

# SEPTEMBER 2023

## VPI 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><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>Please note that the Outreach Center will be open Before/After scheduled outings as time permits.</p>				<p><b>1</b> 1:00pm-3:00pm: Music Group  3:00pm: Birthday Club</p>	<p><b>2</b>  CLOSED</p>
<p><b>4</b>  CLOSED HAPPY LABOR DAY!</p>	<p><b>5</b> 1:30pm: Health and Wellness (Cooking)  3:00pm: October Planning (V)</p>	<p><b>6</b> 1:30pm: Yoga  3:00pm: Mental Health Group  4:00pm: Gay/Straight Alliance</p>	<p><b>7</b> 12pm-2pm: Gaming Club  1:00pm: Gardening Club  3:00pm: Open Discussion Group (V)</p>	<p><b>8</b> <u>Outing</u> High Cliff State Park (12:30pm-3:30pm) Sign Up In Advance Depart ORC at 12:30pm</p>	<p><b>9</b>  CLOSED</p>
<p><b>11</b> 1:30pm: Healthy Cooking  3:00pm: Relationship Group (V)</p>	<p><b>12</b> <u>Outing</u> Community Clothes Closet (12:45pm-3:15pm) Sign Up In Advance Depart ORC at 12:45pm</p>	<p><b>13</b> <b>1pm-3pm: Appleton YMCA</b> (Member's Choice Activity) Walking To and From  3:30pm: Member's Choice Activity</p>	<p><b>14</b> 1:00pm: Bocce Ball at City Park  3:00pm: Open Discussion Group (V)</p>	<p><b>15</b> 1:00pm-3:00pm: Music Group  3:00pm: Board and Card Games</p>	<p><b>16</b>  CLOSED</p>
<p><b>18</b> 1:00pm: Health Information (Outagamie County Nursing Staff) (Nutrition/Good Food Choices)  3:00pm: Book and Writing Club (V)</p>	<p><b>19</b> <u>Outing</u> Green Bay Botanical Gardens (12:30pm-3:30pm) Sign Up In Advance Depart ORC at 12:30pm</p>	<p><b>20</b> 1:30pm: Yoga  3:00pm: CHAMPS Cooking  4:00pm: Gay/Straight Alliance</p>	<p><b>21</b> 12pm-2pm: Gaming Club  1:00pm: Gardening Club  3:00pm: Open Discussion Group (V)</p>	<p><b>22</b> 1:30pm: Bingo  3:00pm: Crafting Club</p>	<p><b>23</b>  OPEN 11AM to 4PM Member's Choice Activity</p>
<p><b>25</b> Salvation Army Noon Meal (10:15am-1:30pm) Sign Up In Advance Depart ORC at 10:15am  3:00pm: Relationship Group (V)</p>	<p><b>26</b> 1:30pm: Health and Wellness (Guided Workout) (V)  3:00pm: Team Building (Name that Tune)</p>	<p><b>27</b> <u>Outing</u> Badger Sports Park (12:45pm-3:15pm) Sign Up In Advance (\$2) Depart ORC at 12:45pm</p>	<p><b>28</b> <b>1pm-3pm: Appleton YMCA</b> (Member's Choice Activity) Walking To and From  3:30pm: Open Discussion Group (V)</p>	<p><b>29</b> 1:00pm-3:00pm: Music Group  3:00pm: Movie at ORC</p>	<p><b>30</b>  CLOSED</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](mailto:orc@vpind.com) | [www.vpiwi.org](http://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.

Badger Sports Park- Being social in the community. Members will engage in mini-golf, go karts, laser tag, and various games at Badger Sports Park.

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 September 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.

Bocce Ball at City Park- Members will walk to City Park and test their skills with this backyard favorite game.

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 organization staff with various tasks.

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

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

Gardening Club- Member's 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.

Green Bay Botanical Gardens- Learning from the community outing. Members will walk and see the growth that has occurred over the summer while learning about the vegetation in the garden.

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

Health Information- Outagamie County Mental Health nursing staff will give an informational session on the topic of nutrition/good food choices.

Questions and answer to follow.

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

High Cliff State Park- Being active in the community outing. Members will walk the available trails at the state park.

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

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.

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 October 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. Members will assist in preparation, serving meal, and clean up for Salvation Army.

Team Building (Name That Tune)- Members will team up and test their knowledge of music.

Yoga- Focus on physical health, breathing, and clearing of the mind through guided workout. Combined group with Y/YA Program.

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