




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>9:15 AM: Gardening - Outside & Hydroponic 1</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - WRAP #8</p> <p>1:00 PM: Movie - Spy Kids</p> | <p>2</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> | <p>3</p> <p>9:00 AM: ACTIVITY Sign-up</p> <p>9:00 AM: PANTRY Sign ups</p> <p>9:15 AM: Gardening - Outside & Hydroponic</p> <p>11:00 AM DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP B-3 #9 (GRADUATION)</p> | <p>4</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP - Building Better Boundaries (B-3) #9 (GRADUATION)</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p> | <p>5</p> <p>9:15 AM: Gardening - Outdoor & Hydroponic</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: Speed Friending</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p> |
| <p>9:15 AM: Gardening - Outside & Hydroponic 8</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 - WRAP #9 (GRADUATION)</p> <p>1:00 PM: Movie - Shark Boy & Lava Girl</p> | <p>9</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p>  | <p>10</p> <p>9:15: Gardening - Outdoor & Hydroponic</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> | <p>11</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>12</p> <p>9:15 AM: Gardening - Outdoor & Hydroponic</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p> |
| <p>9:15 AM: Gardening - Outdoor & Hydroponic 15</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>1:00 PM: Movie - Labyrinth</p> | <p>16</p> <p>11:00 AM: Karaoke</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> | <p>17</p> <p>9:15: Gardening - Outdoor & Hydroponic</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> | <p>18</p> <p>OPENING AT 10 AM: - Staff Meeting</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>1:00 PM: DBSA</p> | <p>19</p> <p>CLOSED</p>  |
| <p>9:15 AM: Gardening - Outdoor & Hydroponic 22</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>1:00 PM: Movie - Sky High</p> | <p>23</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>24</p> <p>9:15: Gardening - Outdoor & Hydroponic</p> <p>10:30 AM:</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> | <p>25</p> <p>Hope Pantry Pick-up</p> <p>11:00 AM: Diabetes Support</p> <p>11-1 PM: SafeZone - Picnic - Outing</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p> | <p>26</p> <p>9:15 AM: Gardening - Outdoor & Hydroponic</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p> |
| <p>9:15 AM: Gardening - Outdoor & Hydroponic 29</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>1:00 PM: Movie - The Golden Child</p> | <p>30</p> <p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> |  | <p>PLEASE CONTACT TMWC STAFF FOR RSVPS</p> <p>ACTIVITIES: Roberto 419-242-3000</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> | |

What's Happening at TMWC



June 2026

Uplifting Women (Mondays at 11 AM)

6/1 - How to Avoid Self-Bias
6/8 - 10 Common Emotions Beyond Happiness
6/15 - Check In, How Are You?
6/22 - RSVP - Food Extravaganza
6/29 - Patrice from OSU - Finance, Money and Personality

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

6/1 - open discussion
6/8 - Breakfast Jefferson Express RSVP *
6/15 - Embracing life dialectic
6/22 - Accepting change
6/29 - Emotional resiliency

Living Well (Tuesday at 11 AM)

6/2 - Own Your Mistakes
6/9 - Embracing Change
6/16 - Practicing Self-Compassion
6/23 - Finding Our Strengths
6/30 - 100 Ways to Have Fun!!!!

Feelings First (Tuesdays at 1 PM)

6/2 - PTSD & Identifying Trauma Triggers
6/9 - How to Stop Worrying & End Anxious Thoughts
6/16 - Emotional Regulation Strategies
6/23 - Members' Choice - What's on Your Mind?
6/30 - Learning to Love Yourself

DBSA & SA (Thursdays at 11 AM)

6/4 - DBSA - Depression & Rumination Going Skills
6/11 - SA - Our Resources to Fight
6/18 - DBSA - Depression & Positive Self Talk
6/25 - 6/25 - Countering Catastrophizing

SafeZone (Fridays at 10 AM)

6/5: Open Discussion
6/12: LGBTQ+ History Jeopardy
6/19: TMWC CLOSED FOR JUNETEENTH
6/25 - SAFEZONE - Pride Month BBQ/Picnic

Stress Busters (Friday at 12:45 PM)

6/5 - 3d Printing
6/12 - Coloring Pages and Pencil
6/19 - Journaling prompts
6/26 - Water color at 577 club RSVP*



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

Computer Lab Classes

Mondays: Typing Zone 9 AM-10:45 AM
Fridays: Creative Writing 10:45 AM -noon
1:1 Session w/Becca Tuesdays & Wednesdays mornings - sign-up required - see Becca
Thursday & Friday: 3D printer Days during open labs - See Becca to sign-up
Open Lab will continue at this time, providing you do not need 1:1 support

SUMMER PROGRAMMING - WEDNESDAYS FROM 5-7

Join us every Wednesday from 5 p.m. to 7 p.m. beginning in June for our summer evening programming. We will be running our Grief & Loss group, as well as our Dungeons & Dragons group. Each week will feature various activities and games. Follow us on Facebook for weekly details!!!!

Don't miss Sober Soiree with Equitas on Wednesday June 17th

Calling All Peers - Lucas County Peer Collaborative Quarterly Meeting

Join us in the TMWC Clubroom on Thursday, June 11th from 4:30-6pm as we prioritize goals for our growing Peer Collaborative and explore ideas for how to grow peer professionalization, promote peer engagement, navigate ethics and values conversations, and establish a mentorship program for peer professionals in Lucas County. This meeting is open to all in Lucas County with a vested interest in advancing the peer narrative in our region.