



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 pm: TLCPL Book Mobile 12:30 PM: PEP - Exploring Emotions (EE) #7 1:00 PM: <b>Movie Monday - The Sound of Music</b></p>	<p><b>3</b></p> <p>10:30 AM: <b>Humane Society - Outing</b> 11:00 AM: Living Well 12:30 PM: <b>WISE</b> 1:00 PM: Feelings First</p>	<p><b>4</b></p> <p>9:00 AM: <b>ACTIVITY Sign-up</b> 9:00 AM: <b>PANTRY Sign ups</b> 9:15 AM: Gardening - Plant Sticks for ID 11:00 AM DRA 11:00 AM: Empowering Change 12:30 PM: PEP - Wrap Recovery Topics - (WRT) #3 1:30 PM: <b>NAMI - Creative Expressions</b></p>	<p><b>5</b></p> <p>11:00 AM: Diabetes Support 12:30 PM: PEP - Eight Dimensions of Wellness (8D) #9 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA 1:00 PM: Pictionary</p>	<p><b>6</b></p> <p>9:15 AM: Gardening - Sanitizing Hydroponics 10:00 AM <b>SafeZone</b> 12 pm: <b>VOLUNTEER RECOGNITION LUNCH</b> 11:00 AM: DRA 12:45 PM: Stressbusters</p>
<p><b>9</b></p> <p>11:00 AM: <b>Fitness - Chair Yoga with guest facilitator - Jenn McCullough</b> 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - EE - <b>Graduation</b> 1:00 PM: <b>Movie Monday - Hairspray</b></p>	<p><b>10</b></p> <p>11:00 AM: <b>Karaoke</b> 11:00 AM: Living Well 12:30 PM: <b>WISE</b> 1:00 PM: Feelings First</p>	<p><b>11</b></p> <p>9:15 AM: Gardening - Sanitizing Hydroponic Systems 11:00 AM DRA 11:00 AM: <b>Walk at Manhattan Marsh Metropark - Outing</b> 11:00 AM: Empowering Change 12:30 PM: PEP - WRT #4</p>	<p><b>12</b></p> <p>11:00 AM: Diabetes Support 11:00 AM: <b>Butterfly Craft w/Mary M</b> 12:30 PM: PEP - (8D) #10 - Outing 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA</p>	<p><b>13</b></p> <p>9:15 AM: Gardening - Hydroponic planting 10:00 AM <b>SafeZone</b> 11:15 AM: <b>M&amp;M - Music &amp; Movement</b> 11:00 AM: DRA 12:45 PM: Stressbusters</p>
<p><b>16</b></p> <p>11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 1:00 PM: <b>Movie Monday - Hamilton</b></p>	<p><b>17</b></p> <p></p> <p>11 AM: <b>St Patricks Day Celebration</b> 11:00 AM: Living Well 12:30 PM: <b>WISE</b> 1:00 PM: Feelings First</p>	<p><b>18</b></p> <p>9 am - <b>Mental Health First Aid- rsvp</b> 9:15: Gardening - Toad Abodes 11:00 AM: DRA 11:00 AM: Empowering Change 1:00 PM: <b>Spring Jeopardy</b></p>	<p><b>19</b></p> <p>9:00 AM - <b>Mental Health First Aid - rsvp</b> 11:00 AM: Diabetes Support 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: SA 1:00 PM: <b>Bird Feeder Craft</b></p>	<p><b>20</b></p> <p>9:15 AM: Gardening - Maintaining Hydroponics 10:00 AM <b>SafeZone</b> 11:00 AM: DRA 12:45 PM: Stressbusters</p>
<p><b>23</b></p> <p>11:00 AM: Uplifting Women 12:00 PM: Men's 360 1:00 PM: <b>Movie Monday - Singing In The Rain</b></p>	<p><b>24</b></p> <p>12 PM: <b>BINGO</b> 11:00 AM: Living Well 12:30 PM: <b>WISE</b> 1:00 PM: Feelings First</p>	<p><b>25</b></p> <p>9:15: Gardening - What do you want to Grow? 11:00 AM DRA 11 AM: <b>Corkboard Garden</b> 11:00 AM Empowering Change 12:30 PM: PEP - WRT #5</p>	<p><b>26</b></p> <p><b>OPENING AT 10 AM: - Staff Meeting</b> <b>Hope Pantry Pick-up</b> 11:00 AM: <b>Coffee Connections - Outing</b> 11:00 AM: Diabetes Support 12:30 PM: PEP 8D Graduation 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA</p>	<p><b>27</b></p> <p>9:15 AM: Maintaining Hydroponics 10:00 AM: <b>SafeZone</b> 10 AM to 1:00 PM: <b>Mercy Nurses</b> 11:00 AM: DRA 12:45 PM: Stressbusters</p>
<p><b>30</b></p> <p>11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 1:00 PM: <b>Movie Monday - Into The Woods</b></p>	<p><b>31</b></p> <p>11 AM: <b>Board Games</b> 11:00 AM: Living Well 12:30 PM: <b>WISE</b> 1:00 PM: Feelings First</p>	<p></p>	<p><b>PLEASE CONTACT TMWC STAFF FOR RSVPS</b></p> <p><b>ACTIVITIES:</b> Maddie   419-764-5364  <b>EXPRESSIVE ARTS:</b> Mary M   419-242-3000 ext. 109  <b>FITNESS:</b> Mary A   419-242-3000 ext. 104  <b>COMPUTER LAB:</b> Becca   419-242-3000 ext. 106</p>	

