

# MAY 2024

Mon

Tue

Wed

Thu

Fri

**\*Please contact TMWC Staff for RSVPs.**

**Activities, Maddie - 419-764-5346**

**Expressive Arts, Alyssa – 419-242-3000 ext. 109**

**Fitness, Lindsay – 419-242-3000 ext. 110**

**Computer Lab (CL), Rodney – 419-242-3000 ext. 114**

1

**All Day: Activity Sign-Ups**  
**9:30 a.m. Gardening Club**  
**12:30 p.m. DRA**  
**12:30 p.m. NEW-R Class Four**  
**1:30 p.m. Journal Club**  
**1:30 p.m.**  
**NAMI Creative Expressions\***

2

**10:00 a.m.**  
**Fitness: Circuit Training**  
**10:45 a.m. Fishing Outing\***  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. SA**  
**1:30 p.m. Lawn Darts**

3

**9:30 a.m. Gardening Club**  
**10:00 a.m. DRA**  
**11:00 a.m. Expressive Arts:**  
**Paranormal Day Craft**  
**1:00 p.m.**  
**SafeZone: LGBTQ+ & Allies**

6

**9:30 a.m. Gardening Club**  
**10:00 a.m. CL: Computer Basics**  
**11:00 a.m. Women's Peer Support**  
**12:00 p.m. Men's Peer Support**  
**1:00 p.m. Peer Support Class Four**  
**1:00 p.m. Remote Car Racing**  
**1:15 p.m. Fitness: Afternoon Stretch**

7

**10:00 a.m. CL: Computer Basics**  
**10:30 a.m. Wellness Recovery**  
**Action Plan (WRAP) Class Eight**  
**10:45 a.m. Canal Outing\***  
**11:00 a.m. Living Well**  
**1:00 p.m. Emotions Matter**

8

**9:30 a.m. Gardening Club**  
**11:00 a.m. Empowering Change**  
**11:00 a.m. Sidewalk Chalk**  
**12:30 p.m. NEW-R Class Five**  
**12:30 p.m. DRA**  
**1:30 p.m. Knitting Circle**

9

**10:00 a.m.**  
**Fitness: Circuit Training**  
**11:00 a.m. Mother's Day Craft**  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. SA**

10

**9:30 a.m. – 2:00 p.m.**  
**TMWC**  
**Health & Resource**  
**Fair**

13

**9:30 a.m. Gardening Club**  
**10:00 a.m. CL: Computer Basics**  
**11:00 a.m. Women's Peer Support**  
**12:00 p.m. Men's Peer Support**  
**1:00 p.m. Peer Support Class Five**  
**1:00 p.m. Soccer**  
**1:15 p.m. Fitness: Afternoon Stretch**

14

**10:00 a.m. CL: Computer Basics**  
**11:00 a.m. Living Well**  
**11:30 a.m. WRAP Class**  
**Graduation!**  
**12:00 p.m. Karaoke**  
**1:00 p.m. Emotions Matter**  
**2:00 p.m. Advocacy Group**

15

**9:30 a.m. Gardening Club**  
**10:45 a.m. Journal Club:**  
**Nature Walk\***  
**12:30 p.m. DRA**  
**12:30 p.m. NEW-R Class Six**

16

**10:00 a.m.**  
**Fitness: Circuit Training**  
**11:00 a.m. Flower Pot Craft**  
**11:00 a.m. Diabetes Support**  
**12:00 p.m.**  
**CL: Gaming for Mental Health**  
**1:00 p.m. DBSA**

17



20

**9:30 a.m. Gardening Club**  
**10:00 a.m. CL: Computer Basics**  
**11:00 a.m. Women's Peer Support**  
**1:00 p.m. Peer Support Class**  
**Graduation!**  
**1:00 p.m. Monopoly**  
**1:15 p.m. Fitness: Afternoon Stretch**

21

**10:00 a.m. CL: Computer Basics**  
**11:00 a.m. Living Well**  
**11:00 a.m. Community Leadership**  
**Class One**  
**12:00 p.m. BINGO**  
**1:00 p.m. Emotions Matter**

22

**9:30 a.m. Gardening Club**  
**11:00 a.m. Empowering Change**  
**11:00 a.m. Basketball**  
**12:30 p.m. DRA**  
**12:30 p.m. NEW-R Class Seven**  
**1:30 p.m. Knitting Circle**

23

**10:00 a.m.**  
**Fitness: Circuit Training**  
**10:45 a.m. Coffee Connections\***  
**11:00 a.m. Diabetes Support**  
**11:00 a.m. Expressive Arts:**  
**Paint a Wind Chime**  
**1:00 p.m. SA**

