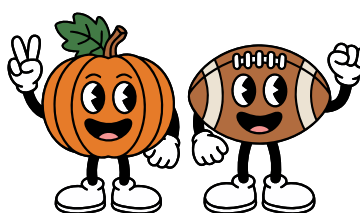


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:00 AM: Living Well 1:00 PM: One and Done 1:00 PM: Feelings First	2 9:00 AM: ACTIVITY Sign-up 9:00 AM: PANTRY Sign ups 9:15 AM: Gardening 11:00 AM DRA 11:00 AM: Empowering Change	3 11:00 AM: Diabetes Support 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 -2:30 PM: PEP - MHL C47 1:00 PM: SA 1:00 PM: Bunco	4 9:15 AM: Gardening 11:00AM: Forum - Oak Street Health 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
Happy Labor Day CLOSED 7	8 11:00 AM: Living Well 1:00 PM: Feelings First 1:00 PM: Stained Glass Window Art	9 9:15: Gardening 11:00 AM: Sequence 11:00 AM: DRA 11:00 AM: Empowering Change	10 11:00 AM: Diabetes Support 11 AM to Noon - Scarecrow Day (Mary & Becca Collaboration) 12:30 -2:30 PM: Gilded Edge Gaming Club 12:30 - 2:30 PM: MHL C8 - Graduation 1:00 PM: DBSA 1:00 PM: One and Done	11 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
14 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:15 PM: TLCPL Book Mobile 12:30 PM: PEP - 8D - C10 1:00 PM: Movie - To Be Announced	15 11:00 AM: Living Well 11:00 AM: Karaoke 1:00 PM: Feelings First	16 9:15: Gardening 11:00 AM: One and Done 12:30-2:30 PM: PEP -Personal Leadership (PL) 1 11:00 AM: DRA 11:00 AM: Empowering Change	17 OPENING AT 10 AM: Staff Meeting 11:00 AM: Diabetes Support 11:00 AM: Horseshoe 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: SA	18 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: DRA 12:45 PM: Stressbusters
21 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 12:30 PM: PEP - 8D - C8 1:00 PM: Movie - To Be Announced	22 11:00 AM: Living Well 12:00 PM: BINGO 1:00 PM: Feelings First	23 9:15: Gardening 10 AM: Womens Group Outing - Blessings Boutique - rsvp only 11:00 AM DRA 11:00 AM Empowering Change - 12:30 -2:30 PM: PEP - PL 2 1:00 PM: Left-Right-Center	24 Hope Pantry Pick-up 11:00 AM: Diabetes Support 11:00 AM: Coffee Connections - outing 12:30-2:30 PM: PEP - Community Leadership (CL) 1 12:30 -2:30 PM: Gilded Edge Gaming Club 1:00 PM: DBSA	25 9:00 AM: Mercy Nurses 9:15 AM: Gardening 10:00 AM: SafeZone 11:00 AM: Forum - Mental Health First Aid 11:00 AM: DRA 12:45 PM: Stressbusters
28 9:15 AM: Gardening 11:00 AM: Uplifting Women 12:00 PM: Men's 360 2:15 PM: TLCPL Book Mobile 12:30 - 2:30 PM: PEP - Peer Basics (PB) 1 1:00 PM: Movie - To Be Announced	29 11:00 AM: Living Well 1:00 PM: Feelings First 1:00 PM: Yahtzee 4:30 PM: Board of Trustee Meeting	30 9:15: Gardening Patrick - Water Quality (Lake in a Bag Activity) 11:00 AM DRA 11:00 AM: Neighborhood Walk 11:00 AM Empowering Change - 12:30-2:30 PM: PEP - PL 3	PLEASE CONTACT TMWC STAFF FOR RSVPS ACTIVITIES: Roberto 419-242-3000 ext. 124 EXPRESSIVE ARTS: Mary M 419-242-3000 ext. 109 FITNESS: Mary A 419-242-3000 ext. 104 COMPUTER LAB: Becca 419-242-3000 ext. 106	

What's Happening at TMWC



September 2026

Uplifting Women (Mondays at 11 AM)

9/7 - Labor Day
9/14 - Glam Camp - rsvp please
9/21 - Gastroparesis
9/28 - TBA

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

9/7 - Identifying Triggers
9/14 - Healthy Boundaries
9/21 - Open Discussion
9/28 - Celebrating Recovery - Pizza Party

Living Well (Tuesday at 11 AM)

9/1 - Feeling Understood
9/8 - Standing Up for Yourself
9/15 - Being A Great Friend
9/22 - Persuasion
9/29 - Having A Great Attitude

Feelings First (Tuesdays at 1 PM)

9/1 - Building Lasting Self-Esteem
9/8 - World Suicide Prevention Day (9/10)
9/15 - Self-Esteem: Show & Tell (bring something in and/or share an accomplishment!)
9/22 - Unlocking a World of Personal Growth & Contentment
9/29 - Anger Management Strategies

DBSA & SA (Thursdays at 1 PM)

9/3 - Step Meeting
9/10 - Building Resiliency To Fight Depression
9/17 - Supporting One Another
9/24 - Creating Hope In Recovery

SafeZone (Fridays at 10 AM)

9/4 - Movie Day
9/11 - Understanding and Practicing Pronouns
9/18 - Understanding and Practicing Neopronouns
9/25 - Exploring Our Voices

Stress Busters (Friday at 12:45 PM)

9/4 - Relaxation w/DIY neck warmers
9/11 - Reduce Stress w/Tea Time
9/18 - Digital Detox
9/25 - Creative Time



Computer Lab Classes

Monday & Thursday - Digital Hang-out (open lab)
Tuesday & Wednesday - 1:1 Sessions/Open Lab
Thursday - Open Lab
Friday - Creative Writing - 1:45 am-12 pm/Open Lab

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



Heart & Soul

Don't miss our annual Heart & Soul: Inspiring Insightful Conversations event on September 23rd from 5:30 to 8 p.m., featuring guest speaker **Alexis Eggenberger** discussing "Anxiety and Depression in Neurodivergent Individuals." Register to attend at heartandsoultoledo.com. **Reservations are required.**



SUMMER PROGRAMMING - WEDNESDAYS FROM 5-7

September is Recovery Month - There are lots of great activities planned for Recovery Month. Please see the Flyer posted at **TMWC** and on **facebook**.