

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 THOMAS M. WERNERT CENTER FOR MENTAL HEALTH RECOVERY & SUPPORT	PLEASE CONTACT TMWC STAFF FOR RSVPs ACTIVITIES: Maddie.... 419-764-5364 EXPRESSIVE ARTS: Mary M.... 419-242-3000 ext. 109 FITNESS: Mary A.... 419-242-3000 ext. 104 COMPUTER LAB: 419-242-3000 ext. 114			
5 9:15 AM Gardening Club Uplifting Women 11:00 AM Morning Stretch 11:00 AM Ladder Toss 1:00 PM 8 Dimensional of Wellness (9)	6 10:30 AM Peer Basics (5) 11:00 AM Living Well 11:00 AM Pictionary 1:00 PM Feelings First 1:30 PM Four Square	7 ALL DAY: ACTIVITY SIGN UPS 9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Empowering Change *RSVP 11:00 AM Morning Stretch 12:30 PM WRAP (5)	8 10:00 AM Circuit Training 11:00 AM Diabetes Support 11:30 AM Walcott Museum 12:30 PM Exploring Emotions (6) 1:00 PM DBSA	9 TMWC Health Fair 9:30 am ~ 2:30 pm
12 9:15 AM Gardening Club Uplifting Women 11:00 AM Morning Stretch 12-12:45 TLCPL Bookmobile 1:00 PM 8 Dimensional of Wellness (10)	13 11:00 AM Peer Basics (GRADUATION) 11:00 AM Living Well 11:00 AM Karaoke 1:00 PM Feelings First	14 9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Morning Stretch 11:00 AM Neighborhood Walk 12:30 PM WRAP (GRADUATION) 1:30 PM Knitting Circle	15 10:00 AM Circuit Training 10:45 AM Coffee Connections 11:00 AM Diabetes Support 12:30 PM Exploring Emotions (7) 1:00 PM SA	16 TMWC Closed for Staff Training
19 9:15 AM Gardening Club Uplifting Women 11:00 AM Morning Stretch 1:00 PM Origami Butterflies 1:00 PM 8 Dimensions of Wellness	20 10:45 AM Peer Basics 11:00 AM Living Well 11:00 AM Diamond Dots 1:00 PM Feelings First 1:30 PM Remote Car Racings	21 9:15 AM Gardening Club 10:30 AM Mud Hens Game 11:00 AM Morning Stretch 11:00 AM DRA 11:00 AM Empowering Change 12:30 PM WRAP (7)	22 ALL DAY: HOPE PANTRY PICKUP 10:00 AM Circuit Training 11:00 AM Diabetes Support 12:30 PM Exploring Emotions (8) 1:00 PM Basketball 1:00 PM DBSA	23 9:15 AM Gardening Club 10:00 AM SafeZone: LGBTQ+ & Allies 10:00 AM - 1:00 PM Mercy Nurses 11:00 AM DRA 11:00 AM SMARTfit
26 TMWC Closed Memorial Day	27 10:45 AM Peer Basics 11:00 AM Living Well 11:00 AM Neighborhood Walk 1:00 PM Feelings First	28 9:15 AM Gardening Club 11:00 AM DRA Outing 11:00 AM Morning Stretch 12:00 PM BINGO 12:30 PM WRAP (8)	29 10:00 AM Circuit Training 11:00 AM Diabetes Support 12:30 PM Coping Skills for Diabetes (8) 1:00 PM SA	30 9:15 AM Gardening Club 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 11:00 AM SMARTfit

What's Happening at TMWC



FEELINGS FIRST:

5/6: Preventing our Inner Joy and Peace from being drained.
5/13: Secret Science of Highly Successful Relationships
5/20: Say "NO" to these things to feel happier in life
5/27: The Downside of Anger

UPLIFTING WOMEN:

5/5: Thinning Hair and Causes
5/12: Coloring for Self
5/19: The Dirty Dozen and a recipe to clean them.
5/26: TMWC Closed Memorial Day

STRESSBUSTERS:

Fridays at 12:45 p.m.
(Donna)

5/2: Grounding Techniques
5/16: TMWC Closed
5/30: Seven Types of Relaxation



Support Group Topics

SAFEZONE:

Fridays at 10:00 a.m.
(Callie + Maddie)

5/2: Exploring Gender Microlabels
5/9: No Group - TMWC Health Fair
5/16: No Group - TMWC Closed
5/23: Self-Advocacy Role-Play
5/30: Same-Sex Behavior in Nature

MEN'S 360: Will resume in June, 2025

DBSA and SA: Thursday at 1:00 pm
5/1 SA
5/15 SA
5/22 DBSA
5/29 SA

Activities and Programs (Maddie) *Sign up on May 7.

Walcott Museum Tour* (May 8 @ 11:30 a.m.): Venture out for a relaxing, nature-filled walk through Wildwood Metropark!

Coffee Connections* (May 15 @ 10:45 a.m.): Explore a local coffee shop for good food, java, and even better conversations.

Toledo Mud Hens Game* (May 21 @ 10:30 a.m.): Let's go out to the ball game!

ABLE Housing Rights/ Resources Forum (May 30 @ 11:00 a.m.):
 A presentation regarding legal aid on housing rights/resources.

Fitness (Mary A)– 419-242-3000 ext. 104

Monday & Wednesday @ 11 am Morning Stretch

Thursday @ 10 am Circuit Training - Move through a series of exercises, or circuit, that can be modified to any ability level.

Friday @ 11 am SmartFIT

Frank W & Roberta J Lynch Art Studio
 5/1 & 5/2 Kentucky Derby Hats

5/8 & 5/9 Fair Trade Art - bring your art and trade with others.

5/12 Mandela Monday 5/13 Tangled Tuesday 5/28 12 - 1 Bingo
 5/29 & 5/30 9:15 - 10:30 Creativity Party with prizes

Computer Lab

419-242-3000

Will be open based on staff availability