

## AUGUST 2022

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. DIY Clock Making</b>  <b>11:00 a.m. Women's Peer Support</b>  <b>12:30 p.m. Coping Skills for Diabetes Class 4 of 8</b></p>	<p>2</p> <p><b>11:00 a.m. Living Well</b>  <b>11:00 a.m. Botanical Gardens</b>  <b>12:30 p.m. NEW-R Class 4 of 8</b>  <b>1:00 p.m. Emotions Matter</b></p>	<p>3</p> <p><b>All Day: Activities Sign Up</b>  <b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. MHL Class 4 of 8</b>  <b>12:30 p.m. DRA</b>  <b>2:00 p.m. Safe Zone: LGBTQ+ &amp; Allies</b></p>	<p>4</p> <p><b>11:00 a.m. Diabetes Support</b>  <b>11:00 a.m. DIY Smoothies</b>  <b>1:00 p.m. Schizophrenia Alliance (SA)</b>  <b>1:00 p.m. Strength Train Together</b></p>	<p>5</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Dual Recovery Anonymous (DRA)</b>  <b>11:00 a.m. Bingo</b></p>
<p>8</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. DIY Terrarium</b>  <b>11:00 a.m. Women's Peer Support</b>  <b>12:30 p.m. CSD Class 5 of 8</b>  <b>1:00 p.m. Computer Lab Workshop</b></p>	<p>9</p> <p><b>11:00 a.m. Living Well</b>  <b>11:00 a.m. Flower Farm*</b>  <b>12:30 p.m. NEW-R Class 5 of 8</b>  <b>1:00 p.m. Emotions Matter</b></p>	<p>10</p> <p style="border: 1px solid orange; padding: 2px; text-align: center;">Crisis Intervention Training (CIT) sessions at 9:30 am &amp; 11:15 am</p> <p><b>11:00 a.m. MHL Class 5 of 8</b>  <b>12:30 p.m. DRA</b></p>	<p>11</p> <p><b>11:00 a.m. Diabetes Support</b>  <b>1:00 p.m. DBSA</b>  <b>1:00 p.m. Strength Train Together</b>  <b>1:30 p.m. Safe Zone: LGBTQ+ &amp; Allies</b></p>	<p>12</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. DRA</b>  <b>11:00 a.m. Forum: Brain Awareness</b>  <b>12:30 p.m. Stress Busters</b>  <b>1:00 p.m. Computer Lab Workshop</b></p>
<p>15</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Pool Tournament</b>  <b>11:00 a.m. Women's Peer Support</b>  <b>12:30 p.m. CSD Class 6 of 8</b></p>	<p>16</p> <p><b>11:00 a.m. Living Well</b>  <b>11:00 a.m. Litter League*</b>  <b>12:30 p.m. NEW-R Class 6 of 8</b>  <b>1:00 p.m. Emotions Matter</b></p>	<p>17</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Clubroom Karaoke</b>  <b>11:00 a.m. MHL Class 6 of 8</b>  <b>12:30 p.m. DRA</b></p>	<p>18</p> <p><b>11:00 a.m. Diabetes Support</b>  <b>11:00 a.m. Coffee Connections*</b>  <b>1:00 p.m. SA</b>  <b>1:00 p.m. Strength Train Together</b>  <b>1:30 p.m. Safe Zone: LGBTQ+ &amp; Allies</b></p>	<p>19</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Forum: Voting Issues</b>  <b>11:00 a.m. DRA</b></p>
<p>22</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Toledo Zoo*</b>  <b>11:00 a.m. Women's Peer Support</b>  <b>12:30 p.m. CSD Class 7 of 8</b>  <b>1:00 p.m. Computer Lab Workshop</b></p>	<p>23</p> <p><b>11:00 a.m. Living Well</b>  <b>12:30 p.m. NEW-R Class 7 of 8</b>  <b>1:00 p.m. Emotions Matter</b>  <b>2:00 p.m. Yogaja Yoga*</b>  <b>4:30 p.m. TMWC Board Meeting &amp; Retreat</b></p>	<p>24</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Litter League*</b>  <b>11:00 a.m. MHL Class 7 of 8</b>  <b>12:30 p.m. DRA</b>  <b>2:00 p.m. Safe Zone: LGBTQ+ &amp; Allies</b></p>	<p>25</p> <p><b>11:00 a.m. Diabetes Support</b>  <b>11:00 a.m. Healthy Baking</b>  <b>1:00 p.m. DBSA</b>  <b>1:00 p.m. Strength Train Together</b></p>	<p>26</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. DRA</b>  <b>11:00 a.m. Forum: PEP Fall Classes</b>  <b>12:30 p.m. Stress Busters</b>  <b>1:00 p.m. Computer Lab Workshop</b></p>
<p>29</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. DIY Coaster Tile</b>  <b>11:00 a.m. Women's Peer Support</b>  <b>12:30 p.m. CSD Graduation!</b></p>	<p>30</p> <p><b>11:00 a.m. Living Well</b>  <b>11:00 a.m. Public Art Tour*</b>  <b>12:30 p.m. NEW-R Graduation!</b>  <b>1:00 p.m. Emotions Matter</b></p>	<p>31</p> <p><b>9:30 a.m. Gardening Club</b>  <b>11:00 a.m. Putt-Putt Golf*</b>  <b>11:00 a.m. MHL Graduation!</b>  <b>12:30 p.m. DRA</b>  <b>1:15 p.m. Safe Zone: LGBTQ+ &amp; Allies</b></p>	<p><b>*You must RSVP for Outings</b>  <b>Contact Bianca at 419-764-5364 or</b>  <b><a href="mailto:bcortes-ferreira@wernertcenter.org">bcortes-ferreira@wernertcenter.org</a></b></p>	