24

**9:30 a.m. Gardening Club**  
**10:00 a.m. DRA**  
**11:00 a.m. Expressive Arts:**  
**Name That Tune (80's Music)**  
**12:45 p.m. Stress Busters**  
**1:00 a.m.**  
**SafeZone: LGBTQ+ & Allies**

27



28

**10:00 a.m. CL: Computer Basics**  
**11:00 a.m. Living Well**  
**11:00 a.m. Community Leadership**  
**Class Two**  
**11:00 a.m. Expressive Arts:**  
**Toledo Museum of Art Outing\***  
**1:00 p.m. Emotions Matter**  
**1:30 p.m. Bracelet Making**  
**4:30 p.m.**  
**Board of Trustees Meeting**

29

**9:30 a.m. Gardening Club**  
**10:15 a.m. Mud Hens Game\***  
**11:00 a.m. Empowering Change**  
**12:30 p.m. NEW-R Class**  
**Graduation!**  
**12:30 p.m. DRA**

30

**10:00 a.m.**  
**Fitness: Circuit Training**  
**11:00 a.m. Diabetes Support**  
**1:00 p.m. Nutrition in Recovery**  
**1:00 p.m. SA**

31

**9:30 a.m. Gardening Club**  
**10:00 a.m. DRA**  
**11:00 a.m. Wellness Friday**  
**12:45 p.m. Stress Busters**  
**1:00 a.m.**  
**SafeZone: LGBTQ+ & Allies**

# What's Happening at TMWC



## Support Groups

**May is Mental Health Month! See how we're celebrating at TMWC!**

**WOMEN'S PEER:** How to Navigate Difficult Emotions on Monday, May 20 at 11:00 a.m.

**STRESSBUSTERS:** '5 Pillars of Health' on Friday, May 24 at 12:45 p.m.

**SAFEZONE:** LGBTQ+ Mental Health on Friday, May 31 at 1:00 p.m.

## Activities and Programs

### ACTIVITIES & OUTINGS:

Thursday, May 2 at 10:45 a.m. - Fishing Outing\*

Monday, May 6 at 1:00 p.m. - Remote Car Racing

Tuesday, May 7 at 10:45 a.m. - Canal Outing\*

Thursday, May 9 at 11:00 a.m. - Mother's Day Craft

Monday, May 13 at 1:00 p.m. - Soccer

Tuesday, May 14 at 12:00 p.m. - Karaoke

Wednesday, May 15 at 10:45 a.m. - Nature Walk Outing\*

Thursday, May 16 at 11:00 a.m. - Flower Pot Craft

Monday, May 20 at 1:00 a.m. - Monopoly

Tuesday, May 21 at 12:00 p.m. - BINGO

Wednesday, May 22 at 11:00 a.m. - Basketball

Thursday, May 23 at 10:45 a.m. - Coffee Connections\*

Tuesday, May 28 at 1:30 p.m. - Bracelet Making

Wednesday, May 29 at 10:15 a.m. - Mud Hens Game\*

### IMPORTANT DATES:

Friday, May 10: TMWC Health & Resource Fair (9:30 a.m. - 2:00 p.m.)

Friday, May 17: TMWC CLOSED for Staff Retreat

Monday, May 27: TMWC CLOSED for Memorial Day

## Expressive Arts

Alyssa – 419-242-3000 ext. 109

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

Friday, May 3 at 11:00 a.m. - National Paranormal Day Craft

Monday, May 6 at 9:00 a.m. & 11:00 a.m. - Q-Tip Painting

Wednesday, May 8 at 1:30 p.m. - Knitting Circle

Wednesday, May 15 at 10:45 a.m. - Journal Club: Nature Walk Outing

Wednesday, May 22 at 1:30 p.m. - Knitting Circle

Thursday, May 23 at 11:00 a.m. - Paint a Wind Chime

Tuesday, May 28 at 11:00 a.m. - Toledo Museum of Art Outing - RSVP!

## Fitness

Lindsay – 419-242-3000 ext. 110

Mondays at 1:15 p.m. - Afternoon Stretch!

**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!** A beginners guide to one of the most popular electronic devices in use today.

**Thursday, May 16 at 12:00 p.m. - Gaming for Mental Health!** Nintendo Switch Sports

## Gardening Club

Donna - 419-242-3000 ext. 106

Friday, May 3 at 9:30 a.m. - Amy from OSU Lucas Co. Extension Office Friday,

May 31 at 9:30 a.m. - Patrick from Lucas Co. Soil & Water Conservation