

# NOVEMBER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**PLEASE CONTACT TMWC STAFF FOR RSVPs**

- ACTIVITIES:** Maddie.... 419-764-5346  
**EXPRESSIVE ARTS:** Alyssa..... 419-242-3000 ext. 109  
**FITNESS:** Lindsay.... 419-242-3000 ext. 110  
**COMPUTER LAB:** Rodney.... 419-242-3000 ext. 114

- 9:15 AM Gardening Club 1  
 10:00 AM SafeZone: LGBTQ+ & Allies  
 11:00 AM DRA  
 11:00 AM Thanksgiving Tree Kickoff (ALL MONTH)

- 11:00 AM Uplifting Women 4  
 12:00 PM Men's 360  
 1:00 PM Caroling Choir  
 1:00 PM Personal Leadership (6)

- 10:00 AM Computer Basics 5  
 10:30 AM WRAP (7)  
 11:00 AM Living Well  
 1:00 PM Feelings First

- ALL DAY: ACTIVITY SIGN UPS 6**  
 9:15 AM Gardening Club  
 11:00 AM Empowering Change  
 11:00 AM DRA  
 1:00 PM Peer Basics  
**GRADUATION!**  
 1:00 PM Computer Basics  
 1:30 PM Creative Expressions

- 10:30 AM NEW-R (5) 7  
 11:00 AM Diabetes Support  
 11:00 AM Nature Walk\*  
 1:00 PM DBSA

- 10:00 AM SafeZone: LGBTQ+ & Allies 8  
 11:00 AM DRA  
 1:15 PM Gaming for Mental Health  
 12:45 PM Stress Busters

- 11:00 AM Uplifting Women 11  
 12:00 PM Men's 360  
 1:00 PM Veteran's Day Cards  
 1:00 PM Personal Leadership (7)

- 10:00 AM Computer Basics 12  
 10:30 AM WRAP (8)  
 11:00 AM Living Well  
 11:00 AM KARAOKE  
 1:00 PM Feelings First

- 9:15 AM Gardening Club 13  
 10:00 AM Walleye Game\*  
 11:00 AM DRA  
 1:00 PM Computer Basics  
 1:30 PM Knitting Circle

- 10:30 AM NEW-R (6) 14  
 11:00 AM Diabetes Support  
 1:00 PM SA

- 10:00 AM SafeZone: LGBTQ+ & Allies 15  
 11:00 AM Ombudsman Forum  
 11:00 AM DRA

- 11:00 AM Uplifting Women 18  
 12:00 PM Men's 360  
 1:00 PM Caroling Choir  
 1:00 PM Personal Leadership (8)

- 10:00 AM Computer Basics 19  
 11:00 AM WRAP (9)  
**GRADUATION!**  
 12:00 PM BINGO  
 1:00 PM Feelings First

- 9:15 AM Gardening Club 20  
 10:45 AM Coffee Connections\*  
 11:00 AM DRA  
 11:00 AM Empowering Change  
 1:00 PM Computer Basics  
 1:30 PM Journal Club

- 10:30 AM NEW-R (7) 21  
 11:00 AM Pictionary  
 11:00 AM Diabetes Support  
 1:00 PM DBSA

- 10:00 AM SafeZone: LGBTQ+ & Allies 22  
 11:00 AM ANNUAL MEETING  
 11:00 AM DRA  
 12:00 PM Thanksgiving Party  
 12:45 PM Stress Busters

- 11:00 AM Uplifting Women 25  
 12:00 PM Men's 360  
 1:00 PM Personal Leadership (9)  
**GRADUATION!**

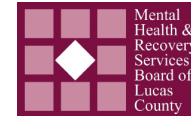
- 10:00 AM Computer Basics 26  
 11:00 AM Living Well  
 11:00 AM Thanksgiving Crafts  
 1:00 PM Feelings First  
 4:30 PM TMWC Board Meeting

- 9:15 AM Gardening Club 27  
 11:30 AM DRA Outing\*  
 1:00 PM Gaming for Mental Health

**CLOSED FOR THANKSGIVING HOLIDAYS!**

**GOBBLE GOBBLE!**

# What's Happening at TMWC



## Support Groups

**FEELINGS FIRST:** World Kindness Day (Tuesday, November 12 @ 1:00 p.m.)  
**UPLIFTING WOMEN:** Grateful Journaling (Monday, November 4 @ 11:00 a.m.)  
**STRESSBUSTERS:** Making Stress A Friend (Friday, November 8 @ 12:45 p.m.)  
**SAFEZONE:** Found Family Presentation (Friday, November 22 @ 10:00 a.m.)  
**MEN'S 360:** Setting and Achieving Goals (Monday, November 4 @ 12:00 p.m.)

## Activities and Programs

**Gaming for Mental Health (November 8 @ 1:15 p.m.):** Come pick up a controller and play games with your peers. No experience necessary!

**Walleye Game (November 13 @ 10:00 a.m.):** Take a slap-shot into the stands with us as we travel to the Huntington Center to cheer on our local hockey team, the Toledo Walleye. Sign ups with Maddie on November 6.

**Lucas County Ombudsman Forum (November 15 @ 11:00 a.m.):** Are you struggling with changing needs due to your age? Be sure to stop by and listen to your local Ombudsman talk about services and rights catered toward senior citizens.

**Coffee Connections (November 20 @ 10:45 a.m.):** On this monthly outing, we explore a local coffee shop for good food, java, and even better conversations. Sign up on November 6 with Maddie.

**Thanksgiving Lunch & Annual Meeting (November 22 @ 12:00 p.m.):** Be sure to attend TMWC's Annual Meeting where you can vote for newly nominated TMWC members to join the Board of Trustees. A Thanksgiving meal will be served after the elections and meeting.

## Gardening Club

Donna - 419-242-3000 ext. 106

**Friday, November 1 @ 9:30 a.m.:** Amy S. from OSU Extension Office

## Expressive Arts

Alyssa – 419-242-3000 ext. 109

**November 6 @ 11:00 a.m. and 1:30 p.m.:** Fall Wreaths Craft

**November 8 @ 12:00 p.m.:** Holiday Painted Ornaments Outing (RSVP!)

**November 16 @ 11:00 a.m. and 1:30 p.m.:** Autumn Silhouette Art

**November 21 @ 11:00 a.m. and 1:30 p.m.:** Fall Garlands Craft

**November 25 @ 11:00 a.m. and 1:30 p.m.:** Autumn Tree Painting

## Fitness

Lindsay – 419-242-3000 ext. 110

**Circuit Training (Thursdays @ 10:00 a.m.):** Move through a series of exercises, or a circuit, that can be modified to any ability level.

**Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in a RAFFLE. One winner will be drawn at the end of each month.**

## Computer Lab

Rodney - 419-242-3000 ext. 114

**Computer Basics (Mondays @ 10:00 a.m. and Wednesdays @ 1:00 p.m.):** A beginners guide to one of the most popular electronic devices in use today.

**3D Printing (During Computer Basics):** Create a 3D model of your favorite cartoon character, video game item, or even a design of your own. Contact Rodney for details and assistance.