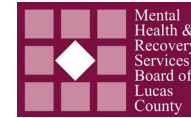


OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. Nutrition, Exercise, Wellness, & Recovery (NEW-R) 1:15 p.m. Computer: Khan Academy</p>	<p>3</p> <p>11:00 a.m. Living Well 11:00 a.m. Wellness Recovery Action Plan (WRAP) 1:00 p.m. Emotions Matter</p>	<p>4</p> <p>ALL DAY Activity Sign Up 9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 12:30 p.m. Mental Health Literacy 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 1:30 p.m. NAMI Creative Expressions*</p>	<p>5</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Pool Tournament 12:30 p.m. Peer Support 1:00 p.m. DBSA</p>	<p>6</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Friday Forum 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>9</p> <p>9:30 a.m. OR 1:30 p.m. Civility Among Peers Member Workshop Please RSVP! Lunch @ Noon</p>	<p>10</p> <p>11:00 a.m. Living Well 11:00 a.m. WRAP 11:00 a.m. Art: Botanical Gardens Outing* 1:00 p.m. Emotions Matter</p>	<p>11</p> <p>9:30 a.m. Computer: Khan Academy 11:00 a.m. Gardening Club* 11:00 a.m. Empowering Change 11:00 a.m. Art: No-Sew Pillows* 12:30 p.m. Mental Health Literacy 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys</p>	<p>12</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Football Tailgate 12:00 p.m. Recovery Together Advocacy 12:30 p.m. Peer Support 1:00 p.m. SA</p>	<p>13</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. 'I Want You to See Me' 12:45 p.m. Stress Busters 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>16</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. NEW-R 1:15 p.m. Computer: Khan Academy</p>	<p>17</p> <p>11:00 a.m. Living Well 11:00 a.m. WRAP 11:00 a.m. Art: Halloween Wall Decor 11:00 a.m. Bingo 1:00 p.m. Emotions Matter</p>	<p>18</p> <p>9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 11:00 a.m. Cards for Veterans 12:30 p.m. Mental Health Literacy 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys</p>	<p>19</p> <p>TMWC OPEN AT 10 a.m. 11:00 a.m. Diabetes Support 11:00 a.m. Karaoke 12:30 p.m. Peer Support Graduation! 1:00 p.m. DBSA</p>	<p>20</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Friday Forum 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>23</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. NEW-R* 1:15 p.m. Computer: Khan Academy</p>	<p>24</p> <p>11:00 a.m. Living Well 11:00 a.m. WRAP 11:00 a.m. Art: Pumpkin Patch Outing* 1:00 p.m. Emotions Matter 4:30 p.m. Board of Trustees Meeting</p>	<p>25</p> <p>9:30 a.m. Gardening Club 9:30 a.m. Computer: Khan Academy 11:00 a.m. Empowering Change 11:00 a.m. Halloween Craft 12:30 p.m. Mental Health Literacy 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys</p>	<p>26</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections* 12:00 p.m. Recovery Together Advocacy 12:30 p.m. Community Leadership 1:00 p.m. SA 2:00 p.m. Fitness: Yogaja Yoga Class*</p>	<p>27</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Wellness Friday 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>30</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. NEW-R 1:15 p.m. Computer: Khan Academy</p>	<p>31</p> <p>11:00 a.m. Living Well 11:00 a.m. WRAP 11:00 a.m. Halloween Games & Contests 1:00 p.m. Emotions Matter</p>		<p align="center">*Please contact TMWC For RSVPs and/or questions. Call 419-242-3000</p>	

What's Happening at TMWC



Activities and Programs

MEMBER WORKSHOP: Monday, October 9, 2023 - 'Civility Among Peers'
Join us for a workshop on creating a beneficial environment to successful recovery for all TMWC members.

Tuesday, October 31: Halloween Celebration

Enjoy fall themed games and activities, participate in our annual costume contest, and vote for your favorite painted pumpkin in the Expressive Arts pumpkin painting competition.

SUPPORT GROUPS

- **NEW! Support Group:** Empowering Change will be held Wednesday, October 11 and 25 at 11:00 a.m.
- What are the 8 Dimensions of Wellness? Learn more with Living Well all month long, Tuesdays at 11 a.m.
- Safezone support group will explore LGBTQ+ History every Friday at 1:00 p.m.
- Celebrate WORLD MENTAL HEALTH DAY on Tuesday, October 10 with Emotions Matter at 1:00 p.m.

FRIDAY FORUMS

Friday, October 6: League of Women Voters

Friday, October 20: Hope for Recovery with Leigh Pinkleman, LISW

Friday, October 27: Wellness Friday

Ensuring our bodies are working properly 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.

Gardening Club

Donna – 419-242-3000 ext. 106

Friday, October 6: Guest, Amy Stone from Lucas County Ext. Office

Wednesday, October 11: 577 Foundation Outing* RSVP Required.

Friday, October 27: Guest, Patrick Troyer from Lucas Soil & Water

Fitness

Lindsay – 419-242-3000 ext. 110

Movement is for everybody! The Eigensee Family Fitness room at Thomas M. Wernert Center is available Monday through Friday for open gym and guided training sessions.

Thursday, October 26 at 2:00 p.m.: Yoga Class led by Yogaja Yoga*
RSVP Required.

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Wednesday, October 4 at 1:30 p.m.: NAMI Creative Expressions*
RSVP Required.

Tuesday, October 10 at 11:00 a.m.: Botanical Gardens Fall Outing*
RSVP Required.

Tour the Toledo Botanical Gardens during the fall, take pictures, and capture the beauty.

Wednesday, October 11 at 11:00 a.m. & 1:30 p.m.: No-Sew Pillows*
RSVP Required.

Tuesday, October 17 at 11:00 a.m. & 1:30 p.m.: Halloween Wall Decor

Tuesday, October 24 at 11:00 a.m.: Gus Bros Pumpkin Patch Outing*
RSVP Required.

Pick a pumpkin, paint it, and enter to win TMWC's Pumpkin Painting Contest on Tuesday, October 31.

Computer Lab

Todd – 419-242-3000 ext. 114

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

A series of rotating workshops and activity sheets that are designed to help members navigate computer basics.

NEW! Khan Academy at TMWC: Mondays at 1:15 p.m. and Wednesdays at 9:30 a.m. Explore Online Learning!

Khan Academy is an online learning portal designed to promote education at your own pace. Try out different lessons, programs, and personalized activities on topics of your choosing.