



COMMUNITY OUTREACH CENTER

MAY 2021

Adult Mental Health Peer Support

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MONDAY 10am to 5pm	TUESDAY 12pm to 5pm	WEDNESDAY 12pm to 5pm	THURSDAY 10am to 5pm	FRIDAY 12pm to 5pm	SATURDAY Once/Month
3 1:30pm: Relationship Group (Communication) 3:00pm: Healthy Cooking	4 1:30pm: Health and Wellness (Guided Workout) (V) 3:00pm: FVTC OTA Student Led Group	5 1:30pm: Yoga (Center or Park) 3:00pm: Birthday Club	6 Outing Bubolz Nature Preserve (1pm-3pm) Sign Up In Advance Depart ORC at 12:45pm	7 1:30pm: Music Group 3:00pm: June Planning (V)	8 CLOSED
10 Outing Community Give Back Day (1pm-3pm) Sign Up in Advance Depart ORC at 12:45pm	11 1:30pm: Health and Wellness (Walking Club) 3:00pm: FVTC OTA Student Led Group	12 1:30pm: Gardening Club 3:00pm: Bingo	13 1:30pm: Skills to Pay the Bills 3:00pm: Women's Group (V)	14 1:30pm: Music Group 3:00pm: Book and Writing Club (V)	15 CLOSED
17 1:30pm: Relationship Group (Relationship Building) 3:00pm: Board Games/Card Games	18 Outing Mini-Golf (Badger Sports Park) (1pm-3pm) Sign Up in Advance (\$2) Depart ORC at 12:45pm	19 1:30pm: Yoga (Center or Park) 3:00pm: CHAMPS Cooking	20 1:30pm: Skills to Pay the Bills 3:00pm: Women's Group (V)	21 1:30pm: Music Group 3:00pm: Team Building (Price Is Right Game) (V)	22 OPEN 11am to 4pm Member's Choice
24 1:30pm: Spanish Club 3:00pm: Cookbook Cooking	25 1:30pm: Health and Wellness (Frisbee Golf) 3:00pm: Men's Group (V)	26 1:30pm: Gardening Club 3:00pm: Movie at ORC	27 1:30pm: Skills to Pay the Bills 3:00pm: Women's Group (V)	28 Outing Picnic/Games at Park (1pm-3pm) Sign Up In Advance Depart ORC at 12:45pm	29 CLOSED
31 CLOSED Happy Memorial Day!	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. Please note that the Outreach Center will be open Before/After scheduled outings as time permits. All outings are dependent on possible changes due to COVID-19.				

(V)= Virtual Group option associated with the activity. Secure link for group would be e-mailed to interested members. Contact ORC to receive link (920) 749-5867.

Bingo- Staff will lead Bingo activity to promote socialization of members. Small prizes will be available for Bingo winners.

Birthday Club- Peer group in which member's send birthday wishes through sending out birthday cards.

Board Games/Card Games- Members will choose between board and card games to promote interaction and socialization amongst others during leisure activity.

Book & Writing Club- Peer group to engage others in conversations based on short story or article reading activity provided by group leader or sharing of member's written work.

Bubolz Nature Preserve- Learning from the community outing. Members will walk the trails of Bubolz Nature Preserve while learning about the area and how to use the trails as a recreational activity.

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

Community Give Back Day- Giving back to the community activity. Members will assist in cleaning up our local community, as well as, spring cleaning of the ORC.

Cookbook Cooking- Members will use provided cookbook to make meal while using ingredients with cooking budget.

FVTCOTA Student Led Group- OTA students will lead interactive group to engage members in various activities that promote overall physical and mental health.

Gardening Club- Members will work together to plan and care for items in ORC's raised garden area for the growing season.

Healthy Cooking- Healthy cooking activity in which members learn skills for preparing meal that fit within set budgets.

Health and Wellness- Members will learn and participate in Guided Workout, Cooking, Walking, Recreational Activities, and other physical activity to promote mental health and physical health.

Member's Choice- Members have independent time to select different activities to participate in at the Outreach Center.

Men's Group- Peer support for men along with topical discussion amongst group members.

Mini-Golf Outing- Getting active in the community outing. Participants will test their putting skills on the greens of Badger Sports Park 18 hole mini-golf course.

Movie at ORC- Member's will vote on movie choices for viewing at the center. Snack will be available for members during this activity.

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

Picnic/Games at Park- Being social in the community outing. Members will socialize through a picnic provided at the park and play various lawn games.

Relationship Group- Group to increase knowledge of healthy and unhealthy relationships, as well as, create a support group with readily available resources for participants. The expected benefits include expanding client knowledge about healthy versus unhealthy relationships, as well as enhancing their ability to identify warning signs and social cues.

Skills to Pay the Bills- Soft skills for employment focusing on communication, enthusiasm & attitude, teamwork, networking, problem solving & critical thinking, professionalism.

Spanish Club- Peer run group to increase knowledge and understanding of Hispanic culture.

Team Building (Price Is Right)- Team building activity. Members will work in teams to play in this gameshow favorite.

Women's Group- Peer support for women along with topical discussion amongst group members.

Yoga- Focus on physical health, breathing, and clearing of the mind through guided workout. This activity may take place at center or Local Park (within walking distance).