

# JANUARY 2023

## 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
2 <b>CLOSED</b> HAPPY NEW YEAR!	3 1:30pm: Health and Wellness (Guided Workout) (V)  3:00pm: Birthday Club/ Take Down Decorations	4 <b>Learning From Activity</b>  1:30pm: Cookie Baking/Decorating	5 1pm-3pm: <b>Appleton YMCA</b> (Member's Choice Activity) Walking To and From 3:30pm: Men's Group/Women's Group (V)	6 1:00pm-3:00pm: Music Group  3:00pm: February Planning (V)	7 <b>CLOSED</b>
9 1:30pm: Financial 101 (V)  3:00pm: Healthy Cooking	10 <b>Outing</b> Movie at Movie Theater (12:30pm-4:00pm) Sign Up in Advance Depart ORC at 12:30pm	11 1:30pm: Yoga  3:00pm: Mental Health Group  4:00pm: Gay/Straight Alliance	12 12pm-2pm: Gaming Club 1:00pm: Social/Recreational Group (Beating the Winter Blues) 3:00pm: Open Discussion Group (V)	13 1:30pm: Bingo  3:00pm: Crafting Club	14 <b>CLOSED</b>
16 <b>Outing</b> Mall Scavenger Hunt (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	17 1pm-3pm: <b>Appleton YMCA</b> (Member's Choice Activity) Walking To and From 3:30pm: Member's Choice Activity	18 1:30pm: SUPER Group (V)  3:00pm: CHAMPS Cooking	19 1:00pm: Social/Recreational Group (Taking on Challenges) 3:00pm: Men's Group/Women's Group (V)	20 1:00pm-3:00pm: Music Group  3:00pm: Team Building (America Says Game)	21 <b>CLOSED</b>
23 1:30pm: Relationship Group (V)  3:00pm: Art Group	24 1:30pm: Health and Wellness (Cooking)  3:00pm: Book and Writing Club (V)	25 1:30pm: Yoga  3:00pm: Mental Health Group  4:00pm: Gay/Straight Alliance	26 12pm-2pm: Gaming Club <b>Outing</b> Community Clothes Closet (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	27 1:30pm: Board and Card Games  3:00pm: Movie at the ORC	28 <b>OPEN</b> 11am-4pm Member's Choice Activity
30 <b>Salvation Army Noon Meal (10:30am-1:30pm)</b> Sign Up In Advance Depart ORC at 10:15am 3:00pm: Relationship Group (V)	31 1:30pm: Health and Wellness (Stretching Activity)  3:00pm: Cookbook Cooking	<p><b>Available Daily:</b> 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><b>Please note that the Outreach Center will be open Before/After scheduled outings as time permits.</b></p> <p><b>Weather Reminder: The Outreach Center will be closed if the Appleton School District is closed for the day due to weather.</b></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.

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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.

Art Group- Members will complete art project and use artistic talents.

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 January birthdays through sending out birthday cards. We will also celebrate all members with birthdays in the month.

Board and Card Games- Members will be able to free play available board and card games and test their skills.

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 Clothes Closet- Giving Back to the community outing. Members will assist with tasks at the Community Clothes Closet.

Cookbook Cooking- Members will help to prepare a recipe found out of a cookbook.

Cookie Baking/Decorating- Learning from activity. Members will learn different cookie recipes for baking and then decorate all cookies that are made.

Crafting Club- Members will display artistic talent and learn crafting techniques for projects.

Financial 101- Presenters from Goodwill or ORC staff 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.

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

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.

Mall Scavenger Hunt- Being Active in the community outing. Members will team up to find all items on list.

Member's Choice Activity- Members are able to choose activities to participate in.

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 Movie Theater- Being social in the community outing. Members will attend local movie theater to watch available movie. Please bring extra money for drink and snacks.

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.

Outings Planning- Members discuss and plan outings/activities to be scheduled for the month of February 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.

SUPER Group- Substance Use Prevention, Education, and Resources. This group will give information on Substance Use, look at resources in the area, and provide education.

Take Down Decorations- Members will assist with taking down holiday decorations around the ORC.

Team Building (America Says Game)- Members will team up for this game show classic.

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.

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