

**WEEK OF  
1/22/18**

VOLUME 1, ISSUE 1



Rebuilding lives  
Removing stigma  
Restoring dignity  
Resource  
for mental health recovery

# GOC WEEKLY GAZETTE

## Weekly Gazette Launches!!!!

This is the inaugural issue of the GOC Weekly Gazette. This is a supplement to our monthly Newsletter and is intended for our Members. We will have weekly activities listed here, including things we need to accomplish that we need members help with. The first thing we need help with will be the GOC Weekly Gazette! Please come in and get involved. There are lots of new things we are doing here.

### MENU

Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26
Vegetarian spaghetti Stir fry veggies Salad Garlic Bread	Taco Tuesday Beans Rice Salad	Hot dogs Chips Salad Stir Fry	Chicken Potatoes Stir fry Rolls & Salad	Grilled Cheese Tomato Soup Salad Bar
Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26
10:00-Morning meetings 1:00 Computer Class 3:00 Garden Harvest 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Crafts Class Art Class 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Art Class 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Work- shop 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Work- shop 1:00 Social Activities 3:30 Closing Cleanup

### Downtown Art Walk

On January 26, Gainesville Artwalk has their monthly event downtown, with many galleries, eateries, and local businesses participating. This event combines visual art, live performances, and activities on the last Friday of each month. GOC members will have an opportunity to volunteer and display personal artwork. Setup begins at 6:30 p.m., and the self-guided walk will take place from 7 to 10 p.m. The address for the gallery with the GOC members' exhibit is 101 N. Main Street, Gainesville, at the Florida Community Design Center. There is a sign-up sheet at the GOC for participation. We hope you will attend!