

AUGUST 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

***PLEASE CONTACT TMWC STAFF FOR RSVPs**

ACTIVITIES: Maddie.... 419-764-5346
EXPRESSIVE ARTS: Alyssa..... 419-242-3000 ext. 109
FITNESS: Lindsay.... 419-242-3000 ext. 110
COMPUTER LAB: Rodney.... 419-242-3000 ext. 114

10:00 AM **Circuit Training** 1
 11:00 AM Diabetes Support
 12:30 PM Coping Skills for Diabetes (4)
 1:00 PM SA
 1:00 PM **Soccer**

2
 9:15 AM **Gardening Club**
 10:00 AM **SafeZone:** LGBTQ+ & Allies
 11:00 AM **Forum**
 11:00 AM DRA

5
 9:15 AM **Gardening Club**
 11:00 AM Uplifting Women
 12:00 PM Men's 360
 1:00 PM **Team-Building**
 1:00 PM Mental Health Literacy (6)
 1:30 PM **Afternoon Stretch**

6
 10:00 AM **Computer Basics**
 10:30 AM 8 Dimensions of Wellness (6)
 11:00 AM Living Well
 11:00 AM **Kickball**
 1:00 PM Feelings First
 1:30 PM **Paper Suncatcher Crafts**

7
 ALL DAY: **Activity Sign-Ups**
 9:15 AM **Gardening Club**
 11:00 AM DRA
 1:00 PM **Computer Basics**
 1:00 PM Exploring Emotions (6)
 1:30 PM **Journal Club**

8
 10:00 AM **Circuit Training**
 11:00 AM Diabetes Support
 12:30 PM Coping Skills for Diabetes (5)
 1:00 PM DBSA

9
 9:15 AM **Gardening Club**
 10:00 AM **SafeZone:** LGBTQ+ & Allies
 11:00 AM DRA
 12:45 PM Stress Busters

12
 9:15 AM **Gardening Club**
 11:00 AM Uplifting Women
 11:00 AM **TMWC Litter League**
 12:00 PM Men's 360
 1:00 PM Mental Health Literacy (7)
 1:30 PM **Afternoon Stretch**

13
 10:00 AM **Computer Basics**
 10:30 AM 8 Dimensions of Wellness (7)
 11:00 AM Living Well
 11:00 AM **Karaoke**
 1:00 PM Feelings First

14
 9:15 AM **Gardening Club**
 11:00 AM **Levis Commons Summer Music Series***
 11:00 AM Empowering Change
 11:00 AM DRA
 1:00 PM **Computer Basics**
 1:00 PM Exploring Emotions (7)
 1:30 PM **Knitting Circle**

15
 11:00 AM **Talent Show***
 11:00 AM Diabetes Support
 12:30 PM Coping Skills for Diabetes (6)
 1:00 PM SA

16
 ALL DAY: **Scavenger Hunt**
 9:15 AM **Gardening Club**
 10:00 AM **SafeZone:** LGBTQ+ & Allies
 11:00 AM DRA

19
 9:15 AM **Gardening Club**
 11:00 AM Uplifting Women
 12:00 PM Men's 360
 1:00 PM **Basketball**
 1:00 PM Mental Health Literacy (8) **(GRADUATION!)**
 1:30 PM **Afternoon Stretch**

20
 10:00 AM **Computer Basics**
 10:30 AM 8 Dimensions of Wellness (8)
 11:00 AM Living Well
 12:00 PM **BINGO**
 1:00 PM Feelings First

21
 9:15 AM **Gardening Club**
 11:00 AM **Paint with Chalk**
 11:00 AM DRA
 1:00 PM **Computer Basics**
 1:00 PM Exploring Emotions (8)
 1:30 PM **Journal Club**

22
OPEN AT 10:00 A.M.
 10:15 AM **Circuit Training**
 11:00 AM Diabetes Support
 12:30 PM Coping Skills for Diabetes (7)
 1:00 PM **Pictionary**
 1:00 PM DBSA

23
 9:15 AM **Gardening Club**
 10:00 AM **SafeZone:** LGBTQ+ & Allies
 11:00 AM DRA
 12:45 PM Stress Busters

