

OCTOBER 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: Health and Wellness (Cooking) 3:00pm: Birthday Club	2 1:30pm: Gay/Straight Alliance 3:00pm: November Planning (V)	3 12pm-2pm: Gaming Club 1:00pm: Relationship Group (V) 3:00pm: The Basics of Magic the Gathering	4 1:30pm: Halloween Party Brainstorm (V) 3:00pm: Team Building (ORC Name That Tune)	5 OPEN 11AM to 4PM 12PM-2PM: Support NAMI Walks ORC Walk (Center closed during activity)
7 1:30pm: Healthy Cooking 3:00pm: Walking Club	8 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 3:30pm: Open Discussion Group (V)	9 1:30pm: Yoga 3:00pm: Bingo	10 <u>Outing</u> Oshkosh Public Museum (12:30pm-3:30pm) Sign Up in Advance Depart ORC at 12:30pm	11 1:00pm-3:00pm: Music Group 3:00pm: Movie at the ORC	12 CLOSED
14 1:30pm: Art/Crafting Club 3:00pm: Social/Recreational Group (Bocce Ball)	15 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Health Exploration (V)	16 1:30pm: Gay/Straight Alliance 3:00pm: CHAMPS Cooking	17 12pm-2pm: Gaming Club 1:00pm: Mental Health Group (V) 3:00pm: Poetry Club	18 <u>Outing</u> The Fire (12:45pm-3:15pm) Sign Up in Advance (\$2) Depart ORC at 12:45pm Walking To and From (Limit- 8 Spots)	19 CLOSED
21 1:30pm: Cookbook Cooking 3:00pm: Gardening Club	22 <u>Outing</u> Community Park Clean Up (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	23 1:30pm: Yoga 3:00pm: Book and Writing Club (V)	24 1pm-3pm: Appleton YMCA (Member's Choice Activity) Walking To and From 3:30pm: Men's & Allies Group (V) 3:30pm: Women's & Allies Group (V)	25 1:00pm-3:00pm: Music Group 3:00pm: Board and Card Games	26 CLOSED
28 1:00pm: Movie Discussion Group 3:00pm: Walking Club	29 <u>Outing</u> Scavenger Hunt at Fox River Mall (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	30 1:30pm: Gay/Straight Alliance 3:00pm: Baking Group	31 12pm-2pm: Gaming Club 1:00pm: Relationship Group (V) 3:00pm: Men's and Allies Group (V) 3:00pm: Women's and Allies Group (V)	<div style="border: 1px solid black; padding: 5px;"> <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> </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



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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 cooking skills and recipes for simple sweet treats.
- 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 October 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 provide ingredients and nutritional instruction for cooking activity.
- Community Park Clean Up- Giving back to the community outing. Members will assist in keeping Telulah Park clean by assisting with litter pick up.
- Cookbook Cooking- Members will help to prepare a recipe found out of a cookbook.
- 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.
- Halloween Party Brainstorm- Members will help pick activities and food items for further voting for ORC's Halloween Party on 11/1/2024.
- 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.
- 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.
- Oshkosh Public Museum- Learning from the community outing. Members will explore current exhibits of museum and learn local history.
- Outings Planning- Members discuss and plan outings/activities to be scheduled for the month of November 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.
- Scavenger Hunt at Fox River Mall- Getting active in the community outing. Members will team up and participate in a mall themed scavenger hunt with clues being given.
- Social/Recreational Group (Bocce Ball)- Members will explore different activities that can be participated in when ORC is closed. Members will go to local park to play Bocce Ball.
- Support NAMI WALKS ORC Walk- Members will complete a community walk to show support for NAMI event happening the scheduled day.
- Team Building (ORC Name that Tune)- Members will work in team setting to participate in this game show replica.
- The Basics of Magic the Gathering- Member led activity that will look at teaching the basic concepts of the card game Magic the Gathering.
- The Fire- Being social in the community outing. Members will pick and complete projects available while interacting with other peers. This outing has a 8 person limit to it.
- 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 & 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/A Program.

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