

MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>WOMEN'S HISTORY MONTH</p>	<p>*Please contact TMWC For RSVPs and questions. Call or text (419)-242-3000.</p>	<p>1</p> <p>ALL DAY Activity Sign Up 9:30 a.m. Gardening Club 11:00 a.m. Personal Leadership 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 1:30 p.m. NAMI Creative Expressions* 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>2</p> <p>TMWC CLOSED FOR STAFF TRAINING</p>	<p>3</p> <p>9:00 a.m. Expressive Arts: TSA Outing 10:00 a.m. DRA 10:00 a.m. Fitness: Brains and Balance 12:00 p.m. Supper Club 1:15 p.m. Computer: Lab Journeys</p>
		<p>6</p> <p>11:00 a.m. Mindful Monday (Fitness: Tai Chi) 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. Mental Health Literacy (MHL)</p>	<p>7</p> <p>11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter</p>	<p>8</p> <p>Crisis Intervention Training (CIT) sessions at 9:00 am & 10:45 am</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Personal Leadership 12:00 p.m. Outdoor Games 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>
<p>13</p> <p>11:00 a.m. Mindful Monday (Fitness: Tai Chi) 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. MHL</p>	<p>14</p> <p>11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter</p>	<p>15</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Personal Leadership Graduation! 11:00 a.m. Karaoke 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>16</p> <p>TMWC OPEN AT 10 a.m. 11:00 a.m. Diabetes Support 12:00 p.m. Bingo 12:30 p.m. Exploring Emotions 1:00 p.m. DBSA 5:15 p.m. NAMI Create Now*</p>	<p>17</p> <p>10:00 a.m. DRA 10:00 a.m. Fitness: Brains and Balance 12:00 p.m. Supper Club 1:15 p.m. Computer: Lab Journeys Happy St. Patrick's Day!</p>
<p>20</p> <p>11:00 a.m. Mindful Monday 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. MHL Graduation!</p>	<p>21</p> <p>11:00 a.m. Living Well 12:00 p.m. Recovery Together Advocacy Group 1:00 p.m. Emotions Matter</p>	<p>22</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Seeking Adventure Hunt 11:00 a.m. Community Leadership 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>23</p> <p>10:00 a.m. Outreach Training 11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections* 12:30 p.m. Exploring Emotions 1:00 p.m. SA</p>	<p>24</p> <p>10:00 a.m. DRA 10:00 a.m. Fitness: Brains and Balance 11:00 a.m. Wellness Friday 12:00 p.m. Supper Club 12:45 p.m. Stress Busters 1:15 p.m. Computer: Lab Journeys</p>
<p>27</p> <p>11:00 a.m. Mindful Monday (Fitness: Tai Chi) 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. Wellness Management & Recovery (WMR)</p>	<p>28</p> <p>11:00 a.m. Wii Games: "Just Dance" 11:00 a.m. Living Well 1:00 p.m. Emotions Matter 4:30 p.m. TMWC Board of Trustees Meeting</p>	<p>29</p> <p>9:30 a.m. Gardening Club 11:00 a.m. Community Leadership 11:00 a.m. Outdoor Art 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 2:00 p.m. SafeZone: LGBTQ+ & Allies</p>	<p>30</p> <p>10:00 a.m. Outreach Training 11:00 a.m. Diabetes Support 11:00 a.m. Fitness: Metropark Hunt* 12:30 p.m. Exploring Emotions 1:00 p.m. DBSA</p>	<p>31</p> <p>10:00 a.m. DRA 10:00 a.m. Fitness: Brains and Balance 11:00 a.m. Friday Forum 12:00 p.m. Supper Club 1:15 p.m. Computer: Lab Journeys</p>

What's Happening at TMWC



Fitness

Lindsay – 419-242-3000 ext. 110

Mondays in March the Fitness Program will lead Tai Chi lessons as a part of Mindful Mondays in the Clubroom. Tai Chi is also known as “shadowboxing” and is a great way to practice mindfulness.

Fridays from 10-10:30a: Brains & Balance Class

This half-hour class tests your center of gravity while working to improve memory, focus, and brain functions. Activities change each week to keep members on their toes!

Friday, March 10: Stress Busters Support Group

The Fitness Program and Stress Busters are working on wellness one breath at a time! Learn and practice deep breathing techniques and stretches that can be done in a chair.

Computer Lab

Todd – 419-242-3000 ext. 114

Wednesdays and Fridays at 1:15p: Computer Lab Journeys

Lab Journeys are a series of rotating workshops and activity sheets that are designed to help members navigate computer basics.

March 8: A.I. Art

A.I. stands for Artificial Intelligence. Learn how art is made using artificial intelligence.

March 15: Social Media

Learn about social media platforms and using social media in a responsible and safe manner.

March 22: How Your Eyes Deceive You

Learn how the eyes and brain communicate to make sense of the world around us.

March 29: A.I. Art

Every Friday: Crayon Physics

Watch your drawings come to life in this interactive game. Doodle your way through over 70 levels of creative science problems!

Expressive Arts

Neil – 419-242-3000 ext. 111

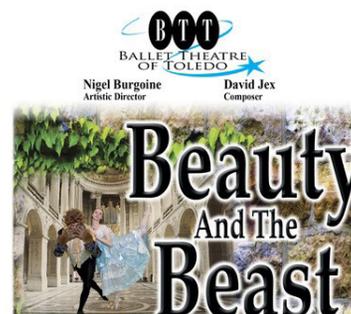
Tuesdays in March will feature visual art styles by Georgie O’Keefe and Frida Kahlo to honor Women’s History Month.

Including discussions on the importance of representation in all aspects of the world.

March 3 at 9:00 am: Toledo School for the Arts First Friday

Toledo School for the Arts highlights student talents from music, dance, theatre, and visual art at a special “First Friday” event. Coffee and refreshments provided.

RSVP required.



March 10 from 9a-12pm:

Ballet Theatre of Toledo Matinee

A special afternoon performance of Ballet Theatre of Toledo’s production of “Beauty and the Beast”, with original choreography by Nigel Burgoine and original music by David Jex.

RSVP required.

Activities and Programs

First three Tuesdays at 12:00pm: Recovery Together Advocacy Group

March 23 & 30 at 10:00am: Member Outreach Training

March 24 at 11:00am: Wellness Friday

Mercy Health Nurses will visit TMWC to offer health screenings as part of a new ‘Wellness Friday’ series.



Stay on top of your physical wellness with the help of TMWC and Mercy Health. Screenings will take place once a month, and include checking and monitoring blood pressure, blood sugar, and BMI.

Saturday, March 25: Pow Wow at University of Michigan

RSVP required.

March 31: Friday Forum - Dr. Katie Peters