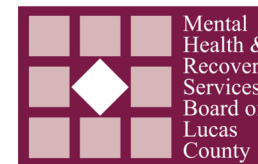


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CONTACT TMWC STAFF FOR RSVPS</p> <p>ACTIVITIES: Roberto 419-242-3000 ext. 124</p> <p>EXPRESSIVE ARTS: Mary M 419-242-3000 ext. 109</p> <p>FITNESS: Mary A 419-242-3000 ext. 104</p> <p>COMPUTER LAB: Becca 419-242-3000 ext. 106</p>		<p>9:00 AM: ACTIVITY Sign-up 1</p> <p>9:00 AM: PANTRY Sign ups</p> <p>9:15 AM: Gardening - Watering & then some</p> <p>11:00 AM DRA</p> <p>11:00 AM: Patriotic Party!!!</p> <p>11:00 AM: Empowering Change</p>	<p>2</p> <p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Left-Right-Center</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p>	<p>CLOSED 3</p> 
<p>6</p> <p>9:15 AM: Gardening - Watering & then some</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:15 PM: TLCPL Book Mobile</p> <p>12:30 PM: PEP - 8 Dimensions of Wellness (8D) C1</p> <p>1:00 PM: Movie - Percy Jackson: Sea of Monsters</p>	<p>7</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> <p>1:00 PM: One and Done Dice Game</p>	<p>8</p> <p>9:15: Gardening - Guest - Patrick "Bats & Pollinators in the Garden"</p> <p>11:00 AM: Neighborhood Walk</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p>	<p>9</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p> <p>1:00 PM: Diamond Dots - Clubroom</p>	<p>10</p> <p>9:15 AM: Gardening - Watering & then some</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: Forum SSA</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>
<p>13</p> <p>9:15 AM: Gardening - watering & then some</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - 8D - C2</p> <p>1:00 PM: Movie - Space Jam</p>	<p>14</p>  <p>11:00 AM: Craft in the Clubroom</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p>	<p>15</p> <p>9:15: Gardening - watering & then some</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change - Outing</p> <p>1 pm: Flip It - Card Game</p>	<p>16</p> <p>OPENING AT 10 AM: - Staff Meeting</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>12:30 PM: PEP - Mental Health Literacy (MHL) C1</p> <p>1:00 PM: DBSA</p>	<p>17</p> <p>9:15 AM: Gardening - Watering & then some</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>
<p>20</p> <p>9:15 AM: Gardening - watering & then some</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:15 PM: TLCPL Book Mobile</p> <p>12:30 PM: PEP - 8D - C3</p> <p>1:00 PM: Movie - Peanuts Movie</p>	<p>21</p> <p>11:00 AM: Living Well</p> <p>11:00 AM: Karaoke</p> <p>1:00 PM: Feelings First</p>	<p>22</p> <p>9:15: Gardening - watering & then some</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change -</p> <p>1 PM: Sequence</p>	<p>23</p> <p>Hope Pantry Pick-up</p> <p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Coffee Connections - outing</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>12:30 PM: PEP - MHL - C2</p> <p>1:00 PM: SA</p>	<p>24</p> <p>9:15 AM: Gardening - watering & then some</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>
<p>27</p> <p>9:15 AM: Gardening - watering & then some</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - 8D - C4</p> <p>1:00 PM: Movie - Men In Black: International</p>	<p>28</p> <p>11:00 AM: Living Well</p> <p>12:00 AM: BINGO</p> <p>1:00 PM: Feelings First</p> <p>4:30 PM: TMWC Board of Trustee Meeting - in the Clubroom.</p>	<p>29</p> <p>9:15: Gardening - watering & then some</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> <p>1:00 PM: TMWC Trivia</p>	<p>30</p> <p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Neighborhood Walk</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>12:30 PM: PEP - MHL - C3</p> <p>1:00 PM: DBSA</p>	<p>31</p> <p>9:15 AM: Gardening - watering & then some</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>

What's Happening at TMWC



July 2026

Uplifting Women (Mondays at 11 AM)

7/6 - Patrice, with OSU Extension Center - Finances and Budgeting
7/13 - Check-in and Meditation
7/20 - Let's Learn about the Glycemic Index and How To Make It Work For You
7/27 - Christmas In July - r.s.v.p.

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

7/6 - Name Your Pain
7/13 - Sharing Your Emotions
7/24 - Finding Your Voice
7/31 - Keep Calm and Carry On

Living Well (Tuesday at 11 AM)

7/7 - Cleaning and Organizing Tips
7/14 - Personal Care & Hygiene
7/21 - Internet Safety
7/28 - Meal Planning

Feelings First (Tuesdays at 1 PM)

7/7 - BIPOC (Black, Indigenous and People of Color) Mental Health Awareness Month
7/14 - Reminiscing Good Times While Playing Card BINGO
7/21 - Conquering Loneliness
7/28 - How Kindness can Change a Life

DBSA & SA (Thursdays at 11 AM)

7/2 DBSA- Coping Skills For Depression
7/9- SA- Social Anxiety
7/16- DBSA- Building A Support Network
7/23- SA- Schizophrenia & Socialization
7/30- DBSA- Isolation & Withdrawal

SafeZone (Fridays at 10 AM)

7/3: TMWC CLOSED FOR HOLIDAY
7/10: Toledo Pride Plan & Prep
7/17: Toledo Pride Plan & Prep
7/24: Toledo Pride Plan & Prep
7/31: Toledo Pride Plan & Prep

Stress Busters (Friday at 12:45 PM)

7/10 - Spiritual
7/17 - Creative
7/24 - Passions
7/31 - Self-Care



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

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

SUMMER PROGRAMMING - WEDNESDAYS FROM 5-7

Summer evening series continues. July features continuing D&D, Art & Craft Activities, Completing the Grief & Loss Series and COMEDY NIGHT WITH CRUMBLY COMEDIAN on July 15th.

July 1st - Join the Patriotic Party

The band Mister J will be under the gazebo.
Outdoor activities and fun planned from 11-1.