

TMWC Support Club Topics for July-August 2017

MONDAY

Women's Peer Support Club 12p

July

July 3-Shopping Wisely (Shopping Tips)

July 10-Lickety Split Ice Cream Social outing for Men's and Women's Club, 12 pm
Regular Attenders may RSVP with club facilitators

July 17-Tips to Curb Over Spending

July 24-Deciding what you *really* Want or Need

July 31-Short term Saving
August

Aug 7-Shopping Field Trip*

Aug 14-Body Mass Index explained

Aug 21-Smoking: Just the facts-no guilt!

Aug 28-Metabolic Disorder (*High Blood Pressure, High Cholesterol & High Blood Sugar*)

TUESDAY

Anger Awareness & Stress Busters 11a

July

July 4-Closed in observance of 4th of July

July 11-Walking off the Stress

July 18-Making Healthy Habits Stick

July 25-Anger Inventory
August

Aug 1-Stress Management Cards

Aug 8-Problem Solving helps Reduce Anger Reactions

Aug 15-Humane Society Visit regular attenders (RSVP) with facilitator

Aug 22-Surprise Activity

Aug 29-Relaxation



TUESDAY

Get Fit Club 12p

July

11th, 18th, 25th

&

August

1st, 8th, 15th, 22nd, 29th

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!!!

Closed in observance of 4th of July

WEDNESDAY

WRAP Support 2p

July

Join us for this wonderful series on Emotional Intelligence and learn how it can help WRAP@ planning

July 5-Discussion of Difference of Emotional Intelligence (E.I.) vs Intelligence Quotient (IQ) and why that is important

July 12-The basics of Emotional Intelligence

July 19-The basics of Emotional Intelligence continued

July 26-Surprise Activity!*

August

Aug 2-More Emotional Intelligence discussion

Aug 9-Emotional Intelligence

Aug 16-Winding up E.I.

Aug 23-Emotional Intelligence and WRAP

Aug 30-Surprise Activity!*

*Members who have participated in the previous discussions with good attendance come first for Surprise Activity.



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

THURSDAY

Living Well 11a

July

July 6– Living the G.R.E.A.T. D.R.E.A.M.-Ten Keys to Living Happier

July 13– Venting vs. Complaining– Keys to Reduce Complaining

July 20– Emotional Resilience

July 27– Self-Awareness Discussion

August

Aug 3– Simplify Your Life

Aug 10– National Smile Week

Aug 17– **Cancelled for CIT**

Aug 24– Friendship Week

Aug 31– Be Kind to Humankind Week

THURSDAY

Diabetes Support 12p

July

July 6-Benefits of Summer Salads (*Utilizing lighter summer fruits & salads to get back on track before winter.*)

July 13-What can I eat when Blood Sugar is already too high?

July 20-No Carb snack/meal options.

July 27-Diabetes and bones/osteoporosis discussion

August

Aug 3-Recipe Collection Activity

Aug 10-Recipe Collection Activity

Aug 17-Discussion: Recipes that use different types of measurement.

Aug 24 Food lab-“*An Ounce of Prevention is worth a Pound of Cure*”; How much does 2oz of food really look like?

Aug 31-Computer Lab Activities

July Activities and Outings

Activity Sign-up July 5, 11a

7/03-Coffee Connections
10:30a RSVP (See Neil's News)

TMWC closed in observance of 4th of July
7/05-Drama Club Interactive Performance; *come and engage in the fun!* 4:30-6:30p

7/07-“Match Game-TMWC”
1:30-2:30p RSVP to play as celebrities or contestants

7/11-Movies at Franklin Park Mall meet at TMWC at 10a RSVP for spot on van (9 seats) OR meet at mall at 10:30a (Bus 2H or 2M) Bus tokens provided for your trip home

7/13-Lunch at Levis Square Concert (Downtown) 11a-1p RSVP and please pack a nice lunch!

7/14-FORUM: “Applying for Services” 11a (see article page 3)

7/19– RSPV for Card Game Lessons 12-2p *and Karaoke Dan* will help you get your rock star on from 5-7p

7/20-Join us for NAMI's *Creative Expressions*, 1-3:30p, RSVP for free transportation

7/24-ADA Day at the Zoo 10-3p Bus#31G-31H, Come on your own; find TMWC table for bus tokens home

7/25-TMWC Board Meeting 4:30p
7/26-Summertime Outdoor Games; RSVP for your team 12p

7/27-Picnic and Swim, pack your own lunch, 11a-2p, RSVP Please! (Remember sunscreen and to take breaks in the shade and drink H₂O)

August Activities and Outings

Activity Sign-up August 2, 11a

8/02-Karaoke Dan will help you get your rock star on from 5-7p

8/03-Join us for NAMI's *Creative Expressions*, 1-3:30p, RSVP for free transportation

8/07-Coffee Connections
10:30a RSVP required for free transportation

8/09-Splash Party 12p (Expect to get wet!)

8/14-Low Sugar Ice Creams Floats *they are delicious!* 11a

8/16-CIT from 9a-12p Come join our community discussion with area law enforcement (**Ilse's Café closed today**)

8/17-CIT from 9a-12 (Living Well Cancelled) *Creative Expressions*, 1-3:30p RSVP please

8/18-FORUM: “Busting Housing Myths” 11a (see article page 3)

8/28-Join us for **Putt-Putt & Go-Karts** 11a RSVP

8/29-TMWC Board Meeting 4:30p

8/30-“Peer Pong” Tournament 12-2p RSVP & Luau Party at Ilse's Café from 5p-7p

