

JANUARY 2024

VPI 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 |
|---|---|--|---|---|-------------------------------------|
| 1 CLOSED IN OBSERVATION OF NEW YEAR'S DAY HOLIDAY | 2 4:00pm: Art Group 6:00pm: Group Meal (Spaghetti and Meatballs) | 3 <u>Outing</u> Acoca Coffee (2:00pm-4:00pm) Sign Up in Advance Leave ORC at 2:00pm Walking To and From | 4 4:00pm: Social/Recreational Group 6:00pm: Self-Care Group | 5 1:30pm: Relationship Group (V) 4:00pm: Life Skills (V) | 6 CLOSED |
| 8 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group | 9 <u>Outing</u> Arcade at Badger Sports Park (4:30pm-6:30pm) Sign Up in Advance Leave ORC at 4:30pm | 10 1:30pm: Wii Sports 4:00pm: Gay/Straight Alliance | 11 4:00pm: Social/Recreational Group 6:00pm: Calendar Planning Committee (V) | 12 1:30pm: Relationship Group (V) 4:00pm: Skills to Pay the Bills (V) | 13 CLOSED |
| 15 1:30pm: Mental Health Group (V) 4:00pm: Music Group | 16 4:00pm: Art Group 6:00pm: Group Meal (Cheeseburger Sliders) | 17 1:30pm: Yoga 4:00pm: Diversity and History (V) | 18 <u>Outing</u> Super Bowl (5:00pm-7:00pm) Sign Up in Advance Leave ORC at 5:00pm | 19 1:30pm: Relationship Group (V) 4:00pm: Life Skills (V) | 20 OPEN 11:00AM-4:00PM |
| 22 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group | 23 <u>Outing</u> Movie at Movie Theater (5:00pm-7:00pm) Sign Up in Advance Leave ORC at 5:00pm | 24 1:30pm: Wii Sports 4:00pm: Gay/Straight Alliance | 25 4:00pm: Social/Recreational Group 6:00pm: Self-Care Group | 26 <u>Outing</u> YMCA (1:30pm-3:00pm) Sign Up in Advance Leave ORC at 1:30pm Walking To and From | 27 CLOSED |
| 29 1:30pm: Mental Health Group (V) 4:00pm: Music Group | 30 4:00pm: Art Group 6:00pm: Group Meal (Breakfast Food) | 31 1:30pm: Yoga 4:00pm: Diversity and History (V) | <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



Community
Outreach Center



United Way
Fox Cities

J. J. Keller
Foundation, Inc.



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Activity Descriptions:

Acoca Coffee: Being social in the community outing. Members will socialize in public setting while enjoying a drink and snack on the ORC. Please bring money for extras.

Arcade at Badger Sports Park: Being social in the community outing. Members will participate in different games at arcade while interacting with peers.

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 in planning of community outings for the month of February.

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.

Health and Wellness: Members will participate in activities that promote mental health and physical health.

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.

Movie at Movie Theater: Being social in the community outing. Members will attend a movie with peers. Please bring own money if wanting to eat and/or have something to drink.

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.

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.

Self-Care Group: Members will be guided through the meaning of self-care and different activities will be shown to promote one's self-care.

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.

Super Bowl: Getting active in the community outing. Members will test their skills on the bowling lanes. Please bring own money if wanting to eat and/or have something to drink.

Wii Sports: Members will be active during gaming activities using the Wii system. Different sports will be explored during each group.

YMCA: Being active in the community outing. Members will participate in physical activities at the Appleton YMCA. The group will be walking to and from.

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

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