

JUNE 2024				
Mon	Tue	Wed	Thu	Fri
3 9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:00 p.m. Corn Hole	4 10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 11:00 a.m. Community Leadership Class Three 12:00 p.m. BINGO 1:00 p.m. Emotions Matter 1:30 p.m. Volleyball	5 All Day: Activity Sign-Ups 9:30 a.m. Gardening Club 12:30 p.m. DRA 1:30 p.m. Journal Club 1:30 p.m. NAMI Creative Expressions*	6 10:00 a.m. Fitness: Circuit Training 10:45 a.m. Fishing Outing* 11:00 a.m. Expressive Arts: Ceramic Keepsake Boxes* 11:00 a.m. Diabetes Support 1:00 p.m. DBSA	7 9:30 a.m. Gardening Club 10:00 a.m. DRA 1:00 p.m. SafeZone: LGBTQ+ & Allies
10 9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 11:00 a.m. TMWC Litter League 12:00 p.m. Men's Peer Support 1:15 p.m. Fitness: Afternoon Stretch	11 10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 11:00 a.m. Community Leadership Class Four 12:00 p.m. Karaoke 1:00 p.m. Emotions Matter	12 <div>CRISIS INTERVENTION TRAINING (CIT) SESSIONS AT 9:00 AM & 10:45</div> 9:30 a.m. Gardening Club 10:45 a.m. Frida's Shop Outing* 11:00 a.m. Empowering Change 12:30 p.m. DRA 1:30 p.m. Knitting Circle	13 10:00 a.m. Fitness: Circuit Training 11:00 a.m. Expressive Arts: Emerging Artist Exhibition* 11:00 a.m. Diabetes Support 1:00 p.m. SA 1:30 p.m. Sidewalk Chalk	14 9:30 a.m. Gardening Club 10:00 a.m. DRA 12:45 p.m. Stress Busters 1:00 a.m. SafeZone: LGBTQ+ & Allies
17 9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 11:00 a.m. Rummy Tournament 12:00 p.m. Men's Peer Support 1:15 p.m. Fitness: Afternoon Stretch	18 10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 11:00 a.m. Community Leadership Class Five/Graduation! 11:00 a.m. TMWC Litter League 1:00 p.m. Emotions Matter 1:30 p.m. Pride Craft	19 CLOSED FOR JUNETEENTH	20 10:00 a.m. Fitness: Circuit Training 11:00 a.m. Diabetes Support 11:00 a.m. SafeZone: LGBTQ+ & Allies* 1:00 p.m. DBSA	21 9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Summer Fling Party
24 9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 11:00 a.m. Soccer 1:15 p.m. Fitness: Afternoon Stretch	25 10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 1:00 p.m. Emotions Matter 1:30 p.m. Butterfly Garland Art	26 9:30 a.m. Gardening Club 11:00 a.m. Empowering Change 11:00 a.m. Expressive Arts: Mosaic Craft 12:30 p.m. DRA 1:30 p.m. Knitting Circle	27 TMWC OPEN AT 10 a.m. 10:00 a.m. Fitness: Circuit Training 10:45 a.m. Coffee Connections* 11:00 a.m. Diabetes Support 1:00 p.m. SA 1:00 p.m. CL: Gaming for Mental Health	28 9:30 a.m. Gardening Club 10:00 a.m. DRA 12:45 p.m. Stress Busters 1:00 a.m. SafeZone: LGBTQ+ & Allies
*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 (CL), Rodney – 419-242-3000 ext. 114				

What's Happening at TMWC



Support Groups

EMOTIONS MATTER: 'Forgiveness Series' every Tuesday in June at 1:00 p.m.

WOMEN'S PEER: Guest speaker from YWCA on Monday, June 3 at 11:00 a.m.

STRESSBUSTERS: 'Laughter is the Best Medicine' on Friday, June 14 at 12:45 p.m.

SAFEZONE: Annual Pride Month Picnic on Thursday, June 20 at 12:00 p.m. - RSVP!

Activities and Programs

ACTIVITIES & OUTINGS:

Monday, June 3 at 1:00 p.m. - Cornhole Tournament

Tuesday June 4 at 12 p.m. - BINGO

Tuesday, June 4 at 1:30 p.m. - Volleyball

Wednesday, June 5 at 1:30 p.m. - Journal Club

Thursday, June 6 at 10:45 a.m. - Fishing Outing - RSVP!

Monday, June 10 at 11 a.m. - Litter League

Tuesday, June 11 at 12 p.m. - Karaoke

Wednesday, June 12 at 10:45 a.m. - Frida's Shop Outing

Wednesday, June 12 at 1:30 p.m. - Knitting Circle

Thursday, June 13 at 11 a.m. - Sidewalk Chalk

Monday, June 17 at 11 a.m. - Rummy Tournament

Tuesday, June 18 at 11 a.m. - Litter League

Tuesday, June 18 at 1:30 p.m. - Pride Craft

Monday, June 24 at 11 a.m. - Soccer

Tuesday, June 25 at 1:30 p.m. - Butterfly Garland Art

Wednesday, June 26 at 1:30 p.m. - Knitting Circle

Thursday, June 27 at 10:45 a.m. - Coffee Connections - RSVP!

Thursday, June 27 at 1:30 p.m. - Basketball

Expressive Arts

Alyssa - 419-242-3000 ext. 109

Wednesday, June 5 at 1:30 p.m. - NAMI Creative Expressions - RSVP!

Thursday, June 6 at 11 a.m. - Ceramic Keepsake Boxes - RSVP!

Friday, June 7 at 7 p.m. - Toledo Ballet 2024 Showcase - RSVP!

Monday, June 10 at 9:15 a.m. & 11 a.m. - Alcohol Ink Tiles - RSVP!

Thursday, June 13 at 11 a.m. - Emerging Artist Exhibition - RSVP!

Wednesday, June 26 at 11 a.m. & 1:30 p.m. - Mosaic Craft

Fitness

Lindsay - 419-242-3000 ext. 110

Mondays at 1:15 p.m. - Afternoon Stretch!

Thursdays at 10:00 a.m. - Circuit Training! 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 to a raffle for a BIG prize. One winner will be drawn at the end of each month.

Computer Lab

Rodney - 419-242-3000 ext. 114

Mondays and Tuesdays at 10:00 a.m. - Computer Basics! A beginners guide to one of the most popular electronic devices in use today.

Thursday, June 27 at 1:00 p.m. - Gaming for Mental Health

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, June 7 at 9:30 a.m. - Amy S. from OSU Extension Office

Friday, June 28 at 9:30 a.m. - Patrick T. from Lucas Co. Soil & Water Conservation District