

# NOVEMBER 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><b>Please note that the Outreach Center will be open Before/After scheduled outings as time permits.</b></p>		<p><b>1</b> 1:30pm: Yoga  3:00pm: Birthday Club  4:00pm: Gay/Straight Alliance</p>	<p><b>2</b> 12pm-2pm: Gaming Club  1:00pm: December Planning (V)  3:00pm: Open Discussion Group (V)</p>	<p><b>3</b> <b>Outing</b> Plamann Park Trail Walking (12:45pm-3:15pm) Sign Up In Advance Depart ORC at 12:45pm</p>	<p><b>4</b> CLOSED</p>
<p><b>6</b> 1:30pm: Healthy Cooking  3:00pm: Relationship Group (V)</p>	<p><b>7</b> 1:30pm: Health and Wellness (Guided Workout) (V)  3:00pm: FVTC OTA Student Led Group</p>	<p><b>8</b> 1:30pm: The Basics of Magic the Gathering  3:00pm: Mental Health Group (V)</p>	<p><b>9</b> <b>Outing</b> Weis Earth Science Museum (12:45pm-3:15pm) Sign Up In Advance Depart ORC at 12:45pm</p>	<p><b>10</b> 1:00pm-3:00pm: Music Group  3:00pm: Board and Card Games</p>	<p><b>11</b> CLOSED</p>
<p><b>13</b> <b>Outing</b> Acoca Coffee (12:45pm-3:15pm) Sign Up In Advance Depart ORC at 12:45pm Walking To and From</p>	<p><b>14</b> <b>1pm-3pm: Appleton YMCA (Member's Choice Activity)</b> Walking To and From  3:30pm: Member's Choice Activity</p>	<p><b>15</b> 1:30pm: Yoga  3:00pm: CHAMPS Cooking  4:00pm: Gay/Straight Alliance</p>	<p><b>16</b> 12pm-2pm: Gaming Club  1:00pm: Gardening Club  3:00pm: Open Discussion Group (V)</p>	<p><b>17</b> 1:30pm: Loom Weaving  3:00pm: Movie at ORC</p>	<p><b>18</b> <b>OPEN</b> <b>11AM to 4PM</b> <b>Member's Choice Activity</b></p>
<p><b>20</b> 1:00pm: Health Information (Outagamie County Nursing Staff) (Good Sleep Hygiene)  3:00pm: Crafting Club</p>	<p><b>21</b> 1:30pm: Poetry Club  3:00pm: FVTC OTA Student Led Group</p>	<p><b>22</b> <b>1:00pm: Thanksgiving Celebration</b></p>	<p><b>23</b> <b>CLOSED</b> <b>HAPPY THANKSGIVING!</b></p>	<p><b>24</b> <b>CLOSED</b> <b>HAPPY THANKSGIVING</b></p>	<p><b>25</b> CLOSED</p>
<p><b>27</b> Salvation Army Noon Meal (10:15am-1:15pm) Sign Up In Advance Depart ORC at 10:15am  3:00pm: Book and Writing Club (V)</p>	<p><b>28</b> 1:30pm: Health and Wellness (Cooking)  3:00pm: FVTC OTA Student Led Group</p>	<p><b>29</b> 1:30pm: Yoga  3:00pm: Mental Health Group (V)  4:00pm: Gay/Straight Alliance</p>	<p><b>30</b> 12pm-2pm: Gaming Club  <b>Outing</b> VPI/United Way Diaper Bank (12:45pm-3:15pm) Sign Up In Advance Depart ORC at 12:45pm</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:

Acoca Coffee- Being social in the community. Members will interact while enjoying a drink and treat on the ORC. Please bring money for extra purchases.

We will be walking to and from this outing.

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

Birthday Club- Peer group in which member's send birthday wishes for members with November 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.

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

FVTC Student Led Groups- Students in the OTA Program at FVTC will lead this group activity that will take members information into consideration when planning group activities.

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

Gardening Club- Member's will work together to get keep the growing season going with the ORC's Hydroponic Garden.

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.

Health Information- Outagamie County Mental Health nursing staff will give an informational session on the topic of good sleep hygiene. Questions and answer to follow.

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.

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 December that meet our categories of outings. Members use planning and budgeting skills for this planning.

Plamann Park Trail Walking- Being active in the community outing. Members will walk and explore trails at Plamann Park.

Poetry Club- Member led group in which members will express themselves and learn different writing styles.

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.

Thanksgiving Celebration- Come and celebrate the Thanksgiving holiday with the ORC. Food, games, and fun.

The Basics of Magic the Gathering- Member led activity that will look at teaching the basic concepts of the card game Magic the Gathering.

VPI/United Way Diaper Bank- Giving back to the community outing. Members will assist in the re-packing of diapers for this partnership program with VPI and the United Way.

Weis Earth Science Museum- Learning from the community outing. Members will tour current exhibits at the museum.

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

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