

DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p align="center">*You must RSVP for Activity/Outing</p> <p align="center">December, 6 – Activity Sign Up</p> <p align="center">OR See Program Coordinator</p>			<p>1</p> <p>11:00 a.m. Diabetes Support 11:30 a.m. & 1:30 p.m. Holiday Stress Relief Craft w/ Expressive Arts 1:00 p.m. Schizophrenia Alliance (SA)</p>	<p>2</p> <p>9:00 a.m. TSA Outing* 11:00 a.m. DRA 11:00 a.m. Holiday Decorating 12:00 p.m. Friday Supper Club 1:30 p.m. Issue Box Theatre: Storytelling</p>
<p>5</p> <p>11:00 a.m. Holiday Movie 11:00 a.m. Women's Peer Support (w/ Expressive Arts) 12:00 p.m. Men's Peer Support</p>	<p>6</p> <p>ALL DAY Activity Sign Up 11:00 a.m. Living Well 11:00 a.m. Wellness & Recovery Action Plan (WRAP) Class 1 1:00 p.m. Emotions Matter 1:15 p.m. Computer Lab Journeys</p>	<p>7</p> <p>9:30 a.m. Gardening Club* 10:30 a.m. Walleye Game Outing* 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>8</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Manor House Tour* 1:00 p.m. Depression Bipolar Support Alliance (DBSA)</p>	<p>9</p> <p>11:00 a.m. Holiday Raffle & Sing-A-Long 11:00 a.m. DRA 12:00 p.m. Friday Supper Club 12:30 p.m. Stress Busters* 1:15 p.m. Computer Lab Journeys</p>
<p>12</p> <p>11:00 a.m. Pool Tournament 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support</p>	<p>13</p> <p>11:00 a.m. Living Well 11:00 a.m. WRAP Class 2 11:00 a.m. Bowling Outing* 1:00 p.m. Emotions Matter</p>	<p>14</p> <p>10:00 a.m. Gardening Club 11:00 a.m. Holiday Coaster Tiles 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>15 TMWC OPEN AT 10 a.m.</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Mosaic Buddies Craft 1:00 p.m. SA</p> <p>5:15 p.m. NAMI Create Now</p>	<p>16</p> <p>11:00 a.m. DRA 11:00 a.m. Holiday Party 12:00 p.m. Friday Supper Club 1:15 p.m. Computer Lab Journeys</p>
<p>19</p> <p>11:00 a.m. DIY Christmas Cookies 11:00 a.m. Women's Peer Support</p>	<p>20</p> <p>11:00 a.m. Ugly Sweater Contest 11:00 a.m. WRAP Class 3 11:00 a.m. Living Well 12:00 p.m. Men's Peer Support* 1:00 p.m. Emotions Matter</p> <p>4:00 p.m. TMWC Board of Trustees Meeting</p>	<p>21</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Pajama Day & Hot Cocoa 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies</p>	<p>22</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections Outing* 1:00 p.m. DBSA</p>	<p>23</p> <p align="center"></p>
<p>26</p> <p align="center"></p>	<p>27</p> <p>11:00 a.m. Bingo 11:00 a.m. WRAP Class 4 11:00 a.m. Living Well 1:00 p.m. Emotions Matter 1:15 p.m. Computer Lab Journeys</p>	<p>28</p> <p>9:30 a.m. Gardening Club 10:00 a.m. SAME Café Volunteer* 12:30 p.m. DRA 2:00 p.m. Safe Zone: LGBTQ+ & Allies*</p>	<p>29</p> <p>11:00 a.m. Diabetes Support 11:00 a.m. New Year's Workout w/ Fitness 1:00 p.m. SA</p>	<p>30</p> <p align="center"></p>

What's Happening at TMWC



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.

Dec. 2: Toledo School for the Arts Student Showcase Outing*

Saturday, Dec. 17: Magic Show at Crosswell Opera House

Computer Lab

Todd – 419-242-3000 ext. 114

Open Lab Times

Session 1: 9:00 am - 10:30 am
Session 2: 10:50 am - 12:15 pm
Session 3: 1:15 pm - 2:45 pm

Computer Lab Journeys.

December 6, 9, 16, & 20 at 1:15 pm.

Fitness

Lindsay – 419-242-3000 ext. 110

Dec. 13: Bowling Alley Outing*

Strength Training Together:
Tuesday & Thursday, 12:30 - 1:30 pm.

Brains & Balance:
Friday, 10:00 - 10:30 am.

Gardening Club

(9:30 a.m. – 10:30 a.m.)

Donna – 419-242-3000 ext. 106

Dec. 7: Herb Project (RSVP Required)

Dec. 14: Christmas Cactus

Dec. 21 & 28: Guest: Patrick Troyer, Lucas Soil & Water Conversion District

Friday Supper Club Menu

Fridays at 12:30 pm
TMWC Clubroom

Dec. 2: Chili, salad, & sheet cake

Dec. 9: Hot dogs w/ chili, chips, & pudding

Dec. 16: Ham, potatoes, green bean casserole, rolls, & apple cobbler

Emotions Matter

Amy – 419-242-3000 ext. 108

Dec. 6: Learning to Self Soothe

Dec. 13: Sharing Emotions

Dec. 20: Assertive Communication Role Play (w/ Expressive Arts)

Dec. 27: Year End Feedback & Wrap Up



Diabetes Support

Sarah – 419-242-3000 ext. 116

Dec. 1: Minerals & Diabetes

Dec. 8: Prevention of Hypoglycemia

Dec. 15: Sick Day Management for Diabetic Individuals

Dec. 22: Getting Through the Holidays

Dec. 29: Obesity & Diabetes

Stress Busters

Donna – 419-242-3000 ext. 106

Dec. 9: Singing Bowl Meditation (RSVP Required)

Men's Peer Support

Rob – 419-242-3000 ext. 119

Dec. 5: Awareness

Dec. 12: Thinking & Feeling

Dec. 20: Year End Wrap Up (RSVP Required)

Living Well

Sarah – 419-242-3000 ext. 116

Dec. 6, 13, 20, & 27: Cleaning Series

Depression Bipolar Support Alliance

Lori – 419-242-3000 ext. 117

Dec. 8: Self-Care in Wintertime

Dec. 22: Depression & Sleep

Women's Peer Support

Kathleen – 419-242-3000 ext. 118

Dec. 5: Collaboration w/ Expressive Arts

Dec. 12: Setting Goals

Dec. 19: Holiday Movie

SafeZone: LGBTQ+ and Allies

Callie – 419-242-3000 ext. 127

Dec. 7: Pansexual Pride Day

Dec. 14: 2022: Reflect & Review

Dec. 21: Genderbread Person Pt. 1

Dec. 28: Genderbread Person Pt. 2 (w/ Expressive Arts) (RSVP Required)

Dual Recovery Anonymous (DRA)

Janese – 419-242-3000 ext. 120

Dec. 2, 9, & 16: 12 Step Meeting

Dec. 7: Acceptance in Recovery

Dec. 14: Love and Tolerance in Recovery

Dec. 21: Avoiding Triggers through the Holidays

Dec. 28: Get Ready for the New Year!

Schizophrenia Alliance

Lori – 419-242-3000 ext. 117

Dec. 1: Inspirational Group Activities

Dec. 15: Hope Quotes & Mantras

Dec. 29: Benefits of Mindfulness