

JULY 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 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group	2 4:00pm: Art Group 6:00pm: Group Meal (Personal Pizza's)	3 1:30pm: Yoga 4:00pm: Diversity and History (V)	4 ORC CLOSED IN OBSERVATION OF 4th OF JULY HOLIDAY	5 ORC CLOSED IN OBSERVATION OF 4th OF JULY HOLIDAY	6 CLOSED
8 1:30pm: Mental Health Group (V) 4:00pm: Music Group	9 Outing Picnic at Peabody Park (4:00pm-6:30pm) Leave ORC at 4:00pm <u>Sign Up in Advance</u>	10 1:30pm: Gay/Straight Alliance 4:00pm: Wii Sports	11 4:00pm: Jeopardy Lab 6:00pm: Movie at ORC	12 1:30pm-2:30pm: Walking Club (Center closed during activity) 4:00pm: Relationship Group (V)	13 CLOSED
15 1:30pm: Mental Health Group (V) 4:00pm: Calendar Planning Committee (V)	16 4:00pm: Art Group 6:00pm: Group Meal (Chicken Salad Sandwiches)	17 1:30pm: Yoga 4:00pm: Diversity and History (V)	18 Outing Bay Beach Amusement Park (3:30pm-6:45pm) Leave ORC at 3:45pm <u>Sign Up in Advance</u>	19 1:30pm: Skills to Pay the Bills (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 Outing Plamann Park Beach (3:30pm-6:00pm) Leave ORC at 3:30pm <u>Sign Up in Advance</u>	24 1:30pm: Gay/Straight Alliance 4:00pm: Wii Sports	25 4:00pm: Young Women's Leadership Group (V) 6:00pm: Self-Care Group	26 1:30pm-2:30pm: Walking Club (Center closed during activity) 4:00pm: Relationship Group (V)	27 CLOSED
29 1:30pm: Mental Health Group (V) 4:00pm: Music Group	30 4:00pm: Art Group 6:00pm: Group Meal (KFC Mashed Potato Bowls)	31 Outing Frios Mexican Treats (1:30pm-3:00pm) Leave ORC at 1:30pm <u>Sign Up in Advance</u>	<div style="border: 1px solid black; padding: 5px;"> <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. The center will be closed during scheduled outings.</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



Community Outreach Center



United Way Fox Cities



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Activity Descriptions:

Art Group: Members will be guided in an artistic activity and have the opportunity to use different art mediums.

Bay Beach Amusement Park: Being social in the community outing for the month. Members will enjoy various rides and games at the park.

Calendar Planning Committee: Members will work together to plan outings for the month of August.

Diversity and History: Exploring diversity and history through lessons about different topics and culture.

Frios Mexican Treats: Being social in the community. Members will enjoy a summer treat while interacting with one another. Please bring money for extras.

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.

Jeopardy Lab: Members will test their knowledge and work with teammates to solve and answer questions.

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 ORC: Members will socialize during movie event at the center. Members will assist in picking out the movie that is viewed.

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.

Plamann Park Beach: Getting active outing. Members will have opportunity to swim and participate in other beach activities.

Picnic at Peabody Park: Being social in the community outing. Members will interact with each other for a picnic and games at the park.

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.

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

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

Young Women's Leadership Group: Members will learn and explore skills for leadership.

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

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