

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 AM: Gardening 3 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 12:30 PM: PEP - 8 Dimensions of Wellness (8D) C5 1:00 PM: Movie - Wild Wild West	4 11:00 AM: Skipbo 11:00 AM: Living Well 1:00 PM: Feelings First	5 9:00 AM: ACTIVITY Sign-up 9:00 AM: PANTRY Sign ups 9:15 AM: Gardening 11:00 AM DRA 11:00 AM: Empowering Change	6 11:00 AM: Diabetes Support 11:00 AM: Flip-it card game 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 -2:30 PM: PEP - MHL C4 1:00 PM: SA	7 9:15 AM: Gardening w/Patrick - Intro to Soils 9:15 AM: M&B - terra cotta lighthouses - rsvp with Mary M please 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
10 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - 8D - C6 1:00 PM: Movie - Ms Congenitality	11  11:00 AM: Karaoke 11:00 AM: Living Well 1:00 PM: Feelings First	12 9:15: Gardening 11:00 AM: Left-right-center 11:00 AM: DRA 11:00 AM: Empowering Change	13 11:00 AM: Diabetes Support 11:00 AM: One and Done Dice Game 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 - 2:30 PM: MHL C5 1:00 PM: DBSA	14 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: Forum - Member Rights Yearly Presentation 11:00 AM: DRA 12:45 PM: Stressbusters
17 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 12:30 PM: PEP - 8D - C7 1:00 PM: Movie - Now You See Me	18 11:00 AM: Living Well 12:00 PM: BINGO 1:00 PM: Feelings First	19 9:00 AM - 2:30: PM: Mental Health First Aid - rsvp only 9:15: Gardening 11:00 AM: DRA 11:00 AM: Empowering Change	20 9:00 AM - 2:30: PM: Mental Health First Aid - rsvp only 11:00 AM: Diabetes Support 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: SA	21 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
24 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - 8D - C8 1:00 PM: Movie - Summer Last Resort	25 10 AM: Activities - Fishing - Outing (rescheduled from May) 11:00 AM: Living Well 1:00 PM: Feelings First 4:00-7:00 PM: Annual Board Retreat	26 9:15: Gardening 11:00 AM DRA 11:00 AM Empowering Change - 1 PM: Rock Painting craft	27 OPENING AT 10 AM: - Staff Meeting Hope Pantry Pick-up 11:00 AM: Diabetes Support 11:00 AM: Coffee Connections - outing 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 PM: PEP - MHL - C6 1:00 PM: DBSA	28 9:00 AM: Mercy Nurses 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
31 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 2:15 PM: TLCPL Book Mobile 12:30 PM: PEP - 8D - C9 1:00 PM: Movie - Keeping Up with the Joneses			PLEASE CONTACT TMWC STAFF FOR RSVPS ACTIVITIES: Roberto 419-242-3000 ext. 124 EXPRESSIVE ARTS: Mary M 419-242-3000 ext. 109 FITNESS: Mary A 419-242-3000 ext. 104 COMPUTER LAB: Becca 419-242-3000 ext. 106	

What's Happening at TMWC



August 2026

Uplifting Women (Mondays at 11 AM)

8/3 - Precious Memories - rsvp please
8/10 - Kidney Disease
8/17 - Lung Cancer - small cell & large cell
8/24 - Movie Part 1
8/31 - Movie Part 2



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

8/3 - 3D Printing Activity
8/10 - Friends Good or Bad for Recovery
8/17 - Anxiety Reducerts
8/24 - Breakfast Day - rsvp please
8/31 - Open Discussion

DBSA & SA (Thursdays at 11 AM)

8/6 - SA- Sleep Hygiene
8/13 - DBSA- Depression and Exercise
8/20 - Schizophrenia and Diet
8/27 - Depression and Diet

Living Well (Tuesday at 11 AM)

8/4 - Self-Confidence
8/11 - Self-Advocacy
8/18 - Self-Respect
8/25 - Self-Awareness

SafeZone (Fridays at 10 AM)

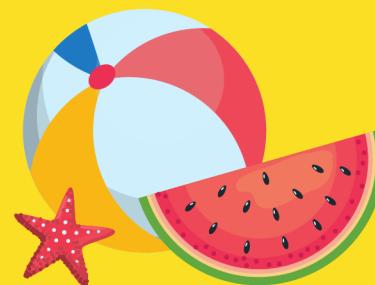
8/7 - Toledo Pride Plan & Prep
8/14 - Toledo Pride Plan & Prep
8/21 - Toledo Pride ebrieff & Dounuts
8/28 - SafeZone Ice Cream Social & Movie Day

Feelings First (Tuesdays at 1 PM)

8/4 - Healthy Ways to Express our Emotions
8/11 - Pillars of Wellness
8/18 - TMWC ROCKS! (Group Activity)
8/25 - Outgrowing the Version of Ourselves our Families Still Expect

Stress Busters (Friday at 12:45 PM)

8/7 - Spiritual
8/14 - Creative
8/21 - Passions
8/28 - Self-Care



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

Computer Lab Classes

Monday thru Friday Open Lab 1:30pm to 2:45pm
Monday 9:00am Open Lab
Tuesday and Thursday - Wired & inspired from 11:30am to 12:30pm
Monday, Wednesday - Open Lab 11:00am - 12:30pm

SUMMER PROGRAMMING - WEDNESDAYS FROM 5-7

Summer evening series continues . August features continuing D&D, Guitar Circle, Support Groups and FAMILY FUN NIGHT on 8/19.
See Flyer for more details



INFINITY - The Belonging Project
Wednesday 8/5 from 5-7:30 pm
Please register by using the QR code