26
 9:15 AM **Gardening Club**
 11:00 AM Uplifting Women
 11:00 AM **TMWC Litter League**
 12:00 PM Men's 360
 1:30 PM **Afternoon Stretch**

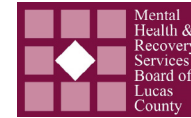
27
 10:00 AM **Computer Basics**
 10:30 AM 8 Dimensions of Wellness (9)
 11:00 AM Living Well
 1:00 PM Feelings First
 1:30 PM **Create-a-Crest Crafts**
 4:00 PM **TMWC Board Meeting (OFF CAMPUS)**

28
 9:15 AM **Gardening Club**
 11:00 AM Empowering Change
 11:00 AM DRA
 11:30 AM DRA Outing
 1:00 PM **Computer Basics**
 1:00 PM Exploring Emotions (9)

29
 10:00 AM **Circuit Training**
 10:45 AM **Coffee Connections***
 11:00 AM Diabetes Support
 12:30 PM Coping Skills for Diabetes (8) **(GRADUATION!)**
 1:00 PM SA

30
 9:15 AM **Gardening Club**
 10:00 AM **SafeZone:** LGBTQ+ & Allies
 11:00 AM DRA

What's Happening at TMWC



Support Group Info

FEELINGS FIRST: Quieting Anxiety & Ways to Stop Overthinking Tuesday, August 13 at 1:00 p.m.

UPLIFTING WOMEN: Quarterly Insights and Input Monday, August 26 at 11:00 a.m.

STRESSBUSTERS: Wellness Vision Board Friday, August 23 at 12:45 p.m.

SAFEZONE: 16th Annual Toledo Pride Parade Saturday, August 24 at 12:00 p.m.

Activities and Programs Info

Frankenmuth, MI Trip (August 10 @ 8:00 a.m.): Take a day trip to Frankenmuth, MI! Take a ride on the Bavarian Belle Riverboat with your peers, enjoy lunch at the Bavarian Inn and explore shops around River Place. Sign-ups are available now!

TMWC Litter League (August 12 and 26 @ 11:00 a.m.): Get active and make an impact with TMWC Litter League! Sweep the streets of Toledo in search of litter and clean up our neighborhood. Let's climb to the top of the leaderboard for non-profits. No RSVP necessary.

Levis Commons Summer Music Series (August 14 @ 11:00 a.m.): Sign up with August outings to experience the Levis Commons Summer Music Series. Travel to Levis Commons to hear local music duo Barile and May and enjoy a nice lunch in the sun. Sign-ups will be available August 7.

Talent Show (August 15 @ 11:00 a.m.): Come show off your talent at TMWC's Talent Show! Members will have a chance to watch their peers perform in the club room. Singing, jokes, skits, art, dancing, and feats of interest are encouraged! Bring your best self and join in the fun. Sign ups are on August 7.

Toledo Pride Festival (August 24 @ 12:00 p.m.): The Toledo Pride Festival is a large, outdoor event showcasing the best local entertainment. This year's festival includes a pride parade, food, vendors, and networking with many community organizations, including social groups, churches, and health and wellness groups. **Transportation will not be provided.**

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Check the Art Studio door for Open-Art and daily projects

Fitness Info

Lindsay – 419-242-3000 ext. 110

Circuit Training (Thursdays @ 10:00 a.m.): Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in a RAFFLE! One winner will be drawn at the end of each month.

Computer Lab Info

Rodney - 419-242-3000 ext. 114

Computer Basics (Mondays @ 10:00 a.m. and Wednesdays @ 1:00 p.m.): A beginners guide to one of the most popular electronic devices in use today!

SCAVENGER HUNT (August 16 ALL DAY): Rodney has been hiding things again! Come find what he stashed around the center and compete for prizes!

3D Printing (During Computer Basics): Create a 3D model of your favorite cartoon character, video game item, or even a design of your own! Contact Rodney for details and assistance.

Gardening Club Info

Donna - 419-242-3000 ext. 106

Friday, August 2 @ 9:30 a.m.: Amy S. from OSU Extension Office

Wednesday, August 14 @ 9:30 a.m.: Patrick T. from Lucas Co. Soil & Water Conservation District