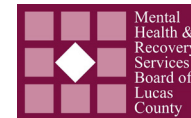


**APRIL 2024**

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            10:45 a.m. <b>Toledo Zoo Outing*</b>            11:00 a.m. Women's Peer Support            12:00 p.m. Men's Peer Support            1:15 p.m. <b>Fitness: Afternoon Stretch</b>            1:30 p.m.  <b>Expressive Arts: Blackout Poetry</b></p>	<p>2</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            10:30 a.m.  <b>Wellness Recovery Action Plan (WRAP) Class Four</b>            11:00 a.m. Living Well            1:00 p.m. Emotions Matter            1:30 p.m. <b>Sensory Tool Craft</b>            2:00 p.m. <b>Advocacy Group</b></p>	<p>3</p> <p><b>All Day: Activity Sign-Ups</b>            9:30 a.m. <b>Gardening Club</b>            12:30 p.m. DRA            1:15 p.m.  <b>Fitness: Afternoon Stretch</b>            1:30 p.m. <b>Journal Club</b>            1:30 p.m.  <b>NAMI Creative Expressions*</b></p>	<p>4</p> <p>10:00 a.m.  <b>Fitness: Circuit Training</b>            10:30 a.m. <b>CL: Imagination Station Outing*</b>            11:00 a.m. Diabetes Support            12:30 p.m. <b>Frisbee</b>            1:00 p.m. SA</p>	<p>5</p> <p>9:30 a.m. <b>Gardening Club</b>            10:00 a.m. DRA            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b></p>
<p>8</p> <p align="center"><b>TMWC CLOSED FOR STAFF TRAINING</b></p> 	<p>9</p> <p>9:15 a.m. <b>Expressive Arts: Paper Plate Flowers</b>            10:00 a.m. <b>CL: Computer Basics</b>            10:30 a.m. <b>WRAP Class Five</b>            11:00 a.m. Living Well            12:00 p.m. <b>Karaoke</b>            1:00 p.m. Emotions Matter</p>	<p>10</p> <p>9:30 a.m. <b>Gardening Club</b>            11:00 a.m. Empowering Change            11:00 a.m. <b>Car Racing</b>            12:30 p.m. <b>NEW-R Class One</b>            12:30 p.m. DRA            1:15 p.m.  <b>Fitness: Afternoon Stretch</b>            1:30 p.m. <b>Knitting Circle</b></p>	<p>11</p> <p>10:00 a.m.  <b>Fitness: Circuit Training</b>            10:45 a.m. <b>Coffee Connections*</b>            11:00 a.m. Diabetes Support            12:30 p.m. <b>Mental Health Literacy (MHL) Class One</b>            1:00 p.m. DBSA            1:30 p.m. <b>Lawn Darts</b></p>	<p>12</p> <p>9:30 a.m. <b>Gardening Club</b>            10:00 a.m. DRA            11:00 a.m. <b>Friday Forum</b>            12:45 p.m. Stress Busters            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b></p>
<p>15</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            11:00 a.m. Women's Peer Support            12:00 p.m. Men's Peer Support            1:00 p.m.  <b>Peer Support Class One</b>            1:00 p.m. <b>Sidewalk Chalk</b>            1:15 p.m. <b>Fitness: Afternoon Stretch</b></p>	<p>16</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            10:30 a.m. <b>WRAP Class Six</b>            11:00 a.m. Living Well            12:00 p.m. <b>BINGO</b>            1:00 p.m. Emotions Matter            1:30 p.m. <b>Window Art</b>            2:00 p.m. <b>Advocacy Group</b></p>	<p>17</p> <p>11:00 a.m.  <b>Gardening Club Outing*</b>            11:00 a.m. <b>Vision Boards</b>            12:30 p.m. DRA            12:30 p.m. <b>NEW-R Class Two</b>            1:15 p.m.  <b>Fitness: Afternoon Stretch</b>            1:30 p.m. <b>Badminton</b></p>	<p>18</p> <p align="center"><b>TMWC OPEN AT 10 a.m.</b></p> <p>10:45 a.m.  <b>Fitness: Rock Climbing*</b>            11:00 a.m. Diabetes Support            12:30 p.m. <b>MHL Class Two</b>            1:00 p.m. SA</p>	<p>19</p> <p>9:30 a.m. <b>Gardening Club</b>            10:00 a.m. DRA            11:00 a.m. <b>Friday Forum</b>            11:00 a.m.  <b>Expressive Arts: Name That Tune (70s)</b>            1:00 p.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b></p>
<p>22</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            11:00 a.m. Women's Peer Support            11:00 a.m.  <b>Expressive Arts: Earth Day Craft</b>            1:00 p.m.  <b>Peer Support Class Two</b>            1:15 p.m. <b>Fitness: Afternoon Stretch</b></p>	<p>23</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            10:30 a.m. <b>WRAP Class Seven</b>            12:00 p.m. Men's Peer Support*            11:00 a.m. Living Well            1:00 p.m. Emotions Matter            1:30 p.m. <b>Fabric Quilt Craft</b>            4:30 p.m.  <b>Board of Trustees Meeting</b></p>	<p>24</p> <p>9:30 a.m. <b>Gardening Club</b>            11:00 a.m. Empowering Change            11:00 a.m. <b>Pool Tournament</b>            12:30 p.m. DRA            12:30 p.m. <b>NEW-R Class Three</b>            1:15 p.m.  <b>Fitness: Afternoon Stretch</b>            1:30 p.m. <b>Knitting Circle</b></p>	<p>25</p> <p>10:15 a.m.  <b>Fitness: Circuit Training</b>            11:00 a.m.  <b>Expressive Arts: Photography*</b>            11:00 a.m. Diabetes Support            12:30 p.m. <b>MHL Class Three</b>            1:00 p.m. DBSA            1:30 p.m. <b>Nutrition in Recovery</b></p>	<p>26</p> <p>9:30 a.m. <b>Gardening Club</b> 10:00 a.m. DRA            11:00 a.m. <b>Wellness Friday</b>            11:30 a.m. <b>Volunteer Recognition</b>            12:45 p.m. Stress Busters            1:00 a.m.  <b>SafeZone: LGBTQ+ &amp; Allies</b></p>
<p>29</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            11:00 a.m. Women's Peer Support            12:00 p.m. Men's Peer Support            1:00 p.m.  <b>Peer Support Class Three</b>            1:00 p.m. <b>Stain Glass Art</b>            1:15 p.m. <b>Fitness: Afternoon Stretch</b></p>	<p>30</p> <p>10:00 a.m. <b>CL: Computer Basics</b>            10:30 a.m. <b>WRAP Class Eight</b>            11:00 a.m. Living Well            1:00 p.m. <b>Basketball</b>            1:00 p.m. Emotions Matter</p>	<p align="center">*Please contact TMWC Staff for RSVPs, questions, and/or concerns.</p> <p align="center"><b>Activities, Maddie - 419-764-5346</b></p> <p align="center"><b>Expressive Arts, Alyssa - 419-242-3000 ext. 109</b></p> <p align="center"><b>Fitness, Lindsay - 419-242-3000 ext. 110</b></p> <p align="center"><b>Computer Lab (CL), Rodney - 419-242-3000 ext. 114</b></p>		

