
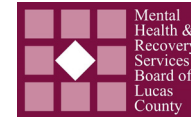


DECEMBER 2023

Mon		Tue		Wed		Thu		Fri	
<p>*Please contact TMWC Staff for RSVPs, questions, or concerns.</p> <p align="center">Activities, Maddie - 419-764-5346</p> <p align="center">Art, Alyssa – 419-242-3000 ext. 109</p> <p align="center">Fitness, Lindsay – 419-242-3000 ext. 110</p>								1	
								<p>9:30 a.m. Gardening Club</p> <p>10:00 a.m. DRA</p> <p>1:00 p.m.</p> <p>SafeZone: LGBTQ+ & Allies</p> <p>1:15 p.m. Fitness: Line Dancing</p>	
4	<p>11:00 a.m.</p> <p>Women's Peer Support</p> <p>12:00 p.m.</p> <p>Holiday/Tree Decorating</p> <p>12:00 p.m. Men's Peer Support</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p>	5	<p>10:15 a.m. Expressive Art: Musical Expression Support*</p> <p>11:00 a.m. Living Well</p> <p>1:00 p.m. Emotions Matter</p> <p>1:30 p.m. Expressive Art: Holiday Cards*</p>	6	<p align="center">Crisis Intervention Training (CIT) sessions at 9:00 am & 10:45 am</p> <p>12:30 p.m. DRA</p> <p>1:00 p.m. TMWC Glee Club</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p> <p>1:30 p.m.</p> <p>NAMI Creative Expressions*</p>	7	<p>11:00 a.m. Diabetes Support</p> <p>1:00 p.m. SA</p> <p>1:30 p.m. Expressive Art: Gift Wrapping Lesson</p>	8	<p>10:00 a.m. Wellness Friday</p> <p>10:00 a.m. DRA</p> <p>12:45 p.m. Stress Busters</p> <p>1:00 p.m.</p> <p>SafeZone: LGBTQ+ & Allies</p> <p>1:15 p.m. Fitness: Line Dancing</p>
11	<p>11:00 a.m.</p> <p>Women's Peer Support</p> <p>12:00 p.m. Snow Globe Craft*</p> <p>12:00 p.m. Men's Peer Support</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p>	12	<p>11:00 a.m. Living Well</p> <p>11:00 a.m.</p> <p>Imagination Station Outing*</p> <p>1:00 p.m. Emotions Matter</p>	13	<p>9:30 a.m. Gardening Club</p> <p>11:00 a.m. Empowering Change</p> <p>12:30 p.m. DRA</p> <p>1:00 p.m.</p> <p>Knitting Circle</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p>	14	<p>11:00 a.m. Diabetes Support</p> <p>11:00 a.m. Expressive Art: Holiday Ornaments</p> <p>1:00 p.m. DBSA</p> <p>1:00 p.m.</p> <p>Nutrition in Recovery</p>	15	<p>10:00 a.m. DRA</p> <p>1:00 p.m.</p> <p>SafeZone: LGBTQ+ & Allies</p> <p>1:15 p.m. Fitness: Line Dancing</p>
18	<p>TMWC OPEN AT 10 a.m.</p> <p>11:00 a.m.</p> <p>Women's Peer Support</p> <p>12:00 p.m. Men's Peer Support</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p>	19	<p>11:00 a.m. Living Well</p> <p>12:00 p.m. Bingo</p> <p>1:00 p.m. Emotions Matter</p>	20	<p>9:30 a.m. Gardening Club</p> <p>12:30 p.m. DRA</p> <p>1:00 p.m. TMWC Glee Club</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p>	21	<p>11:00 a.m. Diabetes Support</p> <p>11:00 a.m. Coffee Connections*</p> <p>12:00 p.m.</p> <p>Cookie Decorating</p> <p>1:00 p.m. DBSA</p>	22	<p>10:00 a.m. DRA</p> <p>11:00 a.m. TMWC Holiday Party</p> <p>12:45 p.m. Stress Busters</p> <p>1:00 p.m.</p> <p>SafeZone: LGBTQ+ & Allies</p> <p>1:15 p.m. Fitness: Line Dancing</p>
25		26		27	<p>9:30 a.m. Gardening Club</p> <p>11:00 a.m. Empowering Change</p> <p>12:00 p.m. Karaoke</p> <p>12:30 p.m. DRA</p> <p>1:15 p.m.</p> <p>Fitness: Afternoon Stretch</p>	28	<p>11:00 a.m. Diabetes Support</p> <p>1:00 p.m.</p> <p>Nutrition in Recovery</p> <p>1:00 p.m. SA</p>	29	<p>10:00 a.m. DRA</p> <p>12:00 p.m. Noon Year's Eve</p> <p>12:45 p.m. Stress Busters</p> <p>1:00 p.m.</p> <p>SafeZone: LGBTQ+ & Allies</p> <p>1:15 p.m. Fitness: Line Dancing</p>

