





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<p>PLEASE CONTACT TMWC STAFF FOR RSVPS</p> <p>ACTIVITIES: Activities 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>						<p>PEP Classes for May</p> <p>WRAP = Wellness Recovery Action Plan</p> <p>B-3 = Building Better Boundaries</p> <p>PEP Classes are rsvp only - see Callie/Katie for next classes!</p>		<p>9:15 AM: Gardening - Prep Outside</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</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - WRAP #5</p> <p>1:00 PM: Movie Monday - The Secret Life of Walter Mitty</p>	4	<p>11:00 AM: Living Well</p> <p>11:00 AM: Cornhole</p> <p>1:00 PM: Feelings First</p>	5	<p>9:00 AM: ACTIVITY Sign-up</p> <p>9:00 AM: PANTRY Sign ups</p> <p>9:15 AM: Gardening - Outdoor</p> <p>11:00 AM DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP B-3 #5</p>	6	<p>10:45 AM: 10:45 AM - Gardening Outing - rsvp only - Black Diamond</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP - Building Better Boundaries (B-3) #5</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p> <p>1:00 PM: Neighborhood Walk</p>	7	<p>WELLNESS FAIR</p> 		8
<p>9:15 AM: Gardening - Planting</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: WRAP #6</p> <p>1:00 PM: Movie Monday - Happy</p>	11	<p>11:00 AM: Karaoke</p> <p>10:00 AM - noon: Living Well - Outing</p> <p>1:00 PM: Feelings First</p>	12	<p>9:15: Gardening - Plant/water</p> <p>11:00 AM: DRA</p> <p>11:00 AM: Empowering Change</p> <p>12:30 PM: PEP B-3 #6</p> <p>1:00 PM: Sidewalk Chalk</p>	13	<p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Pool Tournament - Sign-up with Mike</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>12:30 PM: PEP - B-3 #6</p> <p>1:00 PM: DBSA</p>	14	<p>9:15 AM: Gardening - Plant/Water</p> <p>10:00 AM: SafeZone</p> <p>11:00 AM: DRA</p> <p>11:00 AM: PEP Quarterly Graduation Ceremony</p> <p>12:45 PM: Stressbusters</p>	15	
<p>9:15 AM: Gardening - Water</p> <p>11:00 AM: Uplifting Women</p> <p>12:00 PM: Men's 360</p> <p>12:30 PM: PEP - WRAP #7</p> <p>1:00 PM: Movie Monday - Inside Out</p>	18	<p>11:00 AM: Living Well</p> <p>11:00 AM: BINGO</p> <p>1:00 PM: Feelings First</p>	19	<p>9:15: Gardening - Upkeep</p> <p>10:30 AM: Mudhens Game - Outing</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM: PEP - B-3 #7</p>	20	<p>Hope Pantry Pick-up</p> <p>11:00 AM: Diabetes Support</p> <p>11:00 AM: Ping Pong Tournament - sign up with Mike</p> <p>12:30 PM: PEP - B-3 #7</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: SA</p>	21	<p>CLOSED for Staff Retreat</p> 		22
<p>CLOSED</p>  <p>MEMORIAL DAY</p>		25	<p>11:00 AM: Living Well</p> <p>1:00 PM: Feelings First</p> <p>4:30 PM: TMWC Board of Trustee Meeting - in the Clubroom.</p>	26	<p>9:15: Gardening - Upkeep</p> <p>11:00 AM DRA</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM: PEP - B-3 #8</p> <p>1:00 PM: Remote Control Cars</p>	27	<p>11:00 AM: Coffee Connections</p> <p>11:00 AM: Diabetes Support</p> <p>12:30 PM: PEP - B-3 #8</p> <p>12:30 -2:30 PM: Gilded Edge Gaming Club</p> <p>1:00 PM: DBSA</p>	28	<p>9:15 AM: Gardening - Watering</p> <p>10:00 AM SafeZone</p> <p>11:00 AM: DRA</p> <p>12:45 PM: Stressbusters</p>	29

What's Happening at TMWC



May 2026

Uplifting Women (Mondays at 11 AM)

5/4 - Patrice from OSU - Home Economics
5/11 - Shirley Crane - Power of Gathering
5/18 - Healthy v Unhealthy Reliance
5/25 - CLOSED - Memorial Day

Living Well (Tuesday at 11 AM)

5/5 - The Art of Listening
5/12 - Outing - Aldi
5/19 - Having a Growth Mindset
5/26 - What are my values?

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

5/4 - How to Forgive Ourselves
5/11 - Let Go of Resentments
5/18 - Sharing Emotions
5/25 - CLOSED - Memorial Day

SafeZone (Fridays at 10 AM)

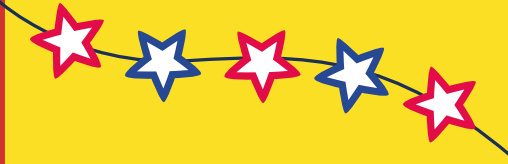
5/1 - Review/Revamp Participant Values, Pt 1
5/8 - Wellness Fair
5/15 - Review/Revamp Participant Values, Pt 2
5/22 - Staff Retreat
5/29 - Review/Revamp Participant Values, Pt 3

Stress Busters (Friday at 12:45 PM)

5/1 - Wood carving
5/8 - Wellness Fair
5/15 - Puzzles with Tom
5/22 - Staff Retreat
5/29 - Living without the support that we need

Feelings First (Tuesdays at 1 PM)

5/5 - Emotional Health Checklist
5/12 - Goals of Interpersonal Effectiveness
5/19 - Members' Choice - What's on your Mind?
5/26 - Positive Self-Talk Flower Craft (Collab w/Art Mary)



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

Spirit Week - Celebrating The 8 Dimensions of Wellness

5/11 - Wear Black/Green - for physical/environmental
5/12 - Wear Orange/Blue - for occupational/financial
5/13 - Wear Purple/yellow - for spiritual/intellectual
5/14 - Wear Grey/pink - for social/emotional

Wellness Fair

The Annual Wellness Fair at TMWC will be held Friday May 8th from 9:30AM to 2:30 PM
Transportation Provided

NAMI WALK - May 16th

May 16th @ 10 AM
Glass City Metropark
No Transportation