

**Thomas M. Wernert Center**

For Mental Health Recovery and Support

208 W. Woodruff • Toledo, OH 43604

Phone:419.242.3000 • Club Area: 419.290.3916

Hours of Operation: Monday - Friday 9a-4pm **ILSE'S CAFE** will return March 14, 2012


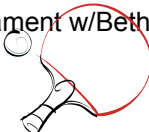



Aim High Program: Monday - Thursday 9a-1p

Computer Lab Open : Monday, Thursday & Friday 10a-12p

Support Clubs: Women's Peer Support • Depression & Bipolar Support Alliance (DBSA) • Schizophrenics Anonymous (SA) • Dual Recovery Anonymous (DRA)

Happy New Year!

**January 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>CLOSED FOR NEW YEAR'S HOLIDAY</b>	3 Play Chess with Rick 1-2p  BINGO 2p	4 Movie Day Showing 1 Comedy and 1 Adventure Movie in TV Room starting at 11am	5 Make Pillows w/ Beth 10a SA 1p  Play cards with Bruce at 2:30p	6 DRA 11am Chili Mac with crackers and cheese for Supper Club 1p	7
8	9 Snowman Project w/Julie 12p  Women's Peer Sup- port Club 1p	10 <i>Gentle Move- ment with Maxine at 1p</i>	11 <b>BRIDGES</b> <i>Class 1—1:00-3p</i>  <i>Chess with Rick 2p</i>	12 DBSA 1p Ping-Pong Tournament w/Beth 2p 	13 <b>OEC FORUM</b> <i>(see insert)</i> 10am-1p Sub Sandwiches for Supper Club 1p DRA after meal	
15 	16 <b>Closed For Dr. Martin Luther King Jr. Day</b>	17 <i>Color Tissue Paper art collages w/Katie 1p</i>	18 Unscramble words w/ Stacey 12p BRIDGES Class 2 1-3p	19 Make Pillows w/ Beth 10a SA 1p  WMR Orientation 1-3p	20 DRA 11am Chef's Surprise for Supper Club—1 p Come in for fellow- ship and good food	21
22	23 Women Peer Club (Women in Recov- ery Celebration) 1p A-Z member Trivia w/Stacey 2p	24 <i>Bonus Computer Day 10a-12 w/ Stacey—Come Re- search your well- ness topics!</i>	25 Ice Breaker fun games 12p w/Rick  <i>BRIDGES Class 3 1-3p</i>	26 Member's success stories w/ Henry 12p DBSA 1p WMR Class 1--1-3p	27 DRA 11am Beef Noodle with side vegetables for Supper Club 1p	28
29	30 Women's Peer Support Club 1p Indoor Tennis w/ Julie 12p	31 <b>STRESS</b> <i>Reduction w/Katie 1p</i>				

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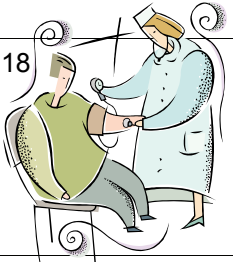

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# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gentle Movement with Maxine 1p  Bridges Class 4 1-3p	2 SA 1p Current events discussion w/ Henry & Stacey 12p WMR Class 2--1-3p	3 DRA 11a Macaroni and Cheese w/ Salad and dessert for Supper Club 1p	4
5	6 Women's Peer Support Club 1p Men only discussion <i>Male Etiquette</i> 1p w/ Rick, Bruce, Henry	7 Benefit Bank Free Income Tax Returns 10a-12p  <i>STRESS Reduction</i> w/Katie 1p	8 BRIDGES Class 4—1:00p-3p Backgammon w/ Stacey 1p	9 Slow Relay Race Trivia w/ prizes 12p DBSA 1p WMR Class 3 1-3p	10 <b>Privacy Rights &amp; Confidentiality Forum 11a-12:30p</b> Sloppy Joes 1p DRA to follow meal	11
12	13 Surprise Movie Pick 12p-4p Women's Peer Support Club 1p	14  Valentine Cookie making w/Beth 1p	15 Reading Short Stories with Maxine 12p <i>BRIDGES Class 5—1:00p-3p</i>	16 Local Resource Info. exchange w/ Henry & Stacey 12p SA 1p WMR Class 6--1-3p	17 <b>Blood Pressure Forum w/ Screening 11a-12:30p</b> Baked Chicken & Rice 1p DRA to follow meal	18 
19	20 Play Uno Attack! w/Henry & Maxine 12p Women's Peer Support Club 1p	21 Benefit Bank Free Income Tax Returns 10a-12p <i>BINGO 1p</i>	22 Play Cards w/ Rick 2p <i>BRIDGES Class 6—1:00p-3p</i>	23 Cabin Fever Solutions w/ Julie 12p DBSA 1p WMR Class 5 1-3p	24 <b>Smoking Cessation w/Holly from St. Luke's 11:30a-12:30pm</b> Tuna Casserole 1p DRA to follow meal	25
26	27 Pillow Making w/ Beth 10a  Women's Peer Support Club 1p	28 Benefit Bank Free Income Tax Returns 10a-12p <i>Karaoke w/Maxine and Rick 1p</i>	29 BINGO 12p <i>BRIDGES Class 7—1:00p-3p</i>			