

# NOVEMBER 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><b>Available Daily:</b> 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>Weather Reminder: The Outreach Center will be closed if the Appleton Area School District is closed for the day due to weather.</p>				1 1:00pm: Halloween Party	2 CLOSED
4 1:30pm: Healthy Cooking 3:00pm: Birthday Club	5 <u>Outing</u> Pawffee Shop Cat Cafe (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	6 1:30pm: Community Spotlight Presentation (Career EXCElerate) 3:00pm: December Planning (V)	7 12pm-2pm: Gaming Club 1:00pm: Relationship Group (V) 3:00pm: The Basics of Magic the Gathering	8 1:00pm-3:00pm: Music Group 3:00pm: Movie at the ORC	9 OPEN 11AM to 4PM Member's Choice Activity
11 1:30pm: Art/Crafting Club 3:00pm: Social/Recreational Group (Pool)	12 1:30pm: Health and Wellness (Cooking) 3:00pm: Open Discussion Group (V)	13 1:30pm: Gay/Straight Alliance 3:00pm: Book and Writing Club (V)	14 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)	15 <u>Outing</u> Packers Hall of Fame (12:30pm-3:30pm) Sign Up in Advance (\$2) (7 Spots Available) Depart ORC at 12:30pm	16 CLOSED
18 1:30pm: Yoga 3:00pm: CHAMPS Cooking	19 1:30pm: Health and Wellness (Strong Bodies Program) (V) 3:00pm: Health Exploration (V)	20 <u>Outing</u> Bowling at Rolling Thunder Lanes (1:30pm-4:00pm) Sign Up in Advance Depart ORC at 1:30pm	21 12pm-2pm: Gaming Club 1:00pm: Mental Health Group (V) 3:00pm: Poetry Club	22 1:00pm-3:00pm: Music Group 3:00pm: Board and Card Games	23 CLOSED
25 1:00pm: Movie Discussion Group 3:00pm: Baking Group	26 <u>Outing</u> Bell Ringing at Woodman's (12:45pm-3:15pm) Sign Up in Advance Depart ORC at 12:45pm	27 1:00pm: Thanksgiving Celebration	28 CLOSED HAPPY THANKSGIVING!	29 CLOSED HAPPY THANKSGIVING!	30 CLOSED

(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 cooking skills and recipes for simple sweet treats.

Bell Ringing at Woodman's- Giving back to the community outing. Members will ring bells for a cause at Woodman's. ORC will have two stations at the store for bell ringing.

Birthday Club- Peer group in which member's send birthday wishes for members with November 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 test their skills on the lanes while interacting with peers. Bowling will be provided. Please bring money for snacks and drinks.

CHAMPS Cooking- St. Joe's Food Program provide ingredients and nutritional instruction for cooking activity.

Community Spotlight Presentation (Career EXCElerate)- Members will gain information and this community resource through an informative presentation.

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

Gay/Straight Alliance- Group that promotes education, awareness, and support for the LGBTQ+ community and its allies. All members welcome to participate.

Halloween Party- Members will celebrate the Halloween holiday at the ORC. The party will consist of lunch, activities, and prizes.

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.

Member's Choice Activity- Members will independently choose from available activities at the ORC.

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

Packer Hall of Fame- Learning from the community outing. Members will learn information about the Green Bay Packers through ongoing exhibits. This outing has 7 spots available for the outing and will be combined with ORC YYA.

Pawfee Shop Cat Café- Being social in the community outing. Members will interact with one another and cat friends at the café. A snack and drink will be provided. Please bring money for extra.

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.

Social/Recreational Group (Pool)- Members will explore different activities that can be participated in when ORC is closed. Members will participate in a pool activity at the ORC.

Thanksgiving Celebration- Celebrate the Thanksgiving holiday with the ORC. Members will have lunch and then holiday activities that will be voted on by members.

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

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.

