







SEPTEMBER 2025

VPI COMMUNITY OUTREACH CENTER YOUTH + YOUNG ADULT PROGRAM (AGES 14-24)

MON 11am - 4pm	TUE 12:30pm - 6pm	WED 11am - 4pm	THU 12:30pm - 6pm	FRI 11am - 4pm	SAT once/month
1  ~CLOSED~ LABOR DAY	2 2:00PM: Calendar Planning (V) 4:00PM: Group Meal (Ham & Cheese Sliders)	3 12:00PM: Mental Health Group (V) 2:00PM: Walking Club (Center Closed During Activity)	4 2:00PM: Art Group 4:00PM: Self-Care Group (V)	5 YMCA: 12:00PM- 1:30PM (Center Closed During Activity) 2:30PM: Mystery Activity	6 CLOSED
8 12:30PM: Relationship Group (V) 2:30PM: Wii Sports	9 2:00PM: Book Club at Appleton Library (Center Closed During Activity) 4:00PM: Group Meal (Chicken Baked Tacos)	10 12:30PM: Gaming Club 2:30PM: Young Women's Leadership Group (V)	11 2:00PM: Yoga 4:00PM: Movie at ORC	12 <u>OUTING:</u> Downtown Appleton Trolley Tour (1:30-3:00PM) Sign-Up in Advance <u>Leaving ORC @ 1:30PM</u> 	13 CLOSED
15 12:30PM: Mental Health Group (V) 2:30PM: Creative Writing	16 2:00PM: Adulting 101 (V) 4:00PM: Group Meal (Homemade Pizzas)	17 12:30PM: Walking Club (Center Closed During Activity) 2:30PM: Self-Care Group (V)	18 <u>OUTING:</u> The Fire Pottery (2:30-4:30PM) Sign-Up in Advance <u>Leaving ORC @ 2:30PM</u> 	19 YMCA: 12:00PM- 1:30PM (Center Closed During Activity) 2:30PM: Mystery Activity	20 <u>ORC OPEN 9:00AM-2:00PM</u> <u>OUTING:</u> Appleton Farmer's Market (10:30AM-12:00PM) Sign-Up in Advance <u>Leaving ORC @ 10:30AM</u> 
22 12:30PM: Relationship Group (V) 2:30PM: Gardening Club	23 <u>OUTING:</u> Hiking @ 1000 Island's Nature Center (2:00-4:00PM) Sign-Up in Advance <u>Leaving ORC @ 2:00PM</u> 	24 12:30PM: Book Club at Appleton Library (Center Closed During Activity) 2:30PM: Dream Job Discovery	25 2:00PM: Life Skills Group (V) 4:00PM: Gaming Club	26 12:30PM: Art Group 2:30PM: Movie at ORC	27 CLOSED
29 <u>OUTING:</u> Park Clean-Up (12:30-2:00PM) Sign-Up in Advance <u>Leaving ORC @ 12:30PM</u> 	30 2:00PM: Walking Club (Center Closed During Activity) 4:00PM: Group Meal (Chicken Fajita Pasta)	<div> <p><u>Available Daily:</u> 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 is closed during scheduled outings times, as well as times specified on the calendar.</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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Activity Descriptions:

Adulting 101: ORC staff will offer supportive coaching on exploring new topics that people face as they continue to grow and mature.

Appleton Farmer's Market: Being social in the community. Members will enjoy the sights and sounds of downtown Appleton during the market.

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

Book Club at Appleton Public Library: Members will explore and be apart of reading a book through this library program.

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

Creative Writing Club: Members will explore different forms of writing and look to share ideas, passions, and stories in different ways.

Downtown Appleton Trolley Tour: Learning from the community outing. Members will be shown the downtown Appleton area via the trolley.

Dream Job Discovery Club: Explore and learn more about future careers including what is needed for career, areas of growth, etc.

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

Gardening Club: Members will learn the skills associated with planting and caring for a garden. Members will work to start an indoor garden.

Group Meal: All members are welcome to join group meal, a movie will be shown during this activity.

Hiking at 1000 Islands Nature Center: Getting active in the community outing. Explore the trails with peers while also getting in exercise.

Life Skills Group: Explore different topics that will assist in everyday life. Come with questions and be open to different activities.

Mental Health Group: Focus on topics related to mental health to promote awareness and mental wellness.

Movie at ORC: Members will enjoy a movie at the center with other members. Three choices will be voted on for viewing.

Mystery Activity: Members will be guided through activities by staff for Fun Fridays in the month of September..

Park Clean Up: Giving back to the community outing. Members will assist in the clean up of local parks.

Relationship Group: Members will explore relationships from friendships to significant others. Members are encouraged to share topic ideas for group 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.

The Fire Pottery: Being social in the community outing. Members will socialize with peers while creating works of art. Group will be walking to and from for this outing.

Walking Club: Members will explore the Appleton area during this physical activity. The center will be closed during this activity.

Wii Sports: Members will be active during gaming activities using the Wii system. Different sports will be explored during each group.

YMCA: Being active in the community activity. Members will be able to participate in different physical activities at the Appleton YMCA. Please sign up prior to activity and have appropriate clothing and footwear.

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

Young Women's Leadership Group: Members will learn and explore skills for leadership.

