

JUNE 2024

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 1:00 p.m. Corn Hole</p>	<p>4</p> <p>10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 11:00 a.m. Community Leadership Class Three 12:00 p.m. BINGO 1:00 p.m. Emotions Matter 1:30 p.m. Volleyball</p>	<p>5</p> <p>All Day: Activity Sign-Ups 9:30 a.m. Gardening Club 12:30 p.m. DRA 1:30 p.m. Journal Club 1:30 p.m. NAMI Creative Expressions*</p>	<p>6</p> <p>10:00 a.m. Fitness: Circuit Training 10:45 a.m. Fishing Outing* 11:00 a.m. Expressive Arts: Ceramic Keepsake Boxes* 11:00 a.m. Diabetes Support 1:00 p.m. DBSA</p>	<p>7</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 1:00 p.m. SafeZone: LGBTQ+ & Allies</p>
<p>10</p> <p>9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 11:00 a.m. TMWC Litter League 12:00 p.m. Men's Peer Support 1:15 p.m. Fitness: Afternoon Stretch</p>	<p>11</p> <p>10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 11:00 a.m. Community Leadership Class Four 12:00 p.m. Karaoke 1:00 p.m. Emotions Matter</p>	<p>12</p> <p align="center" style="border: 1px solid black; padding: 2px;">CRISIS INTERVENTION TRAINING (CIT) SESSIONS AT 9:00 AM & 10:45</p> <p>9:30 a.m. Gardening Club 10:45 a.m. Frida's Shop Outing* 11:00 a.m. Empowering Change 12:30 p.m. DRA 1:30 p.m. Knitting Circle</p>	<p>13</p> <p>10:00 a.m. Fitness: Circuit Training 11:00 a.m. Expressive Arts: Emerging Artist Exhibition* 11:00 a.m. Diabetes Support 1:00 p.m. SA 1:30 p.m. Sidewalk Chalk</p>	<p>14</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 12:45 p.m. Stress Busters 1:00 a.m. SafeZone: LGBTQ+ & Allies</p>
<p>17</p> <p>9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 11:00 a.m. Rummy Tournament 12:00 p.m. Men's Peer Support 1:15 p.m. Fitness: Afternoon Stretch</p>	<p>18</p> <p>10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 11:00 a.m. Community Leadership Class Five/Graduation! 11:00 a.m. TMWC Litter League 1:00 p.m. Emotions Matter 1:30 p.m. Pride Craft</p>	<p>19</p> <p align="center">CLOSED FOR JUNETEENTH</p>	<p>20</p> <p>10:00 a.m. Fitness: Circuit Training 11:00 a.m. Diabetes Support 11:00 a.m. SafeZone: LGBTQ+ & Allies* 1:00 p.m. DBSA</p>	<p>21</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Summer Fling Party</p>
<p>24</p> <p>9:30 a.m. Gardening Club 10:00 a.m. CL: Computer Basics 11:00 a.m. Women's Peer Support 11:00 a.m. Soccer 1:15 p.m. Fitness: Afternoon Stretch</p>	<p>25</p> <p>10:00 a.m. CL: Computer Basics 11:00 a.m. Living Well 1:00 p.m. Emotions Matter 1:30 p.m. Butterfly Garland Art</p>	<p>26</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Empowering Change 11:00 a.m. Expressive Arts: Mosaic Craft 12:30 p.m. DRA 1:30 p.m. Knitting Circle</p>	<p>27</p> <p>TMWC OPEN AT 10 a.m.</p> <p>10:00 a.m. Fitness: Circuit Training 10:45 a.m. Coffee Connections* 11:00 a.m. Diabetes Support 1:00 p.m. SA 1:00 p.m. CL: Gaming for Mental Health</p>	<p>28</p> <p>9:30 a.m. Gardening Club 10:00 a.m. DRA 12:45 p.m. Stress Busters 1:00 a.m. SafeZone: LGBTQ+ & Allies</p>

***Please contact TMWC Staff for RSVPs.**

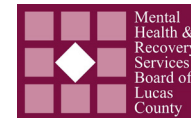
Activities, Maddie - 419-764-5346

Expressive Arts, Alyssa – 419-242-3000 ext. 109

Fitness, Lindsay – 419-242-3000 ext. 110

Computer Lab (CL), Rodney – 419-242-3000 ext. 114

What's Happening at TMWC



Support Groups

EMOTIONS MATTER: 'Forgiveness Series' every Tuesday in June at 1:00 p.m.
WOMEN'S PEER: Guest speaker from YWCA on Monday, June 3 at 11:00 a.m.
STRESSBUSTERS: 'Laughter is the Best Medicine' on Friday, June 14 at 12:45 p.m.
SAFEZONE: Annual Pride Month Picnic on Thursday, June 20 at 12:00 p.m. - RSVP!

Activities and Programs

ACTIVITIES & OUTINGS:
Monday, June 3 at 1:00 p.m. - Cornhole Tournament
Tuesday June 4 at 12 p.m. - BINGO
Tuesday, June 4 at 1:30 p.m. - Volleyball
Wednesday, June 5 at 1:30 p.m. - Journal Club
Thursday, June 6 at 10:45 a.m. - Fishing Outing - RSVP!
Monday, June 10 at 11 a.m. - Litter League
Tuesday, June 11 at 12 p.m. - Karaoke
Wednesday, June 12 at 10:45 a.m. - Frida's Shop Outing
Wednesday, June 12 at 1:30 p.m. - Knitting Circle
Thursday, June 13 at 11 a.m. - Sidewalk Chalk
Monday, June 17 at 11 a.m. - Rummy Tournament
Tuesday, June 18 at 11 a.m. - Litter League
Tuesday, June 18 at 1:30 p.m. - Pride Craft
Monday, June 24 at 11 a.m. - Soccer
Tuesday, June 25 at 1:30 p.m. - Butterfly Garland Art
Wednesday, June 26 at 1:30 p.m. - Knitting Circle
Thursday, June 27 at 10:45 a.m. - Coffee Connections - RSVP!
Thursday, June 27 at 1:30 p.m. - Basketball

Expressive Arts

Alyssa - 419-242-3000 ext. 109

Wednesday, June 5 at 1:30 p.m. - NAMI Creative Expressions - RSVP!
Thursday, June 6 at 11 a.m. - Ceramic Keepsake Boxes - RSVP!
Friday, June 7 at 7 p.m. - Toledo Ballet 2024 Showcase - RSVP!
Monday, June 10 at 9:15 a.m. & 11 a.m. - Alcohol Ink Tiles - RSVP!
Thursday, June 13 at 11 a.m. - Emerging Artist Exhibition - RSVP!
Wednesday, June 26 at 11 a.m. & 1:30 p.m. - Mosaic Craft

Fitness

Lindsay - 419-242-3000 ext. 110

Mondays at 1:15 p.m. - Afternoon Stretch!

Thursdays at 10:00 a.m. - Circuit Training! Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in to a raffle for a BIG prize. One winner will be drawn at the end of each month.

Computer Lab

Rodney - 419-242-3000 ext. 114

Mondays and Tuesdays at 10:00 a.m. - Computer Basics! A beginners guide to one of the most popular electronic devices in use today.

Thursday, June 27 at 1:00 p.m. - Gaming for Mental Health

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, June 7 at 9:30 a.m. - Amy S. from OSU Extension Office

Friday, June 28 at 9:30 a.m. - Patrick T. from Lucas Co. Soil & Water Conservation District