

JUNE 2025

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
2 1:30pm: Healthy Cooking 3:00pm: July Planning (V)	3 <u>Outing</u> Woodward Community Media Radio Station Tour (1:15pm-3:30pm) Sign Up in Advance Depart ORC at 1:15pm	4 1:30pm: Cornhole at ORC 3:00pm: Gay/Straight Alliance	5 1pm-3pm: Appleton YMCA (Member's Choice Activity) Sign Up in Advance Walking To and From 3:30pm: Birthday Club	6 1:00pm-3:00pm: Music Group 3:00pm: Movie at ORC	7 CLOSED
9 1:30pm: Cookbook Cooking 3:00pm: Creative Writing (V)	10 1:30pm: Health and Wellness (Stretching Activity) 3:00pm: Health Exploration	11 1:30pm: Yoga 3:00pm: Wii Sports	12 1:00pm: Relationship Group (V) 2pm-4pm: Gaming Club 3:00pm: Indoor Bowling	13 <u>Outing</u> Trail Walking at High Cliff (12:30pm-3:30pm) Sign Up in Advance Depart ORC at 12:30pm	14 CLOSED
16 1:30pm: Art/Crafting Club (Sign Up for Activity by 6/11/25) Tie-Dyed T-Shirts 3:00pm: Book Club	17 1pm-3pm: Appleton YMCA (Member's Choice Activity) Sign Up in Advance Walking To and From 3:30pm: Member's Choice Activity	18 1:30pm: CHAMPS Cooking 3:00pm: Gay/Straight Alliance	19 <u>Outing</u> Bay Beach (10:30am-2:30pm) Sign Up in Advance Depart ORC at 10:30am	20 1:00pm-3:00pm: Music Group 3:00pm: Board and Card Games	21 OPEN 9AM to 2PM Member's Choice Activity
23 1:30pm: Baking Group 3:00pm: Team Building Activity (Trivia)	24 1:30pm: Health and Wellness (Walking Club) 3:00pm: Health Exploration	25 1:30pm: Yoga 3:00pm: Wii Sports	26 1:00pm: Mental Health Group (V) 2pm-4pm: Gaming Club 3:00pm: Balloon Volleyball	27 <u>Outing</u> Community Clothes Closet (12:45pm-2:45pm) Sign Up in Advance Depart ORC at 12:45pm	28 CLOSED
30 Salvation Army Noon Meal (10:15am-1:15pm) Sign Up In Advance Depart ORC at 10:15am 1:30pm: Movie Discussion Group	<div> <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.

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J. J. Keller
Foundation, Inc.

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Activities Description:

Appleton YMCA- Members will be able to use the YMCA facilities in activities of their choice. Members are required to sign up in advance of this activity.

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

Baking Group- Members will prepare baked good while following recipe instructions. Members will then have the opportunity to eat the baked good.

Balloon Volleyball- Members will work as a team to communicate through this interactive and recreational activity.

Bay Beach- Being social in the community outing. Members will partake in activities at the amusement park. Please dress for the weather and bring extra money for food if wanted.

Birthday Club- Peer group in which member's send birthday wishes for members with June 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 Club- Peer group to engage others in conversation based on story, article, or book being read by the group. ORC is currently reading a book from the Harry Potter series.

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

Community Clothes Closet- Giving back to the community outing. Members will assist with different tasks assigned to group.

Cookbook Cooking- Members will follow recipe instructions to learn skills for preparing meal.

Cornhole at ORC- Members will interact while participating in this recreational activity at the center.

Creative Writing- Members will explore different writing styles and formats, as well as, review written works for discussion.

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.

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.

Indoor Bowling- Members will test their skills on the ORC lanes while interacting with other members in this recreational game.

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

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- Members will vote on a movie for viewing. Snacks will be available for the movie.

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.

Outings Planning- Members discuss and plan outings/activities to be scheduled for the month of July that meet our categories of outings. Members use planning and budgeting skills for this planning.

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.

Salvation Army Noon Meal- Giving back to the community. Members will assist in preparation, serving meal, and clean up for Salvation Army.

Team Building (Trivia)- Members will work in teams to answer trivia questions.

Trail Walking at High Cliff- Getting active in the community outing. Members will explore the trails and scenes at High Cliff State Park. Please dress for the weather.

Wii Sports- Members will test their sport playing skills through gaming in a socially interactive activity.

Woodward Community Media Radio Station Tour- Learning from the community outing. Members will receive a tour and see behind the scenes of the radio station. Time permitting, members will also tour VPI's Production facility.

Yoga- Focus on physical health, breathing, and clearing of the mind through guided workout. Combined group with Y/YA Program.