# What's Happening at TMWC



## March 2026

### **Uplifting Women (Mondays at 11)**

3/2 - Tiny Interactions - Hidden Brain  
3/9 - Gardening 101  
3/16 - 5 Ways to Find Closure  
3/23 - How Narcissists Use DARVO to Avoid Accountability  
3/30 - Osteoporosis - Guest Facilitator - Janese

### **Men's 360 (Monday at 12:45)**

3/2 - Depression & Anxiety in Men  
3/9 - Healthy Communication  
3/16 - The Power of Brotherhood in Recovery  
3/23 - How Mental Health Affects the Body  
3/30 - Financial Stress & Survival Mode Thinking

### **Feelings First (Tuesdays at 1 pm)**

3/3: Strengths Exploration  
3/10: Keys to Building a Deeper Connection  
3/17: Acquiring Wisdom by Increasing Self-Confidence  
3/24: Member's Choice - What's on Your Mind?  
3/31: Focusing on What Matters Most

### **SafeZone (Fridays at 10)**

3/6: Open Discussion  
3/13: The Interworkings of Intersectionality  
3/20: Bisexual Health Awareness  
3/27: Emotional Spring Cleaning

### **Stress Busters (Friday at 12:45PM)**

3/6 - The Different Types of Stress  
3/13 - Check-in and see how the Group is going.  
3/20 - Zentangles with Mary M  
3/27 - Let's Play Pictionary

### **Living Well (Tuesday at 11)**

3/2-Managing Your Time  
3/9-Making New Friends  
3/16-How to Budget Money  
3/23-The Power of Volunteering  
3/30-SMART Goals



### **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(all times 10:45 a.m)**

Mondays: Typing Zones  
Tuesday: Digital Basics  
Wednesdays: Mindful Surfing  
Thursdays: Employment Essentials  
Fridays: Creative Writing

The WISE Program promotes health through six education sessions that address high-risk behaviors in older adults. The WISE Program is designed to help older adults celebrate healthy aging, making healthy lifestyle choices and avoid substance abuse. - **Sign up with Maddie** - spots are limited.



Saturday March 21<sup>st</sup> - Farmers Market Outing

### **Calling All Peers - Lucas County Peer Collaborative Quarterly Meeting**

Join us In the TMWC Clubroom on Thursday, March 12<sup>th</sup> 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.