

**WEEK OF
2/19/18**



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

The Gainesville Opportunity Center welcomes adults living with a mental health condition to participate in a work ordered day. Volunteer work activities help adults get back into the community through peer-led life skills development, social activities, and self-directed recovery session.

Amazing Give

The GOC once again will be participating in the **Amazing Give**, an online fundraising event hosted by the Community Foundation of North Central Florida, **March 21-22**.

We will be working with the GOC Members on Mondays, Thursdays. And Fridays to include everyone in our Social Media Campaign leading up to the event. Anyone who would like to help us with our fundraising efforts for the Amazing Give, please ask Brett how you can help.

Members can help simply by visiting our FaceBook page and remember to **Like & Share!**

Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23
10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings
10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation
12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup
1:00 Computer Class	1:00 Crafts Class	1:00 Art Class	1:00 Newsletter Work-	1:00 Newsletter Work-
3:00 Garden Harvest	Art Class	3:30 Closing Cleanup	shop	shop
3:30 Closing Cleanup	3:30 Closing Cleanup		3:30 Closing Cleanup	1:00 Social Activities
				3:30 Closing Cleanup

Weather				
Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23
82/62	84/64	84/60	83/59	83/60

MENU

Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23
Eggs Stir fry veggies Salad	Taco Tuesday Stir Fry Salad	Cold Cuts/Sandwiches Stir Fry Veggies Salad	Pizza Stir Fry Salad	Leftovers Stir Fry Salad

Every week we will share a Clubhouse Standard. These Standards come from The International Clubhouse Coalition. Are we meeting or exceeding these standards? Or do we need improvement. Members and staff will be discussing the Weekly Standard at each day's morning meeting.

Standard #7—The Clubhouse provides and effective reach out system to members who are not attending, are isolated in the community, or hospitalized.

Activities

Every Wednesday Anne leads art class. Members paint, sketch, and draw. Feel free to drop by any Wednesday and join art class!

