

OCTOBER 2022

COMMUNITY OUTREACH CENTER ADULT PROGRAM (AGES 18+)

MON 10 am to 5 pm	TUE 12 pm to 5 pm	WED 12 pm to 5 pm	THU 10 am to 5 pm	FRI 12 pm to 5 pm	SAT once/month
<p>Available Daily: One on one coaching with Outreach Specialists and Coordinator, Craft Supplies and Projects, Mindful Coloring, Computers with Internet Access, Help Wanted (Community Service at ORC to keep up center), Board and Card Games, Group Activities, Outings, and Referrals to community resources, agencies, services.</p> <p>Please note that the Outreach Center will be open Before/After scheduled outings as time permits. Outdoor outings are weather permitting. A secondary plan will replace any canceled outdoor outing due to weather.</p>					1 CLOSED
3 1:30pm: Financial 101 (Led by Goodwill NCW) 3:00pm: Healthy Cooking	4 1:30pm: Loom Weaving 3:00pm: Health and Wellness (Guided Workout) (V)	5 <u>Outing</u> The Automobile Gallery (12:15pm-3:45pm) Sign Up in Advance (\$2) (10 Spots Available) Depart ORC at 12:15pm	6 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 3:30pm: Men's Group/Women's Group	7 1:30pm-3pm: Music Group 3:00pm: November Planning/ Birthday Club (V)	8 OPEN 11am to 4pm Support NAMIWALKS ORC Walk (12:30pm-2:30pm)
10 1:30pm: Gardening Club 3:00pm: Relationship Group (V)	11 1:30pm: Loom Weaving 3:00pm: Health and Wellness (Cooking)	12 1:30pm: Yoga 3:00pm: Mental Health Group (V) 4:00pm: Gay/Straight Alliance 6:00pm: ORC Open House & Meat Raffle Drawing	13 12pm-2pm: Gaming Club 1:00pm: Community Spotlight Presentation (SOAR Fox Cities) 3:00pm: Open Discussion Group	14 <u>Outing</u> Corn Maze (Blaser's Acres) (12:30pm-3:30pm) Sign Up in Advance (\$2) (10 Spots Available) Depart ORC at 12:30pm	15 CLOSED
17 1:30pm: Spanish Club 3:00pm: Relationship Group (V)	18 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 3:30pm: Bingo	19 1:30pm: Book and Writing Club (V) 3:00pm: CHAMPS Cooking	20 <u>Outing</u> The Little Farmer (12:15pm-3:45pm) Sign Up In Advance Depart ORC at 12:15pm	21 1:30pm-3pm: Music Group 3:00pm: Halloween Party Planning	22 CLOSED
24 <u>Outing</u> Salvation Army Noon Meal (10:30am-1:30pm) Sign Up In Advance Depart ORC at 10:15am 3:00pm: Relationship Group (V)	25 1:30pm: Loom Weaving 3:00pm: Health and Wellness (Core Exercises)	26 1:30pm: Yoga 3:00pm: Mental Health Group (V) 4:00pm: Gay/Straight Alliance	27 12pm-2pm: Gaming Club 1:30pm: Social/Recreational Group (Board and Card Games) 3:00pm: Open Discussion Group (V)	28 1:30pm-3pm: Music Group 3:00pm: Movie at the ORC	29 CLOSED
31 1:00pm: Halloween Party	<p>Join Us at the ORC Meat Raffle and Open House. This event will be held on Wednesday, October 12th beginning at 6pm. This event will include tours of the ORC, information on programming, free snacks, raffle baskets, and final opportunity to purchase tickets for Meat Raffle.</p> <p>Meat Raffle tickets are \$20 a ticket. Grand Prize is a ¼ of a steer. There will also be 19 other prizes having values of \$200 per prize, \$150 per prize, \$100 per prize, and %50 per prize.</p>				

(V) = Virtual Group option associated with the activity. Secure link for group would be e-mailed to interested members. Call the ORC to receive the link.
322 N. Appleton St. Appleton, WI 54911 | (920) 749-5867 | orc@vpind.com | www.vpiwi.org

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Activities Description

Appleton YMCA- Members will be able to use the YMCA facilities in activities of their choice. Members will be walking to the YMCA.

