






















# JANURARY

129 E. CRAWFORD ST.  
4TH FLOOR  
OPEN WEEKDAYS  
3PM - 6PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 1 CLOSED	2  NOON OPEN Journaling: New Years Resolutions 12 - 2 2024 Trivia 4 - 6	3  NOON OPEN Indoor Cookout and games 1 - 6	4	
5	6  Shoe Box Guitar 4 - 6	7  Laundry Soap Making 4 - 6	8 Topic of the Week: Self Care 4 - 6	9  Pass and Paint 4 - 6	10  Paper Airplane Competition 4 - 6	11
12	13  Cat toy Crafting / Dog Treat Baking 4 - 6	14  Glass Etching 4 - 6	15 Topic of the Week: Goals 4 - 6	16  Comic Book Design 4 - 6	17  Hacky Sack Tournament 4 - 6	18
19	20  NOON OPEN VISIT Black Historical Library & Multi Cultural Center 2-5 TRAVEL DAY	21  Cooking with Joanne 4 - 6	22 Topic of the Week: Conflict Resolution 4 - 6	23  Rube Goldberg Machine Building 4 - 6	24  Nintendo Day 4 - 6	25
26	27  Bowling 3-6 VAN LEAVING @ 3:30 TRAVEL DAY	28  Decor Design 4 - 6	29 Topic of the Week: Communication 4 - 6	30  Stop Motion Animation 4 - 6	31  Mixed Media Art 4 - 6	

Last month we added 8 new members!

## Upcoming Events

Bowling with Friends

Crafting cat toys/ Dog treat baking to donate or take home

Pass + Paint Party

Each person has their own canvas, but after each step, they pass their painting to the person next to them and then work on the next area. By the end of the event, each person has given and received a painting that is the product of every team member's contributions.

on Martin Luther King Jr. Day, we will be visiting the Black Heritage Library & Multicultural Center, a vibrant multicultural lending library and teaching museum with art items and artifacts from over 50 countries. The BHLMC is a leading pioneer in multicultural education in Northwest Ohio and a one-of-a-kind multicultural, multidimensional resource center in the United States.

What are positive affirmations?

Positive affirmations are words or phrases that you say to yourself. They are often used as a way to counter negative thoughts. The idea is to replace critical or negative self-talk with positive and uplifting statements. For example, instead of saying "I'll never be good at this," you could say "I am capable of learning and improving." By reciting positive affirmations, you can shift your mindset towards a more optimistic perspective.

The power of affirmations lies in repetition – it's useful to repeat them daily or whenever a negative thought you want to overcome pops up into your mind. For best results, repeat them at the same time every day – try saying them in the morning before starting your day or reciting them before bed.

## January Affirmations

My weirdness is wonderful

I hold the truth of who I am

My past does not define me

I am proud of myself