

JANUARY 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>CLOSED FOR NEW YEARS</p>	<p>2</p> <p>CLOSED FOR NEW YEARS</p>	<p>3</p> <p>All Day: Activity Sign-Ups 12:30 p.m. DRA 1:00 p.m. Exploring Emotions (EE) Class One 1:15 p.m. Fitness: Afternoon Stretch 1:30 p.m. NAMI Creative Expressions*</p>	<p>4</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Toledo Museum of Art Outing* 12:30 p.m. Wellness Recovery Action Plan (WRAP) Class One 1:00 p.m. DBSA</p>	<p>5</p> <p>9:00 a.m. Expressive Art: First Fridays @ TSA 9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Fire Safety Forum 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:00 p.m. Fitness: Line Dancing</p>
<p>8</p> <p>11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:00 p.m. Personal Leadership Class One 1:15 p.m. Fitness: Afternoon Stretch</p>	<p>9</p> <p>11:00 a.m. Living Well 11:00 a.m. Mental Health Literacy (MHL) Class One 12:00 p.m. Rummy Tournament 1:00 p.m. Emotions Matter 1:30 p.m. Expressive Art: Paper Lantern Project*</p>	<p>10</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Empowering Change 11:00 a.m. Guest Artist: Tile Painting* 12:30 p.m. DRA 1:00 p.m. EE Class Two 1:00 p.m. TMWC Glee Club 1:15 p.m. Fitness: Afternoon Stretch</p>	<p>11</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections* 12:30 p.m. WRAP Class Two 1:00 p.m. Nutrition in Recovery 1:00 p.m. SA</p>	<p>12</p> <p>10:00 a.m. DRA 11:00 a.m. Yogaja Yoga* 12:45 p.m. Stress Busters 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:00 p.m. Fitness: Line Dancing</p>
<p>15</p> <p>TMWC CLOSED FOR MARTIN LUTHER KING, JR. DAY</p>	<p>16</p> <p>11:00 a.m. Living Well 11:00 a.m. MHL Class Two 11:00 a.m. Expressive Art: Cardinal Forest Painting* 12:00 p.m. Bingo 1:00 p.m. Emotions Matter</p>	<p>17</p> <p>11:00 a.m. Empowering Change 11:00 a.m. Guest Artist: Tile Painting* 12:30 p.m. DRA 1:00 p.m. EE Class Three 1:15 p.m. Fitness: Afternoon Stretch 1:30 p.m. Knitting Circle</p>	<p>18 TMWC OPEN AT 10 a.m.</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Vod's Craft Emporium Outing* 11:00 a.m. Expressive Art: Cardinal Forest Painting* 12:30 p.m. WRAP Class Three 1:00 p.m. DBSA</p>	<p>19</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:00 p.m. Fitness: Line Dancing</p>
<p>22</p> <p>11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:00 p.m. Personal Leadership Class Two 1:15 p.m. Fitness: Afternoon Stretch 2:00 p.m. WISE Program*</p>	<p>23</p> <p>11:00 a.m. Living Well 11:00 a.m. MHL Class Three 11:00 a.m. Expressive Art: Art Gallery Outing* 12:00 p.m. Uno Tournament 1:00 p.m. Emotions Matter 4:30 p.m. Board of Trustees</p>	<p>24</p> <p>9:30 a.m. Gardening Club 12:30 p.m. DRA 1:00 p.m. EE Class Four 1:00 p.m. TMWC Glee Club 1:15 p.m. Fitness: Afternoon Stretch 5:30 p.m. Artist Trading Cards*</p>	<p>25</p> <p>10:30 a.m. SafeZone: LGBTQ+ & Allies* 11:00 a.m. Diabetes Support 12:30 p.m. WRAP Class Four 1:00 p.m. Nutrition in Recovery 1:00 p.m. SA</p>	<p>26</p> <p>10:00 a.m. DRA 10:00 a.m. Wellness Friday 11:00 a.m. Expressive Art: Air Dry Clay Mosaics* 12:45 p.m. Stress Busters 1:00 p.m. Fitness: Line Dancing</p>
<p>29</p> <p>11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:00 p.m. Personal Leadership Class Three 1:15 p.m. Fitness: Afternoon Stretch 2:00 p.m. WISE Program*</p>	<p>30 MHR SB LEVY KICK-OFF!</p> <p>11:00 a.m. Living Well 11:00 a.m. MHL Class Four 12:00 p.m. Skip-Bo Tournament 1:00 p.m. Emotions Matter</p>	<p>31</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Empowering Change 12:30 p.m. DRA 1:00 p.m. EE Class Five 1:15 p.m. Fitness: Afternoon Stretch 1:30 p.m. Knitting Circle</p>	<p align="center">*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</p>	

