

October



Thomas M. Wernert Center is
Supported By:



2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:15: Gardening Club 10:45: Computer Recovery 11: DRA 11: Activity sign ups 12:30: Comm. Leadership	2 8: Staff Meeting (Doors at 10) 11: Diabetes Support 1:DBSA 12:30: Building Better Boundaries 1: Spider web wreaths	3 9:15: Gardening Club 10: Safe Zone 10:30: Seated Dance 10:45: Creative writing 11: DRA 12:45: Stress Busters
6 9:15: Gardening Club 10:45: Basic computer skills 11: Uplifting Women 12: Men's 360 12:30: Coping Skills for Diabetes	7 11: Living Well 12:15: Bingo 1: Feelings First	8 9:15: Gardening Club 10:45: Computer Recovery 11: Empowering Change 11: DRA 1: Neighborhood walk 12:30: Peer Basics	9 10:15: Circuit training 11: Diabetes support 12:30: B-3 1: S.A. 1:30: Guitar class	10 9:15: Gardening Club 10: Safe Zone 10:30: SMART fit 10:45: Creative writing 11: DRA 11: Ability Center Forum
13 9:15: Gardening Club 10:45: Basic computer skills 11: Uplifting Women 12: Men's 360 12:30: Coping Skills for Diabetes	14 11: Living Well 11: Karaoke 1: Feelings First	15 9:15: Gardening Club 10:45: Computer Recovery 11: Leaf Bowl Painting 11: Empowering Change 11: DRA 12:30: Peer Basics	16 10:30: Bird's Eye View 11: Diabetes Support 12:30: Building Better Boundaries 1: DBSA	17 9:15: Gardening Club 10: Safe Zone 10: Mercy Health screenings 10:45: Creative writing 11: DRA 12:45: Stress Busters
20 9:15: Gardening Club 10:45: Basic computer skills 11: Uplifting Women 12: Men's 360 12:30: Coping Skills for Diabetes	21 11: Living Well 1: Feelings First	22 9:15: Gardening Club 10:45: Comp. Recovery 11: Empowering Change 11: DRA 12:30: Peer Basics 1: Halloween glitter globe	23 11: Diabetes support 12:30: Building Better Boundaries 1: S.A. 1:30: Guitar class	24 9:15: Gardening Club 10: Safe Zone 10:45: Creative writing 11: DRA 11: ABLE Forum
27 9:15: Gardening Club 10:45: Basic computer skills 11: Uplifting Women 12: Men's 360 12:30: Coping Skills for Diabetes	28 10:30: Pumpkin patch outing 11: Living Well 1: Feelings First 4:30: Board meeting	29 9:15: Gardening Club 10:45: Comp. Recovery 11: Empowering Change 11: DRA 11: Charades 12:30: Peer Basics	30 11: Diabetes Support 11: Halloween Jeopardy 12:30: Building Better Boundaries 1: DBSA	31 9:15: Gardening Club 10: Safe Zone 10:45: Creative writing 11: DRA 11: Halloween party 12:45: Stress Busters

SUPPORT GROUP TOPICS

SAFE ZONE (Fridays at 10 a.m.)

10/3: Safe Zone Training Pt 1

10/10: Safe Zone Training Pt 2

10/17: Safe Zone Training Pt 3

10/24: Pumpkin Decorating

10/31: Safe Zone Halloween Party

Feelings First (Tuesdays at 11)

10/7 - Life Choices We Don't Want to Regret

10/14 - Reducing Cortisol – The Stress Hormone

10/21 - Pumpkin Decorating with Art Mary

10/28 - The Five Love Languages

Living Well (Tuesdays at 11)

10/7- Needs Vs. Wants

10/14-Compulsive Spending: What You Need To Know

10/21- The 50/30/20 Budget

10/28-Why Saving Money Is Important with Money Saving Tips

Men's 360 (Mondays at noon)

10/6: gain respect.

10/13: achieve your dreams

10/20: Stress of Planning for future

10/27: Regain self worth

DBSA

10/2: Living Fully and Imperfectly With Bipolar

10/16: What Is a Bipolar Crisis Plan — and Why It Matters

UPLIFTING WOMEN (Mondays at 11 a.m.)

10/6: Osteoporosis

10/13: Sarah from OSU (Nutrition)

10/20: Planning holiday party

10/27: Painting pumpkins

Gardening Club

10/1: Garden Cleanup 10/3: Amy Stone

10/8: Garden Cleanup 10/15: Plant garlic

10/17: Plant garlic 10/24: Patrick/Lucas County Consequency

Computer Recovery Support

10/1: News article report 10/29: Gratitude list

10/8: Artist reports

10/15: Toledo, Ohio reports

10/22: Bucket list

Fitness with Mary A.

Mon/Wed: Morning stretch @ 10:30

Tue./Thurs.: Circuit training @10:15