

JANUARY 2024

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
1 CLOSED HAPPY NEW YEAR!	2 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Birthday Club	3 <u>Outing</u> The Pawfee Shop Cat Café (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	4 1:00pm: Relationship Group (V) 3:00pm: February Planning (V)	5 1:00pm-3:00pm: Music Group 3:00pm: Board and Card Games	6 CLOSED
8 1:30pm: Healthy Cooking 3:00pm: Crafting Club	9 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: The Basics of Magic the Gathering	10 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 4:00pm: Gay/Straight Alliance	11 12pm-2pm: Gaming Club 1:00pm: Mental Health Group (V) 3:00pm: Open Discussion Group (V)	12 <u>Outing</u> Bowling at Super Bowl (12:45pm-3:15pm) Sign Up in Advance (\$2) Depart ORC at 12:45pm	13 CLOSED
15 1:00pm: Health Information (Outagamie County Nursing Staff) (Healthy Choices/Medication Compliance/Risk Reduction Techniques) 3:00pm: Gardening Club	16 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Health Exploration (Jeopardy Game- Health)	17 1:30pm: Yoga 3:00pm: CHAMPS Cooking	18 <u>Outing</u> Paper Discovery Center (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	19 1:00pm-3:00pm: Music Group 3:00pm: Team Building (Family Feud Game)	20 OPEN 11:00AM to 4:00PM Member's Choice Activity
22 <u>Outing</u> Salvation Army Noon Meal (10:15am-1:15pm) Sign Up In Advance Depart ORC at 10:15am 1:30pm: Movie Discussion Group	23 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Poetry Club	24 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 4:00pm: Gay/Straight Alliance	25 12pm-2pm: Gaming Club 1:00pm: Relationship Group (V) 3:00pm: Open Discussion Group (V)	26 1:30pm: Loom Weaving 3:00pm: Movie at ORC	27 CLOSED
29 1:00pm: Community Spotlight Presentation (Outagamie County Crisis Services) 3:00pm: Cookbook Cooking	30 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Health Exploration (Hand Hygiene)	31 1:30pm: Yoga 3:00pm: Book and Writing Club (V)	<div style="border: 1px solid black; padding: 5px;"> <p>Available Daily: 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>Weather Reminder: The Outreach Center will be closed if the Appleton School District is closed for the day due to weather.</p> </div>		

(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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Activities Description:

- 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 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.
- Bowling at Super Bowl- Being active in the community outing. Members will participate in bowling with other participants. Please bring extra money for drinks and snacks.
- CHAMPS Cooking- St. Joe's Food Program and UW provide ingredients and nutritional instruction for cooking activity.
- Community Spotlight Presentation (Outagamie County Crisis)- A representative from Outagamie County will come to share information about crisis services.
- Cookbook Cooking- Members will help to prepare a recipe found out of a cookbook.
- 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 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 Exploration- Members will be lead through interactive activities to learn about different topics related to a person's over health.
- Health Information- Outagamie County Mental Health nursing staff will give an informational session on the topic of healthy choices/medication compliance/risk reduction techniques. 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.
- Movie Discussion Group- This member led group will have members view a movie and then discuss key aspects of movie. Back to the Future will be viewed in January.
- 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 February that meet our categories of outings. Members use planning and budgeting skills for this planning.
- Paper Discovery Center- Learning from the community outing. Members will explore different exhibits at the center.
- 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 outing. Members will assist in preparation, serving meal, and clean up for Salvation Army.
- Team Building (Family Feud Game)- Members will team together to participate in this classic game show game.
- The Basics of Magic the Gathering- Member led activity that will look at teaching the basic concepts of the card game Magic the Gathering.
- The Pawfee Shop Cat Café- Being social in the community outing. Members will interact with one another while having a chance to also engage with cats. A drink and snack will be provided.
- Please bring your own money for anything extra.
- Yoga- Focus on physical health, breathing, and clearing of the mind through guided workout. Combined group with Y/YA Program.

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