

OCTOBER 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 12:30 pm to 5:30 pm	FRI 12:30 pm to 5:30 pm	SAT 11 am to 4 pm
	1 4:00pm: Art Group 6:00pm: Group Meal (French Bread Pizza)	2 1:30pm: Gay/Straight Alliance 4:00pm: Wii Sports	3 12:30pm-2pm: Gaming Club 4:00pm: Calendar Planning Committee (V)	4 Outing YMCA (1:30pm-3:30pm) Leave ORC at 1:30pm Walking To and From <u>Sign Up in Advance</u>	5 OPEN 11AM to 4PM 12PM-2PM: Support NAMI Walks ORC Walk (Center closed during activity)
7 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group	8 Outing Polly's Pumpkin Patch Corn Maze (3:30pm-6:45pm) Leave ORC at 3:30pm <u>Sign Up in Advance</u>	9 1:30pm: Yoga 4:00pm: Diversity and History (V)	10 1:30pm: Young Women's Leadership Group (V) 3:00pm: Movie at ORC	11 1:30pm-2:30pm: Walking Club (Center closed during activity) 4:00pm: Relationship Group (V)	12 CLOSED
14 1:30pm: Mental Health Group (V) 4:00pm: Music Group	15 4:00pm: Art Group 6:00pm: Group Meal (Homemade Hamburger Helper)	16 Outing History Museum at the Castle (1:30pm-3:30pm) Leave ORC at 1:30pm Walking To and From <u>Sign Up in Advance</u>	17 12:30pm-2pm: Gaming Club 4:00pm: Self-Care Group	18 1:30pm: Skills to Pay the Bills (V) 4:00pm: Life Skills (V)	19 CLOSED
21 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group	22 4:00pm: Art Group 6:00pm: Group Meal (Chicken Ranch Wraps)	23 1:30pm: Yoga 4:00pm: Diversity and History (V)	24 Outing Fox Trot Trail Walk/Clean Up (1:30pm-3:30pm) Leave ORC at 1:30pm Walking To and From <u>Sign Up in Advance</u>	25 1:30pm-2:30pm: Walking Club (Center closed during activity) 4:00pm: Relationship Group (V)	26 CLOSED
28 1:30pm: Mental Health Group (V) 4:00pm: Music Group	29 5:00pm: Halloween Party	30 1:30pm: Gay/Straight Alliance 4:00pm: Wii Sports	31 12:30pm-2pm: Gaming Club 4:00pm: Self-Care Group	<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>	

(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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Activity Descriptions:

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

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

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

Fox Trot Trail Walk/Clean Up: Giving back to the community outing. Members will walk this trail while also cleaning up any litter that is seen.

Gaming Club: Members will socialize through Wii gaming activities, card games, and board games.

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.

Halloween Party: Celebrate the holiday with the ORC. Party will consist of food, games, and Halloween costumes.

Health and Wellness: Members will participate in activities that promote mental health and physical health.

History Museum at the Castle: Learning from the community outing. Members will explore current exhibits and learn more about local history.

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.

Polly's Pumpkin Patch Corn Maze: Being social in the community outing. Members will test their skills in completing the corn maze and will explore the farm. A snack will be provided to members. Please bring own money for extras.

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.

Support NAMI WALKS ORC Walk: Members will complete a community walk to show support for NAMI event happening the scheduled day.

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.

YMCA: Being active in the community outing. Members will be able to participate in different physical activities at the Appleton YMCA

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

