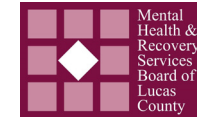


MAY 2023

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>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. Wellness Management & Recovery (WMR)</p>	<p>2</p> <p>10:30 a.m. Wellness Recovery Action Plan (WRAP) 11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group</p>	<p>3</p> <p>9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Pearl & Onion Activity 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 1:30 p.m. NAMI Creative Expressions* 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>4</p> <p>11:00 a.m. Diabetes Support 12:30 p.m. Exploring Emotions 1:00 p.m. NO Afternoon Programming – Event Prep</p>	<p>5</p> <p>9:30 a.m. – 2:00 p.m. TMWC RECOVERY TOGETHER HEALTH & RESOURCE FAIR</p>
<p>8</p> <p>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>9</p> <p>10:30 a.m. WRAP 11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter 6:00 p.m. Heart & Soul Celebrity Wait Night</p>	<p>10</p> <p>9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Mad Libs 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>11</p> <p>11:00 a.m. Diabetes Support 12:00 p.m. Bingo 12:30 p.m. Exploring Emotions 1:00 p.m. DBSA</p>	<p>12</p> <p>CLOSED FOR STAFF RETREAT</p>
<p>15</p> <p>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>16</p> <p>10:30 a.m. WRAP Activity 11:00 a.m. Living Well 12:00 p.m. Rummy Tournament 1:00 p.m. Emotions Matter</p>	<p>17</p> <p>10:00 a.m. Get Strong! 11:00 a.m. Gardening Club* 11:00 a.m. Brain Games 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>18</p> <p>11:00 a.m. Coffee Connections* 11:00 a.m. Diabetes Support 12:30 p.m. Exploring Emotions 1:00 p.m. SA</p>	<p>19</p> <p>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>
<p>22</p> <p>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>23</p> <p>10:30 a.m. WRAP 11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter 4:30 p.m. TMWC Board of Trustees Meeting</p>	<p>24</p> <p>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>25</p> <p>10:00 a.m. Outreach Training* 11:00 a.m. Diabetes Support* 11:00 a.m. Fitness: Park Outing* 12:30 p.m. Exploring Emotions Graduation! 1:00 p.m. DBSA</p>	<p>26</p> <p>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 12:45 p.m. Stress Busters 1:15 p.m. Computer Lab Journeys</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>10:30 a.m. WRAP 11:00 a.m. Walk and Picnic* 11:00 a.m. Living Well 1:00 p.m. Emotions Matter</p>	<p>31</p> <p>9:30 a.m. Gardening Club 10:00 a.m. Get Strong! 11:00 a.m. Outside Games 12:30 p.m. DRA 1:15 p.m. Computer Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>MAY IS MENTAL HEALTH MONTH TAKE SOME TIME TO LOOK AROUND, LOOK WITHIN MHNATIONAL.ORG/MAY</p> 	

What's Happening at TMWC



May is Mental Health Month!

TMWC Recovery Together Health & Resource Fair is Friday May 5, from 9:30 a.m. - 2:00 p.m. This event is free and open to the public.

Living Well Support Group will discuss the importance of mental health awareness and ending stigma on Tuesday, May 16, 23, and 30.

Dual Recovery Alliance Support Group will discuss utilizing tools and setting boundaries in recovery on Wednesday, May 17 and 24.

Women's Peer Support Group will host guest, Kim Sanders to learn about Breast Awareness and self-love for women on Monday, May 22 and 29.

Diabetes Support Group will discuss healthy food choices and have a picnic lunch with the Fitness Program on Thursday, May 25.

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!

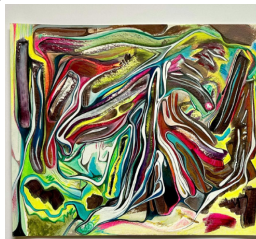
Metro Park Outing: Thursday, May 25 at 11:00 a.m.

Spend an afternoon at one of Toledo's Metroparks and enjoy a picnic lunch with peers! RSVP Required.

Expressive Arts

Guest Artist - Cyd: Tuesdays and Thursdays (starting May 16), 11 a.m. to 12:15 p.m.

Guest Artist, Cyd G. is back for another art course! RSVP Required. Participating members 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 her teaching, as she uses playful practices to make art more approachable.



Check out Cyd's work at www.pischonk.com

Gardening Club

Donna – 419-242-3000 ext. 106

Herb of the month - Catnip

Vegetable of the month - Peppers

Fruit of the month - Berries

Flower of the month - Marigolds



Marigold flowers

Black Diamond Outing: Wednesday, May 17 at 11:00 a.m.

Gardening Club will take a trip to Black Diamond Nursery and Garden Center to pick out foliage for TMWC's outdoor areas.

Lucas Soil & Water: Wednesday, May 31 at 9:30 a.m.

Guest, Patrick from Lucas Soul & Water Conservation District will share his expertise.

Computer Lab

Todd – 419-242-3000 ext. 114

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

May 3: A.I. Art

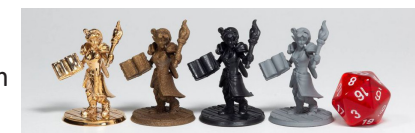
A.I. stands for Artificial Intelligence. Learn how art is made using artificial intelligence.

May 10: How Your Eyes Deceive You

Learn how the eyes and brain communicate to make sense of the world around us.

May 17: Create 3D Characters

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



May 24: A.I. Art

May 31: Social Media

Learn about social media platforms and using social media in a responsible and safe manner.

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!