

















March 2018

National Nutrition Month
 Women's Health Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Thank you to the following people for sharing homemade baked goods and treats for holidays, special occasions, or for 'just because': Mariah C. and her family, Mary H., Theresa "Tree" B., and Ericka H., Thank you to Kroger Store for donation for Christmas meal & Gordon Food Services for donation for Thanksgiving meal.				1 Living Well 11a WRAP® for Diabetes (2) 11a-1p DBSA 1p <i>Creative Expressions with NAMI</i> 1:30-3p, RSVP	2 DRA 11a Loaded Nachos & Fruit Salad 12:30p  Drama Club 1:30-2:45p	3
4	5 NEW-R (7) 11a-1p Women's Peer Support 12p Men's Peer Support 12p	6 <i>Coffee Connections</i> , 11a-1p, RSVP Stress Busters 11a Get Fit Club 12p	7 Activity Sign-Up 11a WMR (8) 11a-1p <i>Disco Fever</i> 1:15-1:45p WRAP Support 2p	8 Living Well 11a WRAP® for Diabetes (3) 11a-1p SA 1p	9 Nutrition Forum 11a DRA 12p (special time) Chicken Alfredo w/ Broccoli, Garlic Bread & Fruit Salad 1p  Drama Club 1:30-2:45p	10
11	12 NEW-R (8) 11:30a-2p GRADUATION!  Women's Peer Support 12p	13 Anger Awareness 11a Get Fit Club 12p Get to Know You Icebreakers 1p	14 WMR (9) 11a-1p St. Patrick's Day Limericks 1p WRAP Support 2p DRA 3p	15 Living Well 11a WRAP® for Diabetes (4) 11a-1p DBSA 1p <i>Creative Expressions with NAMI</i> 1:30-3p, RSVP	16 WEAR GREEN! DRA 11a St. Patrick's Day Facts 12p Jigg's Dinner 12:30p  Drama Club 1:30-2:45p	17 
18	19 Women's Peer Support 12p Men's Peer Support 12p <i>Spring Craft</i> 1p, RSVP	20 Stress Busters 11a Get Fit Club 12p 	21 WMR (10) 11a-1p GRADUATION!  Nutrition BINGO! 1p WRAP Support 2p DRA 3p	22 Living Well 11a WRAP® for Diabetes (5) 11a-1p SA 1p	23 Celebrating Women in Music 11a DRA 12p (special time) *Members' Choice: Baked Chicken, Mixed Veggies, Rice & Fruit Salad 1p Drama Club 1:30-2:45p	24
25	26 NickleWorld Arcade, 11a-2p, RSVP Women's Peer Support 12p	27 Anger Awareness 11a Get Fit Club 12p TMWC Board Meeting 4:30p	28 Karaoke Dan 11a-2p WRAP Support 2p DRA 3p	29 Living Well 11a WRAP® for Diabetes (6) 11-1p DBSA 1p	30 DRA 11a Easter Egg Hunt 12-12:30p Easter Dinner 12:30p  Drama Club 1:30-2:45p	31 

April 2018

Minority Health Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Women's Peer Support 12p Men's Peer Support 12p	3 Stress Busters 11a <i>Coffee Connections</i> 11a-1p, RSVP Get Fit Club 12p	4 Activity Sign-Up 11a <u>L</u> eadership <u>E</u> ducation <u>P</u> rogram (LEP) (1) 11a-1p WRAP Support 2p  DRA 3p	5 Living Well 11a WRAP for Diabetes (7) 1-3 SA 1p <i>Creative Expressions with NAMI,</i> <i>1:30-3p RSVP</i>	6 DRA 11a Members' Choice: Chili, Cornbread & Coleslaw 12:30p  Drama Club 1:30-2:45p	7
8	9 Women's Peer Support 12p Understanding Mental Health (UMH) (1) 1-3p	10 Anger Awareness 11a Get Fit Club 12p Rummy Tournament 12:30-2p	11 Upcycling Craft 12p, RSVP LEP (2) 11a-1p WRAP Support 2p DRA 3p	12 Living Well 11a WRAP for Diabetes (8) 11a-1p  GRADUATION! DBSA 1p	13 Resiliency Forum 11a DRA 12p (special time) Lasagna, Garlic Bread, & Tossed Salad 1p  Drama Club 1:30-2:45p	14
15	16 Outing: Indoor Basketball, RSVP 11a-2p Women's Peer Support 12p Men's Peer Support 12p UMH (2) 1-3p	17 Stress Busters 11a Get Fit Club 12p Peer Support (1) 12-2p	18 LEP (3) 11a-1p Movie & Popcorn in Lounge 12-2p WRAP Support 2p DRA 3p	19 Living Well 11a Diabetes Support 12p SA 1p <i>Creative Expressions with NAMI,</i> <i>1:30-3p RSVP</i>	20 DRA 11a Chicken Chop Suey, Rice, & Fruit Salad 12:30p  Drama Club 1:30-2:45p	21
22	23 Earth Day Activity 11a RSVP Women's Peer Support 12p UMH (3) 1-3p	24 Anger Awareness 11a Get Fit Club 12p Peer Support (2) 12-2p TMWC Board Meeting 4:30p	25 LEP (4) 11a-1p BINGO! 1p WRAP Support 2p DRA 3p	26 Living Well 11a Diabetes Support 12p DBSA 1p	27 DRA 11a Pizza & Tossed Salad 12:30p  Drama Club 1:30-2:45p	28
29	30 Zoo Trip 11a-1p, RSVP Women's Peer Support 12p Men's Peer Support 12p UMH (4) 1-3p					