

## TMWC Support Club Topics for May-June 2017

### MONDAY

#### Women's Peer Support Club 12p

#### May

**5/01** Identify needs v wants discussion

**5/08** Budgeting Money: "Do I really need that?" discussion

**5/15** Budgeting Money: "What do I really want?"

**5/22** Budgeting Money: Lifestyle changes discussion/Saving for Financial Goals

#### June

**6/05** Know your numbers: Blood Sugar, Cholesterol and Blood Pressure

**6/12** Outside Activity

**6/19** Health benefits of Increasing Fiber

**6/26** How relaxation techniques impacts health discussion

### TUESDAY

#### Anger Awareness & Stress Busters 11a

#### May

**5/02** Stress Busters– Crafting for Mental Health

**5/09** *Anger Awareness– Journaling for Wellness*

**5/16** Stress Busters– 5th Agreement: Be Skeptical, But Learn to Listen

**5/23** *Anger Awareness– Using Nature for Calming*

**5/30** Stress Busters– Time Management

#### June

**6/06** *Anger Awareness– What is a Full Body Scan?*

**6/13** Stress Busters– Healthy Boundaries

**6/20** *Anger Awareness– Open Discussion*

**6/27** Stress Busters– Meyer's Briggs - Communication & Personality Differences (meet in computer lab)

### TUESDAY

#### Get Fit Club 12p

#### May

**5/02, 5/09, 5/16, 5/23, 5/30**

#### June

**6/06, 6/13, 6/20, 6/27**

I am opening up the fitness activity options to YOU! Let's have some fun and shake things up a bit!

Member's Choice includes activities such as:

- Walking outside
- Parachute games
- Wii games
- Dancing
- Chair yoga
- Balance strengthening
- Zumba
- ETC!!!

*Just let us know what YOU would like to do that day!*

### WEDNESDAY

#### WRAP Support 2p

#### May

**5/03** What are Your Core Values?

**5/10** Hope Activity

**5/17** How are You Taking Personal Responsibility?

**5/24** Our Recovery Garden Activity

**5/31** What would you like to be remembered for?

#### June

**6/07** Giving Back as Part of Our Recovery

**6/14** Creating Healthy Boundaries

**6/21** Nature as a Wellness Tool– Celebrate the First Day of Summer Outside!

**6/28** Open Discussion



## TMWC Support Club Topics and Activities/Outings for May-June 2017

<p><b>THURSDAY</b></p> <p><b>Living Well 11a</b></p> <p><b>May</b></p> <p><i>National Blood Pressure Month</i></p> <p><b>5/04</b> Surprise Activity RSVP**</p> <p><b>5/11</b> Ways to Lower High Blood Pressure</p> <p><b>5/18</b> Living Well Cancelled Due to CIT</p> <p><b>5/25</b> High Blood Pressure Action Plan</p> <p style="text-align: center;"><b>June</b></p> <p><b>6/01</b> Blood Pressure Action Plan Check-In</p> <p><b>6/08</b> Walking for Physical and Mental Health</p> <p><b>6/15</b> Surprise Activity</p> <p><b>6/22</b> Questions to Ask Your Doctor</p> <p><b>6/29</b> Blood Pressure Action Plan Check-in</p>
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<p><b>THURSDAY</b></p> <p><b>Diabetes Support 12p</b></p> <p><b>May</b></p> <p><b>5/04</b> Computer Lab Assignment (Grocery Shopping list from local stores)</p> <p><b>5/11</b> Diabetes Stress check-in</p> <p><b>5/18</b> Open discussion 12:30 <i>special time</i></p> <p><b>5/25</b> Walk in our neighborhood</p> <p style="text-align: center;"><b>June</b></p> <p><b>6/01</b> Computer Lab free time (build up Pinterest ideas, for example)</p> <p><b>6/08</b> Computer Lab assignment; look up ideas for easy, healthy recipes</p> <p><b>6/15</b> Group to decide what to make for food lab and discuss why it is healthy</p> <p><b>6/22</b> Food Lab-special time: 11a (<i>must be a regular attender to participate in lab</i>)</p> <p><b>6/29</b> Open discussion; ideas for topics, discuss needs</p>
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<p><b>MAY Activities and Outings</b></p> <p><i>Activity Sign-up w/Neil May 3rd at 11a</i></p> <p><b>5/03</b> Activity Sign up 11a <b>BINGO 12p</b></p> <p><b>Art w/Ann 4:30-6p</b></p> <p><b>5/04</b> <i>Star Wars</i> craft-Light Saber Pops 11a RSVP, Also, dress as favorite Star Wars character/t-shirts</p> <p><b>5/05</b> <b>Toledo School for the Arts</b> performance meet at TMWC at 8:45a</p> <p><b>5/08</b> <i>Swimming at the Bay, 11a-2p</i> RSVP, meet at TMWC @ <b>10:30a</b></p> <p><b>5/10</b> <b>Toledo Museum of Art</b>—the <i>Kehinde Exhibit</i>, RSVP 11a Showing of Disney's "<b>Inside Out</b>" 5-7p</p> <p><b>5/11</b> <i>Creative Expressions</i> at NAMI, 1-3:30p RSVP</p> <p><b>5/16</b> <b>Toledo Mud Hens Game</b>, meet at TMWC 9:45a, RSVP Everybody "<b>Wear Purple for Peace</b>" Day</p> <p><b>5/19</b> <b>Outdoor Yoga</b> 10:30a</p> <p><b>5/24</b> <b>Library Visit 11a</b> RSVP <b>Open Mic Night 5-7</b> <b>FAMILY NIGHT</b></p> <p><b>5/31</b> Outdoor Games at Middlegrounds, 11a, RSVP <b>Art w/Ann 4:30-6p</b></p>
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<p><b>JUNE Activities and Outings</b></p> <p><i>Activity Sign-up w/Neil June 7th at 11a</i></p> <p><b>6/01</b> <i>Creative Expressions</i> at NAMI, 1-3:30p RSVP</p> <p><b>6/05</b> <b>Toledo Zoo</b>, meet at TMWC 10a, RSVP, <b>BRING PHOTO ID!</b></p> <p><b>6/07</b> <b>Activity Sign up 11a</b></p> <p style="padding-left: 20px;">Ilse's Café, <b>Karaoke Dan</b>, 5-7p, <i>Family Night</i></p> <p><b>6/12</b> Outdoor Activities at <b>Middlegrounds Metro-park</b>, meet at TMWC 11a, RSVP</p> <p><b>6/14</b> <b>Art w/Ann 4:30-6p</b></p> <p><b>6/15</b> <i>Creative Expressions</i> at NAMI, 1-3:30p RSVP</p> <p><b>6/19</b> <b>Pictionary! 1p</b></p> <p><b>6/20</b> <b>Park-n-Art</b>, meet at TMWC 10:30a, RSVP</p> <p><b>6/21</b> Harry Potter party all day!</p> <ul style="list-style-type: none"> <li>• Magical Craft</li> <li>• Sorting Hat Quizzes</li> <li>• Movie Viewing a</li> <li>• Treats</li> </ul> <p><b>6/26</b> Outdoor Tai Chi, <i>wear clothes to move in!</i> 11a</p> <p><b>6/28</b> <b>Toledo Mud Hens Game</b>, meet at TMWC 11:15a, RSVP <b>Art w/Ann 4:30-6p</b></p>
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