

# OCTOBER 2022

## VPI COMMUNITY OUTREACH CENTER YOUTH + YOUNG ADULT PROGRAM (AGES 14-24)

MON 12:30 pm to 5:30 pm	TUE 3 pm to 8 pm	WED 12:30 pm to 5:30 pm	THU 12:30 pm to 5:30 pm	FRI 12:30 pm to 5:30 pm	SAT 11 am to 4 pm
<p><b>Available Daily:</b> One on one coaching with Outreach Y/YA 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>					<p><b>1</b></p> <p>CLOSED</p>
<p><b>3</b></p> <p>1:30pm: Skills to Pay the Bills (Applying for Jobs Online) (V)</p> <p>4:00pm: Art Group (Pour Painting)</p>	<p><b>4</b></p> <p>4:00pm: Mental Health Group (V)</p> <p>6:00pm: Group Meal (Mexican Night)</p>	<p><b>5</b></p> <p>1:30pm: Yoga</p> <p>4:00pm: Calendar Planning Committee (V)</p>	<p><b>6</b></p> <p>1:30pm: Health and Wellness (Mindful Walk- City Park)</p> <p>4:00pm: Relationship Group</p>	<p><b>7</b></p> <p><u>Outing</u> High Cliff State Park 3:30pm-5:15pm (Leave ORC at 3:30pm)</p>	<p><b>8</b></p> <p>OPEN 11am to 4pm Support NAMIWALKS ORC Walk (12:30pm-2:30pm)</p>
<p><b>10</b></p> <p>1:30pm: Skills to Pay the Bills (Time Management) (V)</p> <p>4:00pm: Mental Health Group (V)</p>	<p><b>11</b></p> <p><u>Outing</u> Corn Maze (Hofackers Hillside Orchard) 3:30pm-6:00pm (Leave ORC at 3:30pm)</p>	<p><b>12</b></p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p> <p>6:00pm: ORC Open House &amp; Meat Raffle Drawing</p>	<p><b>13</b></p> <p>1:30pm: Art Group (Fall Crafts)</p> <p>4:00pm: Relationship Group (V)</p>	<p><b>14</b></p> <p><u>Outing</u> Appleton YMCA (Walking To and From) 3:30pm-5:00pm (Leave ORC at 3:30pm)</p>	<p><b>15</b></p> <p>CLOSED</p>
<p><b>17</b></p> <p>1:30pm: Art Group (Painting Your Emotional Monsters)</p> <p>4:00pm: Mental Health Group (V)</p>	<p><b>18</b></p> <p><u>Outing</u> Polly's Pumpkin Patch 4:00pm-6:00pm (Leave ORC at 3:45pm)</p>	<p><b>19</b></p> <p>1:30pm: Yoga</p> <p>4:00pm: Diversity &amp; History (History of Halloween)</p>	<p><b>20</b></p> <p>1:30pm: Health and Wellness (Guided Workout)</p> <p>4:00pm: Relationship Group</p>	<p><b>21</b></p> <p>1:30pm: Music Group</p> <p>4:00pm: Life Skills (Sewing 101)</p>	<p><b>22</b></p> <p>CLOSED</p>
<p><b>24</b></p> <p>1:30pm: Skills to Pay the Bills (Counting Money) (V)</p> <p>4:00pm: Art Group (Pumpkin Carving)</p>	<p><b>25</b></p> <p>4:00pm: Mental Health Group</p> <p>6:00pm: Group Meal (Italian Night)</p>	<p><b>26</b></p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p>	<p><b>27</b></p> <p>1:30pm: Social/Recreational Group (Baking Activity)</p> <p>4:00pm: Relationship Group (V)</p>	<p><b>28</b></p> <p>Halloween Party 3:30pm-5:30pm</p>	<p><b>29</b></p> <p>CLOSED</p>
<p><b>31</b></p> <p>1:30pm: Social/Recreational Group (Group Games)</p> <p>4:00pm: Art Group (Halloween Crafts)</p>	<p>Join Us at the ORC Meat Raffle and Open House. This event will be held on Wednesday, October 12<sup>th</sup> 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



Community Outreach Center



United Way Fox Cities

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### Activity Descriptions:

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

Art Group: Members will be guided in an artistic activity and have the opportunity to use different art mediums.

Calendar Planning Committee: Members will assist staff in planning outings for our November calendar.

Corn Maze: Being social in the community outing. Members will test their skills and work as a team to get through the corn maze.

Diversity and History: Exploring diversity and history through lessons about different topics and culture.

Gay/Straight Alliance: Promote awareness and harmony between all sexual orientations through education, discussion, and group support.

Group Meal: All members are welcome to join group meal, a movie will be shown during this activity.

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

Health and Wellness- Members will participate in activities that promote mental health and physical health.

High Cliff State Park: Being active in the community outing. Members will be able to walk the trails at the state park.

Life Skills: Members will learn many necessary skills enabling them to live more independent and confident lives.

Mental Health Group: Focus on topics related to mental health to promote awareness and mental wellness.

Music Group: Peer lead group for music lovers. Members will be able to learn, play various musical instruments, and enjoy tunes played by other members.

Polly's Pumpkin Patch: Learning from the community outing. Members will explore this local pumpkin patch and be able to pick out a pumpkin.

Relationship Group: Group to increase knowledge of healthy and unhealthy relationships, as well as, building a supportive group and environment with readily available resources for participants.

Skills to Pay the Bills: Education and practice of soft skills for employment focusing on communication, enthusiasm & attitude, teamwork, networking, problem solving & critical thinking, and professionalism.

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

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.

Yoga: Focus on physical and mental wellbeing through guided breath work and yoga techniques.

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