

JANUARY 2023

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 3 pm to 8 pm	FRI 12:30 pm to 5:30 pm	SAT 11 am to 4 pm
2 CLOSED	3 4:00pm: Art Group (Vision Boards) 6:00pm: Group Meal (Chicken Stir Fry)	4 1:30pm: Yoga 4:00pm: Diversity and History (History of the Chinese New Year) (V)	5 4:00pm: Social/ Recreational Group (Group Games) 6:00pm: Relationship Group (V)	6 Outing: Hearthstone Museum (1:00pm-3:30pm) Sign Up in Advance Leave ORC at 1:00pm	7 CLOSED
9 1:30pm: Skills to Pay the Bills (V) 4:00pm: Mental Health Group (V)	10 4:00pm: Art Group (Making Snowflakes) 6:00pm: Group Meal (Breakfast Food)	11 1:30pm: Yoga 4:00pm: Gay/Straight Alliance	12 Outing: Neenah Ice Skating (4:00pm-6:30pm) Sign Up in Advance Leave ORC at 4:00pm	13 1:30pm: Music Group 4:00pm: Calendar Planning Committee	14 CLOSED
16 1:30pm: Skills to Pay the Bills (V) 4:00pm: Mental Health Group (V)	17 4:00pm: Art Group (Winter Crafts) 6:00pm: Group Meal (Taco Bar)	18 1:30pm: Yoga 4:00pm: Diversity and History (History of Ellis Island) (V)	19 Outing: Cat Café (4:00pm-5:15pm) Sign Up in Advance Leave ORC at 4:00pm	20 1:30pm: Music Group 4:00pm: Life Skills (Making Blankets for Animal Shelter)	21 CLOSED
23 1:30pm: Skills to Pay the Bills (V) 4:00pm: Mental Health Group (V)	24 4:00pm: Art Group (Sculpture Making) 6:00pm: Group Meal (Homemade Pizza)	25 1:30pm: Yoga 4:00pm: Gay/Straight Alliance	26 4:00pm: Social/ Recreational Group (Group Games) 6:00pm: Relationship Group (V)	27 Outing: YMCA (2:00pm-4:00pm) Sign Up in Advance (Walking Weather Permitting)	28 OPEN (11:00AM-4:00PM) Hot Chocolate and Movies/Games
30 1:30pm: Skills to Pay the Bills (V) 4:00pm: Mental Health Group (V)	31 4:00pm: Art Group (Birdseed Ornaments) 6:00pm: Group Meal (Pasta Night)	<p>Available Daily: 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.</p> <p>Weather Reminder: The Outreach Center will be closed if the Appleton School District is closed for the day due to weather.</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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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 February calendar.

Cat Café: Being social in the community outing. Members will socialize while getting to interact with animals at the café.

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.

Hearthstone Museum: Learning from the community outing. Members will be able to explore and learn about this house's significance to the Fox Valley area.

Hot Chocolate and Movies/Games: We will view movies and play games while having a sweet winter treat.

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.

Neenah Ice Skating: Being active in the community outing. All will socialize while displaying ice skating ability.

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.

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

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