# What's Happening at TMWC



## SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

**August 3:** Polyamory & Non-Traditional Relationships

**\*August 11:** Toledo Pride T-shirt, part 1

**\*August 18:** Toledo Pride T-shirt, part 2

**August 24:** Ice Cream Social & Sexual Orientation Discussion

**\*August 31:** Grindhrs Coffeehouse Outing

\*Check other side for special dates & times

## Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

**August 1:** Fertilizer **August 3:** Aerogardens

**August 5:** Herb of the Month: Basil

**August 8:** Calcium

**August 12:** Amy Stone from OSU Ext. Office

**August 15:** Fertilizer

**August 17:** Veggie of the Month: Pepper

**August 19:** Patrick Trayer from Lucas SWCD (Soil & Water Conservation District)

**August 22:** Calcium

**August 24:** Penny Bollin from Rain Gardens

**August 26:** Fruit of the Month: Black Raspberries

**August 29:** Fertilizer

**August 31:** Make & Take (RSVP)

## Living Well

Sarah – 419-242-3000 ext. 116

**August 2:** Bargain Shopping

**August 9:** Guest: Bank Rep.

**August 16:** Vacation Planning Pt. 1

**August 23:** Vacation Planning Pt. 2

**August 30:** Organizing Documents (RSVP)

## Stress Busters

Donna – 419-242-3000 ext. 106

**August 12:** Why Men and Women React Different to Stress

**August 26:** Stress & Self Esteem

## Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

**August 4:** What is Avolition?

**August 18:** What is Anhedonia?

## Computer Lab

Todd – 419-242-3000 ext. 114

### NEW! Open Lab Times

**Session 1:** 9:00 am - 10:30 am

**Session 2:** 10:50 am - 12:15 pm

**Session 3:** 1:30 pm - 3:00 pm

Computer Lab Workshops include *Using Social Media or Password & Account Security.*

Check other side for dates & times.

## Emotions Matter

Amy – 419-242-3000 ext. 108

**August 2:** Fight or Flight Response

**August 9:** Listen to Your Emotions

**August 16:** Stages of Grief

**August 23:** Personal Strengths

**August 30:** Attitude of Gratitude

## Diabetes Support

Sarah – 419-242-3000 ext. 116

**August 4:** Fruits

**August 11:** Vegetables

**August 18:** Grains

**August 25:** Dairy

## Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

**August 11:** Summer Onset Seasonal Affective Disorder

**August 25:** Seasonal Affective Disorder

## Expressive Arts

Neil – 419-242-3000 ext. 111

### Daily Schedule

**Session 1:** 9:00 am - 10:15 am

**Session 2:** 11:00 am - 12:15 pm

**Session 3:** 1:30 pm - 2:45 pm

## Women's Peer Support

Kathleen – 419-242-3000 ext. 118

**August 1:** Housekeeping

**August 8:** Group Feedback

**August 13:** Stress Relievers

**August 22:** Guest Facilitator

**August 29:** Radical Acceptance

## Dual Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

**August 3:** Step Meeting

**August 5:** Fake it or Make it

**August 10:** Step Meeting

**August 12:** Personal Stories

**August 17:** HOW (Honesty, Open-mind, and Willingness)

**August 19:** Step Meeting

**August 24:** Member's Choice

**August 26:** Taking Daily Inventory

**August 31:** Step Meeting

## Eigensee Family Fitness Room

Lindsay – 419-242-3000 ext. 110

Please RSVP

**August 4, 11, 18, 25:** Strength Train Together

**August 23:** Yogaja Chair Yoga Class