

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:45 AM: <b>Typing Zone</b></p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:15 pm: <b>TLCPL Book Mobile</b></p> <p>12:30 PM: PEP - Exploring Emotions (EE) #4</p> <p>1:00 PM: <b>Movie Monday - A Beautiful Day In The Neighborhood</b></p> <p><b>1</b></p>	<p>11:00 AM: <b>Air Dry Clay</b></p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p>  <p><b>2</b></p>	<p>9:00 AM: <b>ACTIVITY Sign-up</b></p> <p>9:00 AM: <b>PANTRY Sign ups</b></p> <p>9:15 AM: Gardening</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> <p>1:30 PM: NAMI - Creative Expressions</p> <p>2:00 PM: Role playing games</p> <p><b>3</b></p>	<p>11:00 AM: Diabetes Support</p> <p>10:45 AM: <b>Vod's Here - outing</b></p> <p>12:30 PM: PEP - Eight Dimensions of Wellness (8D) #5</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p> <p><b>4</b></p>	<p>10:00 AM <b>SafeZone</b></p> <p>10:45 am to Noon: <b>Creative writing</b></p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p> <p><b>5</b></p>
<p>10:45 AM: <b>Typing Zone</b></p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - EE #5</p> <p>1:00 PM: <b>Movie Monday - Saving Mr Banks</b></p> <p><b>9</b></p>	<p>11:00 AM: <b>Karaoke</b></p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> <p><b>10</b></p>	<p>9:15 AM: Gardening - Amy Stone</p> <p>11:00 AM: DRA</p> <p>11:00 AM: <b>Valentine's Cards Hearts</b></p> <p>11:00 AM: Empowering Change</p> <p>2:00 PM: Role playing games</p> <p><b>11</b></p>	<p>11:00 AM: Diabetes Support</p> <p>11:00 AM: <b>Toledo Museum of Art</b></p> <p>12:30 PM: PEP - (8D) #6</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p> <p><b>12</b></p>	<p>10:00 AM <b>SafeZone</b></p> <p>10:45 am to Noon: <b>Creative writing</b></p> <p>11:00 AM: <b>Valentine's Day Party</b></p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>  <p><b>13</b></p>
<p>10:45 AM: <b>Typing Zone</b></p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:15 PM: <b>TLCPL Book Mobile</b></p> <p>12:30 PM: PEP - EE #6</p> <p>1:00 PM: <b>Movie Monday - On the Basis of Sex (RBG Biopic)</b></p> <p><b>16</b></p>	<p>10:45 AM: <b>Goodwill Store - outing</b></p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p>  <p><b>17</b></p>	<p>9:15: Gardening - Hydroponics</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP - WRAP: Recovery Topics</p> <p>1:00 PM: <b>Homemade Lavender Sachets</b></p> <p>2:00 PM: Role playing games</p> <p><b>18</b></p>	<p><b>OPENING AT 10 AM: - Staff Meeting</b></p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP 8D - #7</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p> <p>1:00 PM: Price Is Right</p> <p><b>19</b></p>	<p>10:00 AM <b>SafeZone</b></p> <p>10:45 AM: <b>Creative writing</b></p> <p>11:00 AM: <b>Forum - Lucas County Library</b></p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p> <p><b>20</b></p>
<p>10:45 AM: <b>Typing Zone</b></p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - EE #7</p> <p>1:00 PM: <b>Movie Monday - The Theory of Everything</b></p> <p><b>23</b></p>	<p>12 PM: <b>BINGO</b></p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p>  <p><b>24</b></p>	<p>9:15: Gardening (fairy gardens)</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: WRT #2</p> <p>1:00 PM: <b>Guitar Group</b></p> <p>2:00 PM: Role playing games</p> <p><b>25</b></p>	<p><b>Hope Pantry Pick-up</b></p> <p>11:00 AM: <b>Coffee Connections</b></p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP 8D #8</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p> <p><b>26</b></p>	<p>10:00 AM: <b>SafeZone</b></p> <p>10 AM to 1:00 PM: <b>Mercy Nurses</b></p> <p>10:45 AM: <b>Creative Writing</b></p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p> <p><b>27</b></p>
				<p><b>PLEASE CONTACT TMWC STAFF FOR RSVPS</b></p> <p><b>ACTIVITIES:</b> Maddie   419-764-5364</p> <p><b>EXPRESSIVE ARTS:</b> Mary M   419-242-3000 ext. 109</p> <p><b>FITNESS:</b> Mary A   419-242-3000 ext. 104</p> <p><b>COMPUTER LAB:</b> Becca   419-242-3000 ext. 106</p>

# What's Happening at TMWC



## February 2026

### **Uplifting Women** (Mondays at 11)

2/2: Writing Group Rules 1

2/9: Writing Group Rules 2

2/16: Valentine snack (RSVP)

2/23: Alopecia (hair thinning)

### **Men's 360** (Monday at 12:45)

2/2: What are things that I am powerless over?

2/9: Things In my life I need help managing.

2/15: How do I handle fear?

2/23: Building the best support system for me.

### **SafeZone** (Fridays at 10 am)

2/6: Open discussion

2/13: The science of attraction

2/20: Diversity & Identity: You Soup

2/27: Equity vs. Equality

### **Feelings First**

2/3: Anger: Dice game and discussion

2/10: How Showing Kindness Can Change A Life

2/17: Practical Tips to Achieve Your Goals

2/24: Member's Choice--What's On Your Mind?

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

Mondays: Typing Zones

Tuesday: Open Lab

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

Gardening Celebration for Amy Stone – 9:15 AM @ 2/18



### **ART STUDIO**

Acrylic Paint Pour on February 18, 9:15am–10:30am

& Feb.26, 1:30–2:45pm

RSVP Required with Mary M

10 people limit per session



# Black History Month

Black Legacy Tributes--  
Tuesdays @10:30 (morning meetings)

Role Playing Games with Jason -  
Monty Python RPG (Wed. at 2 p.m.)