# What's Happening at TMWC



## Activities and Programs

### SUPPORT GROUPS:

**Thursday, April 25 at 1:30 p.m. - Nutrition in Recovery**

Learn about healthy food habits from OSU Lucas County Extension Office

### ACTIVITIES & OUTINGS:

**\*Monday, April 1 at 10:45 a.m. - Toledo Zoo Outing - RSVP!**

**Wednesday, April 3 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!

**Tuesday, April 9 at 12:00 p.m. - Karaoke!**

**Wednesday, April 10 & 24 at 1:30 p.m. - Knitting Circle!**

**\*Thursday, April 11 at 10:45 a.m. - Coffee Connections Outing - RSVP! Thursday,**

**April 11 at 1:30 p.m. - Lawn Darts**

**Tuesday, April 16 at 12:00 p.m. - BINGO**

**Wednesday, April 17 at 1:30 p.m. - Badminton**

**\*Tuesday, April 23 at 10:45 a.m. - Toledo Barber Academy w/ Men's Peer RSVP!**

**Wednesday, April 24 at 11:00 a.m. - Pool Tournament**

**Thursday, April 25 at 11:00 a.m. - Ladder Toss**

**Tuesday, April 30 at 1:00 p.m. - Basketball**

## Fridays at TMWC

**Friday, April 12 at 11:00 a.m. - League of Women Voter's Friday Forum**

**Friday, April 19 at 11:00 a.m. - Fair Housing Center Friday Forum**

**Friday, April 26 at 11:00 a.m. - Wellness Friday w/ Mercy Health Nurses**

**11:00 a.m. - Client Rights Forum**

**11:30 a.m. - TMWC Volunteer Recognition Celebration**

## Gardening Club

Donna - 419-242-3000 ext. 106

**Friday, April 5 at 9:30 a.m. - Amy S. from OSU Extension, Lucas County**

**\*Monday, April 15 at 11:00 a.m. - Bench Farms Greenhouse Outing - RSVP!**

**Wednesday, April 17 at 9:30 a.m. - Craft Project**

## Expressive Arts

Alyssa - 419-242-3000 ext. 109

**Monday, April 1 at 1:30 p.m. - Blackout Poetry**

**Friday, April 5 at 9:00 a.m. - First Friday Showcase at Toledo School for the Arts**

**Wednesday, April 3 at 1:30 p.m. - NAMI Creative Expressions - RSVP!**

**Tuesday, April 9 at 9:00 a.m. & 11:00 a.m. - 3D Paper Plate Flowers**

**Friday, April 19 at 11:00 a.m. - Name That Tune (70s Version)**

Test your knowledge of hits from multiple genres. Compete with peers to correctly identify hits from the 70s!

**Monday, April 22 at 11:00 a.m. - Earth Day Craft**

Celebrate Earth Day by painting a Ceramic Earth Planter

**\*Thursday, April 25 at 11:00 a.m. - Nature Photography Outing - RSVP!**

## Fitness

Lindsay - 419-242-3000 ext. 110

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

**\*Thursday, April 18 at 10:45 a.m. - Rock Climbing 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.

**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

**Mondays and Tuesdays at 10:00 a.m. - Computer Basics Wednesdays and**

**Thursdays at 9:30 a.m. - Gaming for Mental Health**

**\*Thursday, April 4 at 10:30 a.m. - Imagination Station Outing - RSVP!**