

AUGUST 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. The center will be closed during scheduled outings.</p>			<p>1 <u>ORC OPEN 12PM to 5PM</u></p> <p>1:00pm: Meditation Group</p> <p>3:00pm: Birthday Club</p>	<p>2</p> <p>1:00pm-3:00pm: Music Group</p> <p>3:00pm: September Planning (V)</p>	<p>3</p> <p>CLOSED</p>
<p>5</p> <p>1:30pm: Healthy Cooking</p> <p>3:00pm: Walking Club</p>	<p>6</p> <p>1:30pm: Health and Wellness (Strong Bodies Program) (V)</p> <p>3:00pm: Health Exploration</p>	<p>7</p> <p>1:30pm: Gay/Straight Alliance</p> <p>3:00pm: Book and Writing Club (V)</p>	<p>8</p> <p>12pm-2pm: Gaming Club</p> <p>1:00pm: Relationship Group (V)</p> <p>3:00pm: The Basics of Magic the Gathering</p>	<p>9 <u>Outing</u></p> <p>History Museum at the Castle (12:45pm-3:15pm)</p> <p>Sign Up in Advance (\$2)</p> <p>Depart ORC at 12:45pm</p> <p>Walking To and From</p>	<p>10</p> <p>CLOSED</p>
<p>12</p> <p>1:30pm: Cookbook Cooking</p> <p>3:00pm: Gardening Club</p>	<p>13</p> <p>1pm-3pm: Appleton YMCA (Member's Choice Activity)</p> <p>Walking To and From</p> <p>3:30pm: Open Discussion Group (V)</p>	<p>14</p> <p>1:30pm: Yoga</p> <p>3:00pm: Bingo</p>	<p>15 <u>Outing</u></p> <p>Bay Beach (11:30am-3:30pm)</p> <p>Sign Up in Advance</p> <p>Depart ORC at 11:30am</p>	<p>16</p> <p>1:00pm-3:00pm: Music Group</p> <p>3:00pm: Movie at the ORC</p>	<p>17</p> <p>OPEN</p> <p>11AM to 4PM</p> <p>Member's Choice Activity</p>
<p>19 <u>Outing</u></p> <p>Park Clean Up (12:45pm-3:15pm)</p> <p>Sign Up in Advance</p> <p>Depart ORC at 12:45pm</p>	<p>20</p> <p>1:30pm: Health and Wellness (Strong Bodies Program) (V)</p> <p>3:00pm: Health Exploration</p>	<p>21</p> <p>1:30pm: Gay/Straight Alliance</p> <p>3:00pm: CHAMPS Cooking</p>	<p>22</p> <p>12pm-2pm: Gaming Club</p> <p>1:00pm: Mental Health Group (V)</p> <p>3:00pm: Poetry Club</p>	<p>23</p> <p>1:30pm: Bocce Ball at City Park</p> <p>3:00pm: Art/Crafting Club</p>	<p>24</p> <p>CLOSED</p>
<p>26</p> <p>1:00pm: Movie Discussion Group</p> <p>3:00pm: Baking Group</p>	<p>27 <u>Outing</u></p> <p>Frisbee Golf at Plamann Park (12:45pm-3:15pm)</p> <p>Sign Up in Advance</p> <p>Depart ORC at 12:45pm</p>	<p>28</p> <p>1:30pm: Yoga</p> <p>3:00pm: Book and Writing Club (V)</p>	<p>29</p> <p>1pm-3pm: Appleton YMCA (Member's Choice Activity)</p> <p>Walking To and From</p> <p>3:30pm: Men's & Allies Group (V)</p> <p>3:30pm: Women's & Allies Group (V)</p>	<p>30</p> <p>1:00pm-3:00pm: Music Group</p> <p>3:00pm: Board and Card Games</p>	<p>31</p> <p>CLOSED</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.

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Activities Description:

Appleton YMCA- Members will be able to use the YMCA facilities in activities of their choice.

Art/Crafting Club- Members will display artistic talent and/or learn crafting techniques for projects.

Baking Group- Members will learn a new recipe and baking skills while getting to enjoy what is made.

Bay Beach Outing- Being social in the community outing. Members will interact with one another in the rides and activities offered at the amusement park. Please bring own money for food. Max Capacity is 12 members.

Bingo- Members will socialize while enjoying games of bingo. Small prizes will be available for winners.

Birthday Club- Peer group in which member's send birthday wishes for members with August 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.

Bocce Ball at City Park- Being active activity in which members will compete with each other in this lawn game classic.

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 provide ingredients and nutritional instruction for cooking activity.

Cookbook Cooking- Members will help to prepare a recipe found out of a cookbook.

Frisbee Golf at Plamann Park Outing- Being active in the community. Members will test their frisbee skills by playing 18 holes of Frisbee Golf.

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.

History Museum at the Castle Outing- Learning from the community outing. Members will explore historical Appleton and current exhibits on display.

Meditation Group- Members will learn different meditation techniques and skills to remove stress from body for a coping skill.

Member's Choice Activity- Members are able to choose activities to participate in.

Men's & Allies Group- Peer support for men, and those who support men, along with topical discussion amongst group members.

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

Park Clean Up Outing- Giving back to the community outing. Members will assist with cleaning up parks in the local area.

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 YYA program will be closed while this activity is occurring in the community.

Women's & Allies Group- Peer support for women, and those who support 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/YA Program.