

OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Halloween Movie 11:00 a.m. Women's Peer Support 12:30 p.m. Peer Support Class 4</p>	<p>4</p> <p>11:00 a.m. Living Well (Orchard Outing) 11:00 a.m. DIY Sun Catchers 11:00 a.m. Wellness Management and Recovery (WMR) Class 5 1:00 p.m. Emotions Matter</p>	<p>5</p> <p>All Day: Activity Sign-Up 9:30 a.m. Gardening Club 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>6</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Bingo 12:30 p.m. Exploring Emotions (EE) Class 5 1:00 p.m. Schizophrenia Alliance (SA)</p>	<p>7</p> <p>9:30 a.m. Gardening Club 11:00 a.m. DRA 11:00 a.m. Halloween Mystery Game</p>
<p>10</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Pumpkin Bread Baking 11:00 a.m. Women's Peer Support 12:30 p.m. Peer Support Class 5</p>	<p>11</p> <p>11:00 a.m. Living Well 11:00 a.m. Orchard Outing* 11:00 a.m. WMR Class 6 1:00 p.m. Emotions Matter</p>	<p>12</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Latch Hook Activity 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>13</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections Outing* 12:30 p.m. EE Class 6 1:00 p.m. Depression Bipolar Support Alliance (DBSA)</p>	<p>14</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Friday Forum: Courageous Community Services 11:00 a.m. DRA 12:30 p.m. Stress Busters 1:00 p.m. Self Defense Class*</p>
<p>17</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Witch Hat Ring Toss Tournament 11:00 a.m. Women's Peer Support 12:30 p.m. Peer Support Graduation!</p>	<p>18</p> <p>11:00 a.m. Living Well 11:00 a.m. Pumpkin Farm Outing* 11:00 a.m. WMR Class 7 1:00 p.m. Emotions Matter</p>	<p>19</p> <p>10:00 a.m. TMWC Late Open 10:00 a.m. Gardening Club 11:00 a.m. DIY Pumpkin Spice Cocoa & Spooky Stories 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>20</p> <p>10:00 a.m. SAME Café Volunteer Outing* 11:00 a.m. Diabetes Support 12:30 p.m. EE Class 7 1:00 p.m. SA</p>	<p>21</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Friday Forum: Fire Safety 11:00 a.m. DRA</p>
<p>24</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Halloween Craft 11:00 a.m. Women's Peer Support</p>	<p>25</p> <p>11:00 a.m. Living Well 11:00 a.m. Halloween Treats 11:00 a.m. WMR Class 8 1:00 p.m. Emotions Matter 2:00 p.m. Yogaja Yoga* 4:30 p.m. TMWC Board Meeting</p>	<p>26</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Clubroom Karaoke 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>27</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Cardio Drumming Outing* 12:30 p.m. EE Class 8 1:00 p.m. DBSA</p>	<p>28</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Halloween Costume Contest 11:00 a.m. DRA 12:30 p.m. Stress Busters</p>
<p>31</p> <p>9:30 a.m. Gardening Club 11:00 a.m. TMWC Trick or Treat 11:00 a.m. Women's Peer Support</p>	<p>*You must RSVP for Activity/Outing Contact Bianca at 419-764-5364 or bcortes-ferreira@wernertcenter.org</p>			

What's Happening at TMWC



Dual Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

Oct. 5: Easy Does It

Oct. 7: Gratitude with Service

Oct. 12: Implementing Principles into Daily Recovery

Oct. 14: 12 Step Meeting

Oct. 19: Commitment vs. Discipline

Oct. 21: Preparation for the Holidays

Oct. 26: How We Surrender

Oct. 29: 12 Step Meeting

Living Well

Sarah – 419-242-3000 ext. 116

Oct. 4: Apple Orchard Outing (RSVP)

Oct. 11: Time Management

Oct. 20: Home Management

Oct. 25: Home Inspection Prep

Emotions Matter

Amy – 419-242-3000 ext. 108

Oct. 4: How Do You Want to be Treated?

Oct. 11: Overcoming Setbacks

Oct. 18: Emotional Wellness

Oct. 25: Anger: A Secondary Emotion

Computer Lab

Todd – 419-242-3000 ext. 114

Open Lab Times

Session 1: 9:00 am - 10:30 am

Session 2: 10:50 am - 12:15 pm

Session 3: 1:30 pm - 3:00 pm

Ask Todd about Computer Lab Workshops.

Topics include: Find the Picture, How to Search, PDF Know How, Keyboard Shortcuts, and more.

Diabetes Support

Sarah – 419-242-3000 ext. 116

Oct. 6: Diving in to Journaling

Oct. 13: What are Macros? (Fat)

Oct. 20: What are Macros? (Carbs)

Oct. 27: What are Macros? (Protein)

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

Oct. 5: The Importance of Voting w/ Nick Komives of Toledo City Council

Oct. 12: National Coming Out Day! Share Your Story

Oct. 19: Gender Diverse Cultures & Safe Zone Potluck

Oct. 26: Intersex Awareness Day

Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

Oct. 3: VIDEO: Cold Climate Garden

Oct. 4: Apple Orchard Outing*

Oct. 5, 10, 12, 17, & 24: Fall Garden Clean Up

Oct. 7: Expressive Art Collab

Oct. 14: Guest Facilitator, Amy Stone

Oct. 19: Make & Take - Herbal Butters & Vinegars

Oct. 21: Guest Facilitator, Patrick Trayer

Oct. 26: Make & Take - Dried Herb Jars

Oct. 28: VIDEO - Hope for Heroes

Oct. 31: VIDEO - Growing to Give

Stress Busters

Donna – 419-242-3000 ext. 106

Oct. 14: Reduce Stress by Doing Less

Oct. 28: Reactions to Stress

Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

Oct. 6: Depression and Irritability

Oct. 20: Self-Care: Boundaries

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

Oct. 3: Radical Acceptance

Oct. 10: Art with Neil

Oct. 17: Benefits of Making Your Bed

Oct. 24: Guest Facilitator (RSVP)

Oct. 31: Halloween Movie (RSVP)

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

Oct. 13: Achieving Balance

Oct. 27: Pacing Ourselves

Fitness

Lindsay – 419-242-3000 ext. 110

Oct. 14: Self Defense w/ All American Karate

Oct. 25: Chair Yoga w/ Yogaja Yoga

Strength Training Together:
Tuesday & Thursday, 12:30 - 1:30 pm.

Brains & Balance:
Friday, 10:00 - 10:30 am.

Expressive Arts

Neil – 419-242-3000 ext. 111

Daily Schedule

Session 1: 9:00 am - 10:15 am

Session 2: 11:00 am - 12:15 pm

Session 3: 1:30 pm - 2:45 pm.