

WEEK OF 3/26/18



Rebuilding lives  
Removing stigma  
Restoring dignity  
Resource for mental health recovery

# GOC WEEKLY GAZETTE

## Amazing Give

The GOC once again will be participating in the Amazing Give, an online fundraiser that the non-profit community of Gainesville will take part in 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.

The best way members can help is by visiting GOC's Facebook page and Like & Share!



Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
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

## Member Stories....

Going to the Gainesville Opportunity Center has been a very good thing. There are many activities that are done at the GOC! One of my favorite things that I do at the GOC is going for walks with some of the members that come to the GOC. We usually walk about forty to fifty minutes. The area is pretty, and it's always enjoyable to see the houses.

Yesterday Kenny, Brenda and myself walked to a park near by and we enjoyed swinging on a bench swing. We had many fun things to talk about, and at the same time, we are getting exercise. At the GOC different people walk, but some members are consistent with walking almost every day. So if anyone ever would like to walk with us come on out and expect to have fun.

-David D.

At the GOC we have a garden that we use in our kitchen. We use food from the garden for stir fries and salads. One way we kept the garden growing is watering and fertilizing it often. The GOC garden is a good thing to do!

Joevan J.

I'm waiting to hear back about a job that I applied to in February. I want to help other people find jobs and people with mental illnesses like schizophrenia and bipolar disorder. They will be glad to have a job for their benefit and to sharpen their skills.

- Joel F.

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 #10—Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.**

**In Our Words....**

The GOC is a welcoming place and is here to help people. It allows people to come back and is always forgiving.  
- David D.

GOC is like home to many members. There are always new friends and new faces. It's here to help you with your illness as well. If someone hasn't come to the GOC in a while we will call them on the phone to reach out and see if they want to come back.  
- Joel F.

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**MENU**

Monday 3/12

Spaghetti  
Stir Fry  
Rolls  
Salad

Tuesday 3/13

Taco Tuesday  
Beans  
Rice  
Salad  
Stir Fry

Wednesday 3/14

Pizza  
Salad  
Stir Fry

Thursday 3/15

Shepherd's Pie  
Salad  
Stir Fry

Friday 3/16

Burgers  
Leftovers  
Salad  
Stir Fry

**Weather**

Monday 3/26



69/57

Tuesday 3/27



7+/53

Wednesday 3/28



80/56

Thursday 3/29



85/61

Friday 3/30



80/55

