

WEEK OF 4/30/18



Rebuilding lives  
Removing stigma  
Restoring dignity  
Resource for mental health recovery

# GOC WEEKLY GAZETTE

## Garden Harvest

Chris P. , one of our senior Members, cooked up some fresh carrots from our garden last Thursday. Our garden unit hopes for even more harvests in the coming months as our garden ripens. At GOC we are firmly committed to urban farming and to the idea that fresh nutritious vegetables are within reach of everyone.



## Job Search Workshop



Come to the GOC on Thursdays at 1pm for the Job Readiness Workshop! We will be focusing on skills related to writing resumes, being interviewed, and doing job search-

es. The class will be lead by Elena and Brett. We look forward to Members participating in this workshop to grow and learn new skills!

## GRACE Marketplace

Rotarian Cheryl Kotwica Poe came to the GOC to talk with members about an activity Rotary Club of Downtown Gainesville does every Saturday at GRACE Marketplace with GOC Executive Di-



rector Brett Buell and members. GOC Members are planning to help staff the Clothing Boutique at Grace on Saturdays with Rotary.



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 #18 The Clubhouse is organized into one or more work units, each of which has sufficient staff members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.**

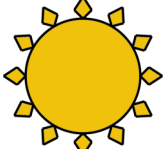
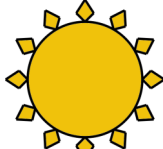
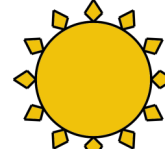