What's Happening at TMWC



Activities and Programs

SUPPORT GROUPS

Friday, December 8: Stressbusters Group - Crystal Bowl Meditation led by Jessica Estrel, Please RSVP!

Monday, December 11: Women's Peer Group - Christmas Party, Please RSVP! **Friday, December 22: Stressbusters Group - Essential Oils**, Please RSVP! **Friday, December 22 & 29: Safezone Group - Genderbread Person Series**, A fun activity that doubles as an easy and tasty guide to better understanding gender and sexuality. Please RSVP!

ACTIVITIES

Monday, December 4: Holiday Decorating - Help us turn TMWC in to a winter wonderland as we decorate the Clubroom and light the tree!

Wednesday, December 6 & December 20: TMWC Glee Club

Wednesday, December 13: Knitting Circle

Thursday, December 14 & 28: Nutrition in Recovery - Nutrition in Recovery is a new program led by Sarah Schmitt from Lucas Co. OSU Extension Office. Learn all about the nutrients that help our body and aid the brain to improve recovery efforts.

OUTINGS (RSVP Required)

Tuesday, December 12: Imagination Station

Thursday, December 21: Coffee Connections

FRIDAY FORUMS

Friday, December 8: Wellness Friday - Ensuring our bodies are working well is a part of maintaining wellness. Mercy Health Nurses will be at TMWC from 10 a.m. to 1 p.m. offering free health checks for members that screen blood pressure, blood sugar, and BMI.

HOLIDAY HOURS

Thomas M. Wernert Center will be closed on the following days during the holiday season:

Monday, December 25, 2023 & Tuesday, December 26, 2023

Monday, January 1, 2024 & Tuesday, January 2, 2024

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Tuesday, December 5 at 10:15 a.m. Musical Expressions Support Group

A collaboration with TMWC, NAMI Greater Toledo, and Heartstring Melodies Music Therapy. RSVP Required.

Wednesday, December 6 at 1:30 p.m.: NAMI Creative Expressions

RSVP Required.

Thursday, December 7 at 1:30 p.m.: Gift Wrapping Lesson

Learn how to wrap the perfect present every time!

Thursday, December 14 at 11:00 a.m.: Holiday Ornaments

Fitness

Lindsay – 419-242-3000 ext. 110

Movement is for everybody! 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.

Mondays and Wednesday at 1:15 p.m.: Afternoon Stretch

Fridays at 11:00 a.m.: Line Dancing - Learn a coreographed dance with your peers! The repeating sequence of steps performed in line dancing can help improve hand-eye coordination.

Computer Lab

419-242-3000 ext. 114

Please be patient and understanding as we fill the position of Computer Lab Coordinator. TMWC's Computer Lab will be open depending on peer staff availability until the position is filled.

Gardening Club

Donna – 419-242-3000 ext. 106

Friday, December 1: Amy Stone, OSU Ext. Office

Wednesday, December 13: Holiday Herbs Craft w/ Jonnie Wagner

Wednesday, December 20: Patrick Troyer, Lucas Co. Soil & Water