

APRIL 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 1:30pm: Healthy Cooking 3:00pm: Birthday Club	2 <u>Outing</u> Jake's Network of Hope (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	3 1:30pm: Yoga 3:00pm: May Planning (V) 4:00pm: Gay/Straight Alliance	4 12pm-2pm: Gaming Club 1:00pm: Relationship Group (V) 3:00pm: The Basics of Magic the Gathering	5 1:00pm: Easter Celebration	6 CLOSED
8 1:30pm: Book and Writing Club (V) 3:00pm: Gardening Club	9 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Health Exploration	10 <u>Outing</u> Bowling at Rolling Thunder Lanes (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	11 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 3:30pm: Open Discussion Group (V)	12 1:00pm-3:00pm: Music Group 3:00pm: Movie at the ORC	13 OPEN 11:00AM to 4:00PM Member's Choice Activity
15 1:30pm: Walking Club 3:00pm: Crafting Club	16 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: FVTC OTA Student Led Group Interviews	17 1:30pm: Yoga 3:00pm: CHAMPS Cooking 4:00pm: Gay/Straight Alliance	18 12pm-2pm: Gaming Club 1:00pm: Mental Health Group (V) 3:00pm: Poetry Group	19 <u>Outing</u> Bergstrom-Mahler Museum of Glass (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	20 CLOSED
22 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 3:30pm: Member's Choice Activity	23 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: FVTC OTA Student Led Group	24 1:30pm: Cookbook Cooking 3:00pm: Women's Group (V)	25 <u>Outing</u> Mini-Golf at Badger Sports Park (12:45pm-3:15pm) Sign Up in Advance (\$2) Depart ORC at 12:45pm	26 1:00pm-3:00pm: Music Group 3:00pm: Board and Card Games	27 CLOSED
29 1:00pm: Movie Discussion Group 3:30pm: Baking Group	30 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: FVTC OTA Student Led Group	<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. The center will be closed during scheduled outings.</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.

Baking Group- Members will learn and make a recipe to satisfy member's sweet teeth.

Bergstrom-Mahler Museum of Glass- Learning from the community outing. Members will explore current exhibits at the museum.

Birthday Club- Peer group in which member's send birthday wishes for members with April 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 Rolling Thunder Lanes- 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 provide ingredients and nutritional instruction for cooking activity.

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.

Easter Celebration- Celebrate the holiday with the ORC. We will have lunch, games, and prizes.

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 Exploration- Members will be lead through interactive activities to learn about different topics related to a person's over health.

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

Jake's Network of Hope- Giving back to the community outing. Members will assist with a diaper re-pack and other tasks as assigned.

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.

Mini-Golf at Badger Sports Park- Getting Active in the community outing. Members will test their putting skills while interacting with peers.

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 May 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.

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

Walking Club: Get active in the community while learning how using the community can be used as a coping skill. The Y/A program will be closed while this activity is occurring in the community.

Women's Group- Peer support for women along with topical discussion amongst group members.

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

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