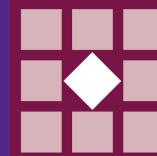


February 2026



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

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
- Wednesday: Mindful Surfing
- Thursday: Employment Essentials
- Fridays: Creative Writing



February 2026

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.)