

WEEK OF 5/28/18



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

GOC is Growing!

We have exciting news at the Gainesville Opportunity Center! We have signed a new lease for three years and are expanding our space! This summer we will begin construction at the GOC to double the size of the kitchen and knock down a wall to expand the main/dining room. This room will increase by about 50% and with this new space we are going to have an area dedicated to the business unit. Construction will begin in early June and we hope to reveal our new look by the end of June! We are excited about the new opportunities for members that this growth will afford.

Meet New Friends at the GOC

GOC is a great place to be and to meet other people. Come to the GOC and meet new friends or try a new activity. We want to see new faces. If you have mental health challenges, you can be a member of the GOC. We love helping new members get the most out of the clubhouse.

Members often make new friends and there are plenty of fun activities. I can come to the GOC and have fun. It's a place to celebrate other members' birthdays each month. We have birthday cake. Everybody helps one another here at the GOC. By Joel F.



In the Theater

I like to go to the movies every weekend. Recently I saw the movie *Bad Samaritan* by myself. It was very good. Even though it had no stars, I still enjoyed it very much. I give it 4 stars. I go to a lot of action movies, horror, scifi, dramas, thrillers, and comedies.

By Kenny W.

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 #23

The Clubhouse offers its own Supported and Independent Employment programs to assist members to secure, sustain and subsequently, to better their employment.

Members have a **Right** to be here inclusive of any race, nationality, sexual or gender orientation, or religion.






Members have a **Responsibility** not to use offensive language towards any race, nationality, sexual or gender orientation or religion. Offensive language will not be tolerated.

Activities

Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	Friday 6/1
Closed for the Memorial Holiday!	9:00: Club opening tasks 10:00: Gardening 11:00: Lunch Preparation 12:00: Lunch 12:30: Lunch Cleanup 1:00: Crafting/Business 3:00: Closing tasks 4:00: Member Activities	9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 12:00: Lunch 12:30: Lunch Cleanup 1:00: Ann's Art Class 3:00: Closing tasks 4:00: Member Activities	9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 12:00: Lunch 12:30: Lunch Cleanup 1:00: Job Readiness 3:00: Closing tasks 4:00: Member Activities	9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 12:00: Lunch 12:30: Lunch Cleanup 1:00: Newsletter Workshop 3:00: Closing tasks 4:00: Member Activities

MENU

Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	Friday 6/1
Holiday	Steakums Vegetables Salad	Brats Potatoes Vegetables Salad	Chicken Mac 'n cheese Vegetables Salad	Leftovers Vegetables Salad

Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	Friday 6/1
				
83/71	82/72	84/72	87/73	87/74