 1:00 p.m.  
**SafeZone: LGBTQ+ & Allies**  
 1:15 p.m.  
**Fitness: Line Dancing**

19  
 11:00 a.m. Women's Peer Support  
**11:00 a.m. Fitness: Cardio Drumming\***  
 12:00 p.m. Men's Peer Support  
 12:00 p.m.  
**Personal Leadership Class Six**  
**1:00 p.m.**  
**Fitness: Cardio Drumming\***  
**2:00 p.m. WISE Program\***

20  
**9:30 a.m. CL: Khan Academy**  
 11:00 a.m. Living Well  
**11:00 a.m. MHL Class Seven**  
**11:00 a.m. Expressive Art: Motown Museum Outing\***  
 1:00 p.m. Emotions Matter  
**2:00 p.m. Advocacy Group**  
**4:30 p.m.**  
**Board of Trustees Meeting**

21  
**9:30 a.m. Gardening Club**  
 12:30 p.m. DRA  
 12:00 p.m. Karaoke  
**1:00 p.m. EE Class Eight**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**

22  
**10:00 a.m. Fitness: Circuit Training**  
**11:00 a.m. Planetarium Outing\***  
**11:00 a.m. Expressive Art: Wizard Wands\***  
 11:00 a.m. Diabetes Support  
**12:30 p.m. WRAP Class Eight**  
**1:00 p.m. CL: Khan Academy**  
 1:00 p.m. SA

23  
 10:00 a.m. DRA  
**10:00 a.m. Wellness Friday**  
 12:45 p.m. Stress Busters  
 1:00 a.m.  
**SafeZone: LGBTQ+ & Allies**  
 1:15 p.m.  
**Fitness: Line Dancing**

26  
 11:00 a.m. Women's Peer Support  
 12:00 p.m. Men's Peer Support  
 12:00 p.m.  
**Personal Leadership Class Seven**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**2:00 p.m. WISE Program\***

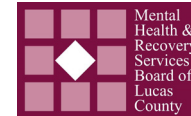
27  
**9:30 a.m.**  
**CL: Mario Kart Tourney\***  
 11:00 a.m. Living Well  
**11:00 a.m. MHL Graduation!**  
 1:00 p.m. Emotions Matter  
**1:00 p.m.**  
**Just Dance Marathon**

28  
**11:00 a.m. Empowering Change**  
 12:30 p.m. DRA  
**1:00 p.m. EE Class Nine**  
**1:15 p.m.**  
**Fitness: Afternoon Stretch**  
**1:30 p.m. Knitting Circle**

29  
**10:00 a.m.**  
**Fitness: Circuit Training**  
 11:00 a.m. Diabetes Support  
**12:30 p.m. WRAP Graduation!**  
**1:00 p.m. CL: Khan Academy**  
 1:00 p.m. SA

**CRISIS INTERVENTION TRAINING (CIT) SESSIONS AT 9:00 AM & 10:45**

# What's Happening at TMWC



## Activities and Programs

### SUPPORT GROUPS

**Fridays at 12:45 p.m. in February:** Safe Zone support group will hold a Black History Month series. The group will discuss topics like identity, intersectionality, privilege and oppression. Learn about Queer Black History all month long!

**Monday, February 5 at 11:00 a.m.:** Women's Peer support group is answering all questions about your cycle! Learn what women of all ages should know and how this information can help improve physical and mental health, all month long.

### ACTIVITIES & OUTINGS

**Tuesday, February 6 & February 20:** Recovery Together Advocacy Group is BACK!

**Tuesday, February 6:** 577 Foundation Outing - Crochet Class - RSVP!

**Wednesday, February 7:** Activity Sign Up ALL DAY

**Thursday, February 8:** African American Legacy Project of NWO Museum Tour - RSVP!

**Tuesday, February 13:** BINGO!

**Tuesday, February 14 at 10:30 a.m.:** TMWC Valentine's Day Party!

**Wednesday, February 14 & February 28:** Knitting Circle

**Thursday, February 15:** Coffee Connections Outing - RSVP!

**Wednesday, February 21:** Karaoke!

**Thursday, February 22:** Planetarium Outing - RSVP!

**Tuesday, February 27:** GAMER DAY! Play in a Mario Kart competition in the Computer Lab, followed by a Just Dance Marathon in the afternoon.

### FRIDAYS AT TMWC

**Friday, February 9 at 10:00 a.m. - Morning Movie:** Start your morning at the theatre! Watch a member's choice movie celebrating Black History Month.

**Friday, February 23 at 10:00 a.m. - Wellness Friday w/ Mercy Community Nurses**

## Gardening Club

Donna - 419-242-3000 ext. 106

**Wednesday, February 14 - Rain Garden Planning**

**Wednesday, February 21 - Art Project**

## Computer Lab

Rodney - 419-242-3000 ext. 114

**Tuesdays at 9:30 a.m. and Thursdays at 1:00 p.m. - Khan Academy!** Explore online learning with Khan Academy, a virtual education portal designed to promote learning at your own pace. Try different lessons, programs, personalized activities, interactive videos, and more to get you interested in a variety of topics. Happy learning!

**Tuesday, February 27: Mario Kart Competition** May the best cart win! - RSVP

## Fitness

Lindsay - 419-242-3000 ext. 110

*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 each month.*

**Monday, February 19 at 11:00 a.m. & 1:00 p.m. - Cardio Drumming Collab!** - RSVP!

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

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

## Expressive Arts

Alyssa - 419-242-3000 ext. 109

**Thursday, February 1 at 9:15 & 11 a.m. - Heart Wreaths**

**Friday, February 2 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.

**Wednesday, February 7 at 11:00 a.m. - DIY Valentine Cards**

**Wednesday, February 7 at 1:30 p.m. - NAMI Creative Expressions - RSVP!**

**Thursday, February 8 at 11:00 a.m. - Wood Valentine Heart Ornament - RSVP!**

**Monday, February 12 at 1:30 p.m. - Clay Thumbprint Craft - RSVP!**

**Tuesday, February 20 at 11:00 a.m. - Motown Museum Outing - RSVP!** Take a trip to the Motown Museum in Detroit to learn about the history of Histville U.S.A.

**Thursday, February 22 at 11:00 a.m. - Create Your Own Wizard Wand - RSVP!**