



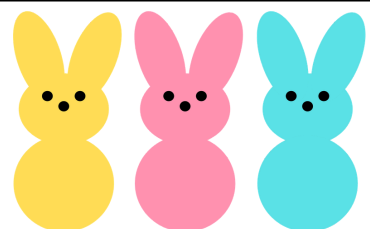


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CONTACT TMWC STAFF FOR RSVPS</p> <p>ACTIVITIES: Maddie 419-764-5364</p> <p>EXPRESSIVE ARTS: Mary M 419-242-3000 ext. 109</p> <p>FITNESS: Mary A 419-242-3000 ext. 104</p> <p>COMPUTER LAB: Becca 419-242-3000 ext. 106</p>		<p>9:00 AM: ACTIVITY Sign-up</p> <p>9:00 AM: PANTRY Sign ups</p> <p>9:15 AM: Gardening - Beginning Gardening Basics</p> <p>11:00 AM DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP - WRT - GRADUATION!!!!</p>	<p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Bowling - Outing</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p>	<p>9:15 AM: Gardening - Beginning Gardening Basics, Watering Hydroponics and indoor</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: Speed Friending</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>
<p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - WRAP #1</p> <p>1:00 PM: Movie Monday - The Disruptors</p>	<p>11:00 AM: Living Well</p> <p>12:30 PM: WISE</p> <p>1:00 PM: Feelings First</p> 	<p>9:15 AM: Gardening - Seed Bombs</p> <p>11:00AM: DRA</p> <p>11:00 AM: Mental Health Scattergories</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP - Building Better Boundaries (B-3) #1</p>	<p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Nature Walk at Manhattan Marsh Metropark - outing</p> <p>12:30 PM: PEP - PEP Building Better Boundaries (B-3) #1</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p>	<p>9:15 AM: Gardening - Assessing Gardening Needs</p> <p>10:00 AM SafeZone</p> <p>11:15 AM: M&M - Music & Movement</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>
<p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:15 PM: TLCPL Book Mobile</p> <p>12:30 PM: WRAP #2</p> <p>1:00 PM: Movie Monday - Up Syndrome</p>	<p>11:00 AM: Karaoke</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> 	<p>9:15: Gardening - Decorate Pots & Plant Succulents</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP B-3 #2</p> <p>1:00 PM: Paper Snail Craft</p>	<p>OPENING AT 10 AM: - Staff Meeting</p> <p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Coffee Connections - Outing</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>12:30 PM: PEP - B-3 #2</p> <p>1:00 PM: DBSA</p>	<p>9:15 AM: Gardening - Bring out the raised beds</p> <p>10:00 AM SafeZone</p> <p>11:00 AM: Spring Fling</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>
<p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - WRAP #3</p> <p>1:00 PM: Movie Monday - Front of The Class</p>	<p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> <p>1:00 PM: Lavendar Satchet Craft</p> 	<p>9:15: Gardening - Disinfecting Gardening Tools</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM: PEP - B-3 #3</p> <p>1:00 PM: Teacup Bird Feeder Craft</p>	<p>Hope Pantry Pick-up</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP - B-3 #3</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p> <p>1:30 PM: TMWC Trivia</p>	<p>9:15 AM: Gardening - Adding Nutrients into the hydroponic Garden</p> <p>10:00 AM: SafeZone</p> <p>10:30 AM: MARATHON PEP RALLY - Club Room</p> <p>11:00 AM: DRA</p> <p>TMWC Closes at Noon for Special Event - Lunch served at 11</p>
<p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:15 PM: TLCPL Book Mobile</p> <p>12:30 PM: PEP - WRAP #4</p> <p>1:00 PM: Movie Monday - Please Stand By</p>	<p>11:00 AM: Living Well</p> <p>12 PM: BINGO</p> <p>1:00 PM: Feelings First</p> 	<p>9:15: Gardening - Mix worm castings in with soil for potatoes</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM: PEP - B-3 #4</p> <p>1:00 PM: Neighborhood Walk</p>	<p>11:00 AM: Spring Origami</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP - B-3 #4</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p>	

What's Happening at TMWC



April 2026

Uplifting Women (Mondays at 11 AM)

- 4/6 - Social Anxiety Collaboration with Becca
- 4/13 - 99 Morning Affirmations
- 4/20 - JoySpan
- 4/22 - OUTING - From Noon to 2 PM
- 4/27 - Emotional Regulation Skills

Living Well (Tuesday at 11 AM)

- 4/7 - What is a whole food?
- 4/14 - Is boredom good for you?
- 4/21 - Music and our health
- 4/28 - Stretch exercises

Men's 360 (Monday at 12:45 PM)

- 4/6 - What Recovery Really Looks Like
- 4/13 - Stress Anger & Emotional Regulation
- 4/20 - Repairing Trust & Taking Accountability
- 4/27 - Shame, Guilt & SELF-Forgiveness

Feelings First (Tuesdays at 1 PM)

- 4/7 - The Connection Between Stress & Anger
- 4/14 - Managing Troubling Emotions
- 4/21 - When Firm Boundaries Need to be Set
- 4/28 - Members' Choice - What's on your Mind?

SafeZone (Fridays at 10 AM)

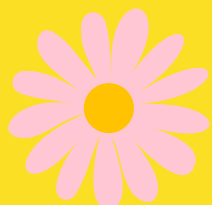
- 4/3: Safe Zone Training Pt. 1
- 4/10: Safe Zone Training Pt. 2
- 4/17: Safe Zone Training Pt. 3
- 4/24: Safe Zone Training Pt. 4

Stress Busters (Friday at 12:45 PM)

- 4/9 - A House With 4 Rooms
- 4/16 - Mindfulness
- 4/23 - Open Floor Topics
- 4/30 - Gratitude Attitude

DBSA & SA (Thursday at 1:00 PM)

- 4/2 - DBSA - Depression & Anxiety
- 4/9 - SA Step 1 Meeting
- 4/16 - DBSA - Anxiety & Irritability with Depression
- 4/23 - SA - Isolation
- 4/30 - Depression & Rumination



Computer Lab(all times 10:45 a.m)

- Mondays: Typing Zones
- Tuesday: Digital Basics
- Wednesdays: Mindful Surfing
- Thursdays: Employment Essentials
- Fridays: Creative Writing

Fitness

- Mondays: Morning Stretch @ 10:30am
- Tuesdays: Circuit Training @ 10:15am
- Wednesdays: Morning Stretch @ 10:30am
- Thursdays: Circuit Training @ 10:15am
- Friday: SmartFit/ yoga/seated dance rotation @ 10:30 am

Friday April 10th - M&M - Music and Movement with "the Mary's"

Trauma, Grief and Reconnection:

Relationship Reparation and Rewriting the Story
Presenter: Latoya Logan, MSSA, LISW-S, ABD
Date: April 24, 2026
Time: 12:30 p.m. - 3:30 p.m.
RSVP Only

RESCHEDULE

Wednesday April 2nd
NAMI Art Gala 7-9 pm
Please RSVP to Mary M