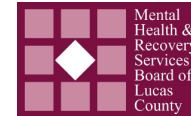


What's Happening at TMWC



Support Groups

FEELINGS FIRST: Resolving Anger Issues on Tuesday, October 15 @ 1:00 p.m.
UPLIFTING WOMEN: YWCA Health Forum on Monday, October 21 @ 11:00 a.m.
STRESSBUSTERS: Positive Self-Thought on Friday, October 11 @ 12:45 p.m.
SAFEZONE: LGBTQ+ History Wax Museum on Friday, October 11 @ 10:30 a.m.
MEN'S 360: Studio Ghibli Movie Night on Tuesday, October 1 @ 6:00 p.m.

Activities and Programs

Bowling Day (October 10 @ 10:45 a.m.): Come bowl a strike with your peers at Bowlero! No matter if you're a seasoned bowler or it's your first time, we encourage all to sign up on October 3.

Coffee Connections (October 17 @ 10:45 a.m.): Get to know your peers through Coffee Connections. On this monthly outing, we explore a local coffee shop for good food, java, and even better conversations. Sign up on October 3 with Mikaela.

Pumpkin Patch Visit (October 23 @ 10:30 a.m.): We're headed back to Gust Brothers Farms to visit their pumpkin patch! Come search for the perfect pumpkin to carve just in time for Halloween. Sign up October 3.

Fall Scavenger Hunt (October 30 ALL DAY): Rodney has been hiding things again! Come find what he stashed around the center and compete for prizes. NO RSVP NECESSARY.

Halloween Party (October 31 @ 11:00 a.m.): Don't be scared, it's time to get spooky! Dress up in your favorite costume and celebrate Halloween with your peers. NO RSVP NECESSARY.

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, October 4 @ 9:15 a.m.: Amy S. from OSU Extension Office

Expressive Arts

Alyssa – 419-242-3000 ext. 109

October 1 @ 11:00 a.m. and 1:30 p.m.: Zentangle Pumpkin Drawing
October 3 @ 11:00 a.m. and 1:30 p.m.: Thrifted Ghost Frames
October 7 @ 11:00 a.m. and 1:30 p.m.: Fall Acorn Project
October 16 @ 9:00 a.m. and 11:00 a.m.: Fall Leaf Paper Mosaics
October 21 @ 9:00 a.m. and 11:00 a.m.: Patchwork Paper Pumpkins
October 30 @ 11:00 a.m. and 1:30 p.m.: Halloween Crafts

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 (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.

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.

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	10:00 AM Computer Basics 1 10:30 AM WRAP (2) 1:00 PM Feelings First 6:00 PM Men's 360 Movie Night*	ALL DAY: Activity Sign-Ups 2 9:15 AM Gardening Club 11:00 AM 12 Steps DRA 1:00 PM Peer Basics (1) 1:00 PM Computer Basics 1:30 PM Creative Expressions	10:30 AM NEW-R (1) 3 11:00 AM Thrifted Ghost Frames 11:00 AM Diabetes Support 1:00 PM DBSA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 4 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA	
	9:15 AM Gardening Club 7 11:00 AM Uplifting Women 12:00 PM Men's 360 1:00 PM Euchre Tournament 1:00 PM Personal Leadership (2)	10:00 AM Computer Basics 8 10:30 AM WRAP (3) 11:00 AM KARAOKE 11:00 AM Living Well 1:00 PM Feelings First	9:15 AM Gardening Club 9 11:00 AM Empowering Change 11:00 AM 12 Steps DRA 1:00 PM Peer Basics (2) 1:00 PM Computer Basics	10:30 AM NEW-R (2) 10 10:45 AM Bowling Outing* 11:00 AM Diabetes Support 1:00 PM SA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 11 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM NAMI Forum 11:00 AM DRA 12:45 PM Stress Busters
	9:15 AM Gardening Club 14 11:00 AM Uplifting Women 1:00 PM Personal Leadership (3) 1:30 PM Lawn Darts	10:30 AM WRAP (4) 15 11:00 AM Living Well 12:00 PM BINGO 1:00 PM Feelings First	9:15 AM Gardening Club 16 11:00 AM 12 Steps DRA 12:00 PM Rock Painting with Oak Street Health 1:00 PM Peer Basics (3)	10:30 AM NEW-R (3) 17 10:45 AM Coffee Connections* 11:00 AM Diabetes Support 1:00 PM DBSA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 18 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA
	9:15 AM Gardening Club 21 11:00 AM Uplifting Women 1:00 PM UNO Tournament 1:00 PM Personal Leadership (4)	10:30 AM WRAP (5) 22 11:00 AM Remote Control Car Racing 1:00 PM Feelings First 4:30 PM TMWC Board Meeting	9:15 AM Gardening Club 23 10:30 AM Pumpkin Patch* 11:00 AM 12 Steps DRA 11:00 AM Empowering Change 1:00 PM Peer Basics (4)	OPEN AT 10:00 A.M. 24 10:30 AM NEW-R (4) 11:00 AM Resist Painting 11:00 AM Diabetes Support 1:00 PM SA 1:00 PM MOVIE MADNESS	9:15 AM Gardening Club 25 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 11:00 AM Legal Aid Forum 12:45 PM Stress Busters
	9:15 AM Gardening Club 28 11:00 AM Uplifting Women 12:00 PM Men's 360 1:00 PM Personal Leadership (5) 1:30 PM Velvet Art	10:30 AM WRAP (6) 29 11:00 AM Pumpkin Painting 11:00 AM Living Well 1:00 PM Feelings First 1:00 PM Computer Basics	ALL DAY: FALL SCAVENGER HUNT 30 9:15 AM Gardening Club 11:00 AM 12 Steps DRA 1:00 PM Peer Basics (5) 1:00 PM Computer Basics	10:30 AM NEW-R (5) 31 11:00 AM Diabetes Support 11:00 AM HALLOWEEN PARTY! 1:00 PM DBSA	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)