




August

2025

Monday		Wednesday	Thursday	Friday
 THOMAS M. WERNERT CENTER				
		Saturday, Aug 16: Toledo Pride parade		
9:15: Gardening Club 11: Uplifting Women 12: Men's 360 12:30: Mental Health Literacy 1: Litter League	4	9:15: Gardening Club 11: Outings sign up 11:DRA 12:30: PLEP (Class 6)	6	9:15 Gardening Club 10: SafeZone 11:DRA
9:15: Gardening Club 11: Uplifting Women 12: Men's 360 12:30: Mental Health Literacy	11	10:15: Circuit training 10:30: You-pick flowers 11: Living Well 1: Feelings First	7	9:15: Gardening club 10:30: Yoga 11: DRA 12:45: Stress Busters
9:15: Gardening Club 11: Uplifting Women 12: Men's 360 12:30: Mental Health Literacy	18	10:15: Circuit training 11: Karaoke 11: Living Well 1: Feelings First	14	9:15: Gardening Club 10: SafeZone 10:30: Seated dance 11: DRA 12:45: Stress Busters
11: Uplifting Women 12: Men's 360 12:30: Mental Health Literacy	25	10:45: Pickleball outing 11: Living Well 11:Litter League 1: Feelings First	21	9:15: Gardening club 10: SafeZone 10: Mercy Health Screenings 11: DRA
9:15 Gardening club 11: Uplifting Women 12: Men's 360 12:30: Mental Health Literacy	26	9:15: Gardening club 11:Empowering Change (Reiki) 12:30: PLEP (graduation) 11: DRA (AA outing)	28	9:15 Gardening Club 10: SafeZone ice cream social 11: Clients rights forum 12:45: Stress Busters

SUPPORT GROUP TOPICS

SAFE ZONE (Fridays at 10 a.m.)

8/1: Toledo Pride Tent Backdrop Project

*THURSDAY 8/7 @ 11AM: Tie-Dye T-Shirts for Toledo Pride Volunteers

8/15: Toledo Pride Final Preparations

8/22: Toledo Pride Debrief & Donuts

8/29: Ice Cream Social (Ice Cream Toppings as a Metaphor for Sexual Orientation)

Feelings First (Tuesdays at 11)

8/5 – Family Members you’re Better off Distancing Yourself From

8/12 – Things you Don’t Owe Anyone an Explanation For

8/19 – Taking a Deeper Dive...

8/26 – Bouncing Back from Adversity & Tough Times

Activities and Programs (all sign ups due 8/6 at 11)

Litter League

8/4: 11 a.m.; 8/13: 11:30; 8/19: 11 a.m.; 8/28: 1 p.m.

Bookmobile

8/4 and 8/18: 12:15 p.m.

Dungeons & Dragons 101 (learning the game/character design)

8/20 and 8/27: 5 p.m.

Outings/Special events

8/5: You-pick flowers (10:30)

8/12: Karaoke (11:00)

8/13: Knitting circle (1:30)

8/20: Family Fun Night

8/21: Humane Society volunteering (leave at 10:30)

8/22: Mercy Health screenings (10:00)

8/28: Coffee connections (10:45)

8/29: Client’s rights forum (11:00)

UPLIFTING WOMEN (Mondays at 11 a.m.)

8/4: Exploring the 5 Elements of Holistic Wellness

8/11: The History of Purses

8/18: Emotional Self-Care

8/25: What Are “I Feel Statements?”

DBSA (Depression and Bipolar Support Alliance) (1st and 3rd Thurs. at 1 p.m.)

8/7: Weight loss meds and bipolar disorder

8/21: How advocacy can improve your treatment

Fitness (Mary A.)

Mon./Wed: Morning stretch @ 10:30

Tue./Thurs.: Circuit training @ 10:15

8/7: Swimming at Olander Park (leave at 11:45)

8/13: Cardio drumming (evening)

8/19: Pickleball (leave at 10:45)

Arts and Crafts (Maddie)

8/11: Beaded pens @ 1 p.m.

8/20: Birdhouse craft @ 1 p.m.

8/25: Sidewalk chalk @ 1 p.m.

8/27: Cup painting @ 1:30 p.m.

Art Studio (Mary M.)

8/4, 8/11, 8/18 & 8/25: Introduction of Macrame Mondays.

8/11 & 8/12: Poured Acrylic Painting

8/20 & 8/21: Found Object Art

8/27 & 8/28: String Art

See Art Studio calendar for more events!