What's Happening at TMWC



Activities and Programs

SUPPORT GROUPS

Wednesday, January 3 at 12:30 p.m. - Dual Recovery Alliance (DRA) - ACCEPTANCE!
Start your New Year with a new start! DRA meets twice a week to offer support for those in recovery for substance use and mental illness.

Thursday, January 26 at 10:30 a.m. - SafeZone: Gender Identi-TEA Party @ Clara J's Tea Room - RSVP! Celebrate with a tea party after a three-part 'Exploring Gender Series' on Fridays in January with SafeZone support group.

Friday, January 26 at 12:45 p.m. - Stressbusters: VISION BOARDS. Vision Boards are a creative way to stay on track and make long-term goals a reality!

ACTIVITIES & OUTINGS

Wednesday, January 3: Activity Sign Up ALL DAY

Thursday, January 4: Toledo Museum of Art Outing - RSVP Required!

Tuesday, January 9: Rummy Tournament

Wednesday, January 10 & Wednesday, January 24: TMWC Glee Club

Thursday, January 11: Coffee Connections Outing - RSVP Required!

Tuesday, January 16: BINGO!

Wednesday, January 17 and Wednesday, January 31: Knitting Circle

Thursday, January 18: Vod's Craft Emporium Outing - RSVP Required!

Tuesday, January 23: Uno Tournament

Tuesday, January 30: Skip-Bo Tournament

FRIDAYS AT TMWC

Friday, January 5 at 11:00 a.m. - Fire/EMS Safety Forum w/ Sylvania Fire Dept.

Friday, January 12 at 11:00 a.m. - Chair Yoga Session led by Yogaja Yoga*

Friday, January 26 at 10:00 a.m. - Wellness Friday w/ Mercy Community Nurses

January Hours

Closed for the New Year: Monday, January 1 and Tuesday, January 2, 2024

Closed for Martin Luther King, Jr. Day: Monday, January 15

Late Open at 10:00 a.m.: Thursday, January 18

Expressive Arts

Alyssa – 419-242-3000 ext. 109

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

Friday, January 5 at 9:00 a.m. - First Friday Showcase at Toledo School for the Arts - RSVP!

Tuesday, January 9 at 1:30 p.m. - Paper Lantern Project - RSVP!

Wednesday, January 10 at 11:00 a.m. - Guest Artist Part 1 - RSVP! Learn a new craft with a guest artist. then continue the fun in Part 2!

Tuesday, January 16 & Thursday, January, 18 at 11:00 a.m. - Cardinal Forest Painting - RSVP!

Tuesday, January 23 at 11:00 a.m. - Art Around Town Outing - Visit 20 North Gallery RSVP!

Friday, January 26 at 11:00 a.m. - Air Dry Clay Mosaics - 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 at the end of each month.

Mondays and Wednesdays at 1:00 p.m. - Afternoon Stretch

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

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, January 5 at 9:30 a.m. - Amy Stone, OSU Ext. Office

Friday, January 19 at 9:30 a.m. - Patrick Troyer, Lucas Co. Soil & Water, will teach us about 'Garden Invaders!'

Wednesday, January 31 at 9:30 a.m. - 2024 Planning!

Computer Lab

- 419-242-3000 ext. 114

Open Lab when staff available.