

JUNE 2023

Mon	Tue	Wed	Thu	Fri
<p>*Please contact TMWC For RSVPs and questions. Call (419) 242-3000</p>			<p>1 ALL DAY Activity Sign Up 11:00 a.m. Diabetes Support 11:00 a.m. Litter League* 1:00 p.m. SA</p>	<p>2 9:30 a.m. Gardening Club 10:00 a.m. DRA 10:00 a.m. Brains and Balance 12:00 p.m. Supper Club 1:15 p.m. Computer Lab Journeys</p>
<p>5 9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. WMR</p>	<p>6 10:30 a.m. WRAP Graduation! 11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter</p>	<p>7 9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. SafeZone: LGBTQ+ & Allies* 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 1:30 p.m. NAMI Creative Expressions*</p>	<p>8 11:00 a.m. Coffee Connections* 11:00 a.m. Diabetes Support 11:00 a.m. Litter League* 1:00 p.m. DBSA</p>	<p>9 9:30 a.m. Gardening Club 10:00 a.m. DRA 10:00 a.m. Brains and Balance 12:00 p.m. Supper Club 12:45 p.m. Stress Busters 1:15 p.m. Computer Lab Journeys</p>
<p>12 9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Women's Peer Support* 12:00 p.m. Men's Peer Support 12:30 p.m. WMR Graduation!</p>	<p>13 11:00 a.m. Fishing Outing* 11:00 a.m. Living Well 11:00 a.m. Expressive Art: Guest Artist Series* 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter</p>	<p>14 Crisis Intervention Training (CIT) sessions at 9:00 am & 10:45 am 10:00 a.m. Get Strong! 11:00 a.m. Gardening Club 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>15 11:00 a.m. Diabetes Support 11:00 a.m. Expressive Art: Guest Artist Series* 11:00 a.m. Litter League* 1:00 p.m. SA</p>	<p>16 9:30 a.m. Gardening Club 10:00 a.m. DRA 10:00 a.m. Brains and Balance 12:00 p.m. Supper Club 1:15 p.m. Computer Lab Journeys</p>
<p>19 TMWC CLOSED IN RECOGNITION OF JUNETEENTH </p>	<p>20 11:00 a.m. Living Well 11:00 a.m. Expressive Art: Guest Artist Series* 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter</p>	<p>21 9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies*</p>	<p>22 TMWC OPEN AT 10 a.m. 11:00 a.m. Diabetes Support* 11:00 a.m. Expressive Art: Guest Artist Series* 11:00 a.m. Fitness: Cardio Drumming* 12:00 p.m. Bingo 1:00 p.m. DBSA</p>	<p>23 9:30 a.m. Gardening Club 10:00 a.m. DRA 10:00 a.m. Brains and Balance 11:00 a.m. Wellness Friday 12:00 p.m. Supper Club 12:45 p.m. Stress Busters 1:15 p.m. Computer Lab Journeys</p>
<p>26 9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support</p>	<p>27 11:00 a.m. Living Well 11:00 a.m. Expressive Art: Guest Artist Series* 11:00 a.m. Toledo Zoo Outing* 1:00 p.m. Emotions Matter 4:30 p.m. TMWC Board of Trustees Meeting</p>	<p>28 9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies 5:30 p.m. Issue Box Presents: The Willard Suitcases</p>	<p>29 11:00 a.m. Diabetes Support 11:00 a.m. Expressive Art: Guest Artist Series* 11:00 a.m. Litter League* 12:00 p.m. Karaoke 1:00 p.m. SA</p>	<p>30 9:30 a.m. Gardening Club 10:00 a.m. DRA 10:00 a.m. Brains and Balance 11:00 a.m. Friday Forum 12:00 p.m. Supper Club 1:15 p.m. Computer Lab Journeys</p>

What's Happening at TMWC



Did You Know?



June is PRIDE Month.

- **Wednesday, June 28 at 2:00 p.m.** - Stonewall Documentaries viewing in SafeZone support group.

June is National Post Traumatic Stress Disorder (PTSD) Awareness Month.

- **Tuesday, June 6 at 1 p.m.** - Emotions Matter support group will learn more about 'Understanding PTSD'.
- **Wednesday, June 14 & 21 at 12:30 p.m.** - Dual Recovery Alliance support group discusses 'Reason and Rationalization' and 'This Too Shall Pass'.

June 19 is Juneteenth. (TMWC Closed) - Juneteenth, or "Freedom Day" is a federal holiday that celebrates the end of slavery in the United States. On June 19, 1865, Union Soldiers arrived in Galveston, Texas with news that the Civil War was over, and all slaves were free.

June 21 is National Yoga Day.

- **Tuesday, June 20 at 1 p.m.** - TMWC's Fitness Program and Emotions Matter support group celebrate with a Chair Yoga session.
- **Friday, June 23 at 12:45 p.m.** - Stressbusters support group winds down with a Singing Bowl Meditation. RSVP Required.

Expressive Arts

Guest Artist - Cyd: Tuesdays and Thursdays (starting June 13), 11 a.m. to 12:15 p.m. RSVP Required.

Guest Artist, Cyd G. is back for another beginner's course in art! Peers will learn the basics, including pencil shading, the color wheel, and other techniques helpful to a starting artist. Cyd's artistic style shines through in their teaching, as she uses creative and playful practices to make art more approachable.

Gardening Club

Donna – 419-242-3000 ext. 106

Friday, June 2 - Guest, Amy Stone from Lucas County OSU Extension Office

Wednesday, June 21 - Make & Take Craft: Wildflower Seed Balls

Friday, June 23 - Guest, Patrick Troyer from Lucas Soil & Water Conservation

Fitness

Lindsay – 419-242-3000 ext. 110

Get Strong! Mondays & Wednesdays at 10 a.m.

A one-hour strength and training class with a focus on staying mindful!

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

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!

Cardio Drumming Outing: Thursday, June 22 at 11:00 a.m.

RSVP Required.

Cardio drumming is a low impact workout that helps improve motor skills and hand-eye coordination. This activity is for all ages and fitness levels!

Computer Lab

Todd – 419-242-3000 ext. 114

Wednesdays and Fridays at 1:15p: Computer Lab Journeys

Wednesday, June 7 & June 21: A.I. Art

A.I. stands for Artificial Intelligence. Learn how art is made using artificial intelligence.

Wednesday, June 14 & June 28: Create 3D Characters! (NEW)

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

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!