












Thomas M. Wernert Center (TMWC)
 For Mental Health Recovery and Support
 208 W. Woodruff
 Toledo, OH 43604 · 419.242.3000
 Winter Hours: Monday thru Friday 9am-4pm
 Summer Hours: Wednesday Evening Hours at
 Ilse's Cafe 4p-8p

July 2017

Monday-Thursday, 10am,
 Morning Meeting & Exercise
 Computer Lab w/Sister Ann Marie
 Monday & Thursday 10a-12p

Bus 20 brings you to the Wernert Center









Sun	Mon	Tue	Wed Ilse's Café 4-8p	Thu	Fri	Sat
						1
2 	3 <i>Coffee Connections</i> 10:30a (See Neil's News for info)  Women's Peer Support Club 12p	4  Closed in Observance of July 4th	5 Activity Sign-Up 11a Drama Club Rehearsal 1-2p WRAP Support 2p DRA 3p  <i>Drama Club Interactive Performance</i> 4:30-6:30p	6 Living Well 11a Diabetes Support 12p SA 1p	7 DRA 11a Beef Burritos, Refried Beans, Chips, Salsa & Fruit Salad 12:30p "Match Game" 1:30-2:30p RSVP	8
9	10 Women's Peer Support Club 12p Men's Peer Support Club 12p <u>*Lickity Split Ice Cream Social for Men's and Women's Club Regular Attendees RSVP*</u>	11 Movies at Franklin Park Mall TMWC Van 10a or 10:30a meet at mall (Bus 2H or 2M) Anger Awareness 11a Get Fit Club 12p	12 BINGO! 12p WRAP Support 2p DRA 3p Art w/ Ann 4:30-6p 	13 Living Well 11a Diabetes Support 12p DBSA 1p Lunch @ Levis Concert 11a-1p RSVP **Pack a Lunch**	14 FORUM: "Applying for ABLE Services" 11a DRA 12p *special time* Baked Chicken, Potato Salad, Cucumber Salad, Fruit Salad 1p 🎵 Music Appreciation 1:30-2:30p 🎵	15 
16 	17 Outdoor Yoga 11a Women's Peer Support Club 12p Mental Health Curriculum: Class 1 (See Katie's Komer for info) 1-2p	18 Stress Busters 11a Get Fit Club 12p NEW-R Class 1: 12-2p  (See Katie's Komer for info)	19 Card Lessons Game 12-2p RSVP WRAP Support 2p DRA 3p Karaoke Dan 5-7p 	20 Living Well 11a Diabetes Support 12p SA 1p <i>Creative Expressions 1-3:30p RSVP</i>	21 DRA 11a Beef Stroganoff, Green Beans, Fruit Salad 12:30p 🎵 Music Appreciation 1:30-2:30p 🎵	22
23	24 UT Students 10a-1p ADA at the Zoo 10a-3p Women's Peer Support Club 12p Men's Peer Support Club 12p Mental Health Curriculum: Class 2 1-2p	25 Anger Awareness 11a Get Fit Club 12p NEW-R Class 2: 12-2p TMWC Board Meeting 4:30p	26 Outdoor Games at TMWC 12p RSVP WRAP Support 2p DRA 3p Art w/ Ann 4:30-6p 	27 Living Well 11a Diabetes Support 12p DBSA 1p  KOA Picnic & Swim 11a-2p RSVP **Pack a Lunch**	28 DRA 11a Cookout w/ Brats, Baked Beans, Fruit/Veg Tray 12:30p 🎵 Music Appreciation 1:30-2:30p 🎵	29
30	31 UT Students 10a-1p Women's Peer Support Club 12p Mental Health Curriculum: Class 3 1-2p					

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August 2017

Bus 20 brings you to the Wernert Center

Sun	Mon	Tue	Wed Ilse's Café 4-8p	Thu	Fri	Sat
		1 Stress Busters 11a Get Fit Club 12p New-R Class 3: 12-2p	2 Activity Sign-Up 11a WRAP Support 2p DRA 3p Karaoke Dan 5-7p 	3 Living Well 11a Diabetes Support 12p SA 1p <i>Creative Expressions 1-3:30p RSVP</i>	4 DRA 11a Vegetable/Rice Casserole, Fruit Salad, Dinner Roll 12:30p 🎵 Music Appreciation 1:30-2:30p 🎵	5
6	7 <i>Coffee Connections</i> 10:30a RSVP Women's Peer Support Club 12p Men's Peer Support Club 12p Mental Health Curriculum: Class 4 1-2p	8 Anger Awareness 11a Get Fit Club 12p NEW-R Class 4: 12-2p	9 Splash Party! 12p  WRAP Support 2p DRA 3p Art w/ Ann 4:30-6p 	10 Living Well 11a Diabetes Support 12p DBSA 1p	11 DRA 11a Lasagna, Tossed Salad, Garlic Bread 12:30p 🎵 Music Appreciation 1:30-2:30p 🎵	12
13	14 Ice Cream Floats 11a Women's Peer Support Club 12p Mental Health Curriculum: Class 5 1-2p	15 Stress Busters 11a <i>*Humane Society RSVP*</i> Get Fit Club 12p NEW-R Class 5: 12-2p	16 CIT 9a-12p  WRAP Support 2p DRA 3p Ilse's Café Closed for CIT	17 CIT 9a-12p <i>Living Well Cancelled for CIT</i> Diabetes Support 12:30p*(special time) SA 1p <i>Creative Expressions 1-3:30p RSVP</i>	18 FORUM: "Busting Housing Myths" 11a DRA 12p *special time* Pizza, Fruit & Veggie Tray 1p 🎵 Music Appreciation 1:30-2:30p 🎵	19
20	21 Outdoor Yoga 11a Women's Peer Support Club 12p Men's Peer Support Club 12p Mental Health Curriculum: Class 6 1-2p GRADUATION! 	22 Anger Awareness 11a Get Fit Club 12p NEW-R Class 6: 12-2p	23 BINGO! 12p WRAP support 2p DRA 3p Art w/ Ann 4:30-6p 	24 Living Well 11a Diabetes Support 12p DBSA 1p	25 DRA 11a Deli Sandwiches, Fruit, Vegetable Slaw, Chips 12:30p 🎵 Music Appreciation 1:30-2:30p 🎵	26
27	28 Putt-Putt & Go-Karts 11a RSVP Women's Peer Support Club 12p	29 Stress Busters 11a Get Fit Club 12p NEW-R Class 7: 12-2p TMWC Board Meeting 4:30p	30 "Peer Pong" Tournament 12-2p RSVP WRAP support 2p DRA 3p  Luau Party 5-7p 	31 Living Well 11a Diabetes Support 12p SA 1p		