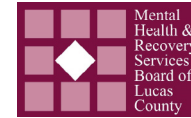


JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CONTACT TMWC STAFF FOR RSVPs</p> <p>ACTIVITIES: Maddie.... 419-764-5364</p> <p>EXPRESSIVE ARTS: Alyssa..... 419-242-3000 ext. 109</p> <p>FITNESS: Lindsay.... 419-242-3000 ext. 110</p> <p>COMPUTER LAB: Rodney.... 419-242-3000 ext. 114</p>		<p>HAPPY NEW YEAR!</p> <p>TMWC CLOSED</p>	<p>10:00 AM Circuit Training 2</p> <p>11:00 AM Diabetes Support</p> <p>11:00 AM Letting Go Crafts</p> <p>1:00 PM SA</p>	<p>10:00 AM SafeZone: 3</p> <p>LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>1:15 PM Gaming for Mental Health</p>
<p>11:00 AM Uplifting Women 6</p> <p>12:00 PM Men's 360</p>	<p>10:00 AM Computer Basics 7</p> <p>10:45 AM Mental Health Literacy (1)</p> <p>11:00 AM Living Well</p> <p>12:00 PM BINGO</p> <p>1:00 PM Feelings First</p>	<p>ALL DAY: ACTIVITY SIGN UPS 8</p> <p>9:15 AM Gardening Club</p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (1)</p> <p>1:00 PM Computer Basics</p>	<p>10:00 AM Circuit Training 9</p> <p>10:30 AM Great Lakes Museum*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (1)</p> <p>1:00 PM DBSA</p>	<p>10:00 AM SafeZone: 10</p> <p>LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p>
<p>11:00 AM Uplifting Women 13</p> <p>11:00 AM Men's 360</p> <p>1:00 PM Jeopardy Games</p>	<p>10:00 AM Computer Basics 14</p> <p>10:45 AM Mental Health Literacy (2)</p> <p>11:00 AM Living Well</p> <p>11:00 AM KARAOKE</p> <p>1:00 PM Feelings First</p>	<p>9:15 AM Gardening Club 15</p> <p>10:30 AM Sofia Quintero Art and Cultural Center*</p> <p>11:00 AM DRA (GUEST SPEAKER)</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM WRAP (2)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Knitting Circle</p>	<p>10:00 AM Circuit Training 16</p> <p>11:00 AM Diabetes Support</p> <p>11:00 AM Circle of Control</p> <p>12:30 PM Exploring Emotions (2)</p> <p>1:00 PM SA</p>	<p>10:00 AM SafeZone: 17</p> <p>LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>1:15 PM Gaming for Mental Health</p>
<p>20</p> <p>MLK DAY</p> <p>TMWC CLOSED</p>	<p>10:00 AM Computer Basics 21</p> <p>10:45 AM Mental Health Literacy (3)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Coping Skills Fortune Tellers</p>	<p>9:15 AM Gardening Club 22</p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (3)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Journal Club</p>	<p>OPEN AT 10:00 A.M. 23</p> <p>ALL DAY: HOPE PANTRY PICKUP</p> <p>10:00 AM Circuit Training</p> <p>10:45 AM Coffee Connections*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (3)</p> <p>1:00 PM DBSA</p>	<p>10:00 AM SafeZone: 24</p> <p>LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>11:00 AM Cybersecurity Forum</p> <p>12:45 PM Stress Busters</p>
<p>11:00 AM Uplifting Women 27</p> <p>11:00 AM Gratitude Garlands</p> <p>12:00 PM Men's 360*</p>	<p>10:00 AM Computer Basics 28</p> <p>10:45 AM Mental Health Literacy (4)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Wooden Snowflakes</p> <p>4:30 PM TMWC Board Meeting</p>	<p>9:15 AM Gardening Club 29</p> <p>11:00 AM DRA* (Outing)</p> <p>11:00 AM Knitting Circle</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM WRAP (4)</p> <p>1:00 PM Computer Basics</p> <p>1:30 PM Creative Expressions*</p>	<p>10:00 AM Circuit Training 30</p> <p>10:45 AM Bowling*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (4)</p> <p>1:00 PM SA</p>	<p>10:00 AM SafeZone: 31</p> <p>LGBTQ+ & Allies</p> <p>11:00 AM DRA</p>

What's Happening at TMWC



Support Groups

FEELINGS FIRST: The Mind-Body Impact of Anger on Tuesday, January 14, 2025

UPLIFTING WOMEN: Bullet Journaling on Monday, January 6, 2025 (RSVP)

STRESSBUSTERS: Setting Proactive Goals on Friday, January 10, 2025

SAFEZONE: Self Care in Difficult Times on Friday, January 24, 2025

MEN'S 360: New Year's Resolutions on Monday, January 6, 2025

Activities and Programs

Letting Go Craft Session (January 2 @ 11:00 a.m.): Write down all your worries on a plate and SMASH IT! Let go of all the bad stuff and get the chance to break a plate.

Sofia Quintero Art and Cultural Center (January 18 @ 10:30 a.m.): Sign up for an exclusive gallery viewing to bolster your interest, awareness, and education about Latino art, heritage, and culture.

Coping Skills Fortune Tellers (January 21 @ 1:30 p.m.): Fold some paper into a "fortune teller" or "cootie catcher" with different self care activities inside for those tough times.

Coffee Connections (January 23 @ 10:45 a.m.): Explore a local coffee shop for good food, java, and even better conversations. Sign up on January 8 with Maddie.

Cybersecurity Forum (January 24 @ 11:00 a.m.): Are you informed on scammers? Is your personal information private? Are you at risk of being hacked? Join this forum to answer these questions and be prepared online.

Bowling Day (January 30 @ 10:45 a.m.): Come bowl a strike with your peers at Jugs! Seasoned bowler or a first timer, sign up on January 8.

Expressive Arts

Alyssa – 419-242-3000 ext. 109

January 7 @ 11:00 a.m. and 1:30 p.m.: Frosty Photo Frames

January 13 @ 11:00 a.m. and 1:30 p.m.: Winter Folk-Art Trees

January 16 @ 11:00 a.m. and 1:30 p.m.: Bean Beauty Mosaics

January 24 @ 11:00 a.m. and 1:30 p.m.: Personal Pendant Project

January 29 @ 1:30 p.m.: NAMI Creative Expressions

Fitness

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

Rodney - 419-242-3000 ext. 114

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

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.