

FEBRUARY 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 |
|--|--|--|---|--|--|
| <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> | | | <p>1</p> <p>1:00pm: Relationship Group (V)</p> <p>3:00pm: Birthday Club</p> | <p>2</p> <p>1:00pm-3:00pm: Music Group</p> <p>3:00pm: March Planning (V)</p> | <p>3</p> <p>CLOSED</p> |
| <p>5</p> <p>1:30pm: Healthy Cooking</p> <p>3:00pm: Crafting Club</p> | <p>6</p> <p>Outing</p> <p>Community Clothes Closet (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm</p> | <p>7</p> <p>1:30pm: Yoga</p> <p>3:00pm: Book and Writing Club (V)</p> <p>4:00pm: Gay/Straight Alliance</p> | <p>8</p> <p>12pm-2pm: Gaming Club</p> <p>1:00pm: Mental Health Group (V)</p> <p>3:00pm: Open Discussion Group (V)</p> | <p>9</p> <p>1:30pm: Team Building (America Says)</p> <p>3:00pm: Movie at ORC</p> | <p>10</p> <p>CLOSED</p> |
| <p>12</p> <p>Outing</p> <p>Fox River Mall Outing (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm</p> | <p>13</p> <p>1:30pm: Health and Wellness (Strong Bodies Program) (V)</p> <p>3:00pm: The Basics of Magic the Gathering</p> | <p>14</p> <p>1:00pm: Valentine's Day Party</p> | <p>15</p> <p>1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From</p> <p>3:30pm: Open Discussion Group (V)</p> | <p>16</p> <p>1:00pm-3:00pm: Music Group</p> <p>3:00pm: Board and Card Games</p> | <p>17</p> <p>OPEN 11:00AM to 4:00PM Member's Choice Activity</p> |
| <p>19</p> <p>1:00pm: Health Information (Outagamie County Nursing Staff) (Smoking Cessation)</p> <p>3:00pm: Gardening Club</p> | <p>20</p> <p>1:00pm: Community Spotlight Presentation (COTS)</p> <p>3:00pm: Health Exploration</p> | <p>21</p> <p>1:30pm: Yoga</p> <p>3:00pm: CHAMPS Cooking</p> <p>4:00pm: Gay/Straight Alliance</p> | <p>22</p> <p>12pm-2pm: Gaming Club</p> <p>1:00pm: Mental Health Group (V)</p> <p>3:00pm: Open Discussion Group (V)</p> | <p>23</p> <p>Outing</p> <p>Glow In The Park Indoor Mini Golf (12:30pm-3:30pm) Sign Up in Advance (\$2) (12 Spots Available) Depart ORC at 12:30pm</p> | <p>24</p> <p>CLOSED</p> |
| <p>26</p> <p>1:00pm: Movie Discussion Group</p> <p>3:00pm: Cookbook Cooking</p> | <p>27</p> <p>1:30pm: Health and Wellness (Strong Bodies Program) (V)</p> <p>3:00pm: Poetry Club</p> | <p>28</p> <p>Outing</p> <p>Trout Museum of Art (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm (Walking To and From)</p> | <p>29</p> <p>1:00pm: Relationship Group (V)</p> <p>3:00pm: Open Discussion Group (V)</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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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 February 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.

Community Clothes Closet- Giving Back to the Community outing. Members will assist in sorting clothes and other tasks at this community resource.

Community Spotlight Presentation (COTS)- A representative from COTS will come to share information about the services this organization offers.

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.

Fox River Mall- Being Social in the Community outing. Members will walk the mall and enjoy a snack at the food court. Please bring extra money for additional snacks.

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.

Glow in the Park Indoor Mini Golf- Being Active in the Community outing. Members will test their putting skills while socializing with peers. 12 spots available for this outing.

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 smoking cessation. Questions and answer to follow.

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

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.

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

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.

Team Building (America Says)- 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.

Trout Museum of Art- Learning from the Community Outing. Members will explore current exhibits at the museum.

Valentine's Day Party- Celebrate the holiday with the ORC. We will have lunch, games, and prizes.

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

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