Bingo- Staff will lead Bingo activity to promote socialization of members. Small prizes will be available for Bingo winners.

Birthday Club- Peer group in which member's send birthday wishes for members with October birthdays through sending out birthday cards. We will also celebrate all members with birthdays in the month.

Book and Writing Club- Peer group to engage others in conversation based on story or article reading activity provided by group leader or sharing of member's written work.

CHAMPS Cooking- St. Joe's Food Program and UW provide ingredients and nutritional instruction for cooking activity.

Community Spotlight Presentation (SOAR Fox Cities)- A representative from SOAR will come to share information about organization, activities, how to join, etc.

Corn Maze (Blaser's Acres)- Being active in the community outing. Members will go through corn maze and use teamwork to accomplish this. Members will also tour Blaser's Acres fall festival. 10 spots available for this outing.

Financial 101- Presenters from Goodwill will coach members on financial information and be available to answer questions and meet one on one with members.

Gaming Club- Members will socialize through Wii gaming activities, card games, and board games.

Gardening Club- Members will work together to get seeds ready for the ORC garden that will be grown through spring and summer.

Gay/Straight Alliance- Group that promotes education, awareness, and support for the LGBTQ+ community and its allies. All members welcome to participate.

Halloween Party- Come celebrate the Halloween holiday with ORC. Food, games, and prizes.

Halloween Party Planning- Members will help plan the ORC Halloween Party. Food, games, prizes will all be discussed.

Health and Wellness- Members will participate in cooking, workouts, and mindfulness activities that promote mental health and physical health.

Healthy Cooking- Healthy cooking activity in which members learn skills for preparing meal that fit within set budgets.

Loom Weaving- Member lead group in which new skills will be taught to members while also looking at the effect of this on mental health.

Men's Group- Peer support for men along with topical discussion amongst group members.

Mental Health Group- Educational group to explore different areas and topics of Mental Health in the community and in day to day life.

Movie at ORC- Member's will vote on movie choices for viewing at the center. Snack will be available for members during this activity.

Music Group- Peer run group for music lovers. Members will be able to jam with other members while learning, playing various musical instruments. This will be a free style, play as you like format.

Combined group with Y/YA Program.

Open Discussion Group- Member led activity that will have open dialogue on current events, members brought in topics. A chance to socialize with others while exploring new topics.

ORC Open House and Meat Raffle Drawing- Community members can tour the ORC, see our meat raffle prizes be drawn, get food, and have a chance for prizes.

Outings Planning- Members discuss and plan outings/activities to be scheduled for the month of November that meet our categories of outings. Members use planning and budgeting skills for this planning.

Relationship Group- Members will explore relationships from friendships to significant others. Members will be encouraged to share topics to be discussed and participate in open discussions.

Salvation Army Noon Meal- Giving back to the community outing. Members will assist in preparation, serving meal, and clean up for Salvation Army.

Social/Recreational Group- Members will explore different activities for potential hobbies and the connection between social activities and improved mental health.

Spanish Club- Members will learn about Spanish culture and language.

Support NAMIWALKS ORC Walk- Members will support Mental Health in our area by completing a community walk to show support for NAMIWALKS. This community walk allows members to use public transportation to participate in event.

The Automobile Gallery- Learning from the community outing. Members will tour museum to learn about automobile industry and how cars are used in art. 10 spots available for this outing.

The Little Farmer- Being social in the community outing. Members will get to tour the farm, apple pick, and will receive a treat as part of outing.

Please bring your own money for extras. 10 spots available for this outing.

Women's Group- Peer support for women along with topical discussion amongst group members.

Yoga- Focus on physical health, breathing, and clearing of the mind through guided workout. Combined group with Y/YA Program. Weather permitting will be held at City Park.

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