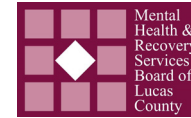


SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
<p align="center">*Please contact TMWC Activities Specialist, Jodee, for RSVPs and/or questions. Call or text (419)764-5364</p>				<p>1 9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Friday Forum 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>4 CLOSED FOR LABOR DAY</p>	<p>5 10:30 a.m. Coping Skills for Diabetes Graduation! 11:00 a.m. Karaoke 11:00 a.m. Living Well 1:00 p.m. Emotions Matter</p>	<p>6 ALL DAY Activity Sign Up 9:30 a.m. Gardening Club 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys 1:30 p.m. NAMI Creative Expressions*</p>	<p>7 11:00 a.m. Diabetes Support 11:00 a.m. Art Around Town* 12:30 p.m. Personal Leadership Graduation! 1:00 p.m. SA</p>	<p>8 9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Friday Forum 12:45 p.m. Stress Busters 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>11 9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 11:30 a.m. Recovery Together Advocacy Project* 12:00 p.m. Men's Peer Support 12:30 p.m. Nutrition, Exercise, Wellness, & Recovery (NEW-R)</p>	<p>12 11:00 a.m. Living Well 12:00 p.m. TMWC Picnic & Games 1:00 p.m. Emotions Matter</p>	<p>13 9:00 a.m. Art: Recycled Book Project* 9:30 a.m. Gardening Club 11:00 a.m. Empowering Change 12:00 p.m. Mud Hens Game* 12:30 p.m. Exploring Emotions 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys</p>	<p>14 11:00 a.m. Diabetes Support 12:00 p.m. Recovery Together Advocacy 12:30 p.m. Peer Support 1:00 p.m. DBSA</p>	<p>15 9:00 a.m. Art: Recycled Book Project* 9:30 a.m. Gardening Club 10:00 a.m. DRA 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>18 9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. NEW-R</p>	<p>19 10:30 a.m. Wellness Recovery Action Plan (WRAP) 11:00 a.m. BINGO 11:00 a.m. Living Well 1:00 p.m. Emotions Matter</p>	<p>20 Crisis Intervention Training (CIT) sessions at 9:00 am & 10:45 am 12:30 p.m. Exploring Emotions 12:30 p.m. DRA* 1:15 p.m. Computer: Lab Journeys</p>	<p>21 11:30 a.m. Lunch and Learn* 12:30 p.m. Peer Support 1:00 p.m. SA</p>	<p>22 9:30 a.m. Gardening Club 10:00 a.m. DRA 12:45 p.m. Stress Busters 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>
<p>25 9:30 a.m. Gardening Club 11:00 a.m. Women's Peer Support 12:00 p.m. Men's Peer Support 12:30 p.m. NEW-R</p>	<p>26 10:30 a.m. WRAP 11:00 a.m. Living Well* 1:00 p.m. Emotions Matter 4:30 p.m. Board of Trustees Meeting</p>	<p>27 9:00 a.m. Art: Mosaic Boxes* 9:30 a.m. Gardening Club* 11:00 a.m. Empowering Change 11:00 a.m. Ping Pong Tournament 12:30 p.m. Exploring Emotions Graduation! 12:30 p.m. DRA 1:15 p.m. Computer: Lab Journeys</p>	<p>28 TMWC OPEN AT 10 a.m. 11:00 a.m. Diabetes Support 11:00 a.m. Coffee Connections* 12:00 p.m. Recovery Together Advocacy 12:30 p.m. Peer Support 1:00 p.m. SA</p>	<p>29 9:00 a.m. Art: Mosaic Boxes* 9:30 a.m. Gardening Club 10:00 a.m. DRA 11:00 a.m. Wellness Friday 1:00 p.m. SafeZone: LGBTQ+ & Allies 1:15 p.m. Computer: Lab Journeys</p>

What's Happening at TMWC



Activities and Programs

TMWC SUPPORT GROUPS:

- New! Support Group, Empowering Change starts Wednesday, September 13 at 11:00 a.m. See you there!
- What are the 8 Dimensions of Wellness? Learn more with Living Well all month long, Tuesdays at 11 a.m.
- RSVP for Stressbusters support group on Friday, September 8 to enjoy a Crystal Bowl Meditation led by guest, Jessica.
- Women's Peer is strength training with the Fitness program on Monday, September 25 at 11:00 a.m.
- Join Diabetes support group on Thursday, September 28 for a Cooking Class in TMWC's kitchen.

FRIDAYS @ TMWC

Friday, September 1: Frogtown Exotic Reptiles Presentation

Friday, September 8: Entertainment by Twin Times/Raffle Draw

Friday, September 29: Wellness Friday

Part of wellness means ensuring our bodies are working properly. Mercy Health Nurses will be at TMWC from 10 a.m. to 1 p.m. offering free health checks for members that screen blood pressure, blood sugar, and BMI.

OUTINGS: RSVP Required

Thursday, September 7: Art Around Town Outing

Wednesday, September 13: Toledo Mud Hens Game

Wednesday, September 20: DRA Outing

Thursday, September 21: Nancy Drew Lunch and Learn w/ Expressive Arts

Tuesday, September 26: Living Well Outing

Wednesday, September 27: Gardening Outing

Gardening Club

Donna – 419-242-3000 ext. 106

Friday, September 1: Guest, Amy Stone from OSU Extension.

Wednesday, September 6: Fairy Garden Sculpting w/ Expressive Arts

Friday, September 8: Guest, Patrick T. from Lucas Co. Soil and Water

Wednesday, September 27 at 11 a.m.: Outing to Urban Wholistics

Computer Lab

Todd – 419-242-3000 ext. 114

Lab Journeys - Wednesdays and Fridays at 1:15 p.m.

Wednesday, September 6: A.I. Art

Learn how art is made using artificial intelligence.

Wednesday, September 13: Create 3D Characters!

Use Hero Forge (an online design application) to make a custom 3D character!

Wednesday, September 20: Create 3D Characters!

Wednesday, September 27 : How Computers Work: Build Demonstration

What is inside a computer that makes it work? See for yourself with this interactive computer build demonstration.

Every Friday: Crayon Physics

Watch your drawings come to life in this interactive game. Doodle your way through over 70 levels of creative science problems!

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Wednesday, September 6 at 1:30 p.m.: NAMI Creative Expressions.

RSVP Required.

Thursday, September 7: Art Around Town RSVP Required.

September 13 & 15: Recycled Book Wreaths RSVP Required.

September 27 & 29: Mosaic Boxes RSVP Required.

Thursday, September 21: Nancy Drew - Lunch & Learn RSVP Required.

Learn about the original ghostwriter of the Nancy Drew Mystery Stories at Heart Gallery and Studios.

Fitness

Lindsay – 419-242-3000 ext. 110

Movement is for everybody! The Eigensee Family Fitness room at Thomas M. Wernert Center is available Monday through Friday for open gym and guided training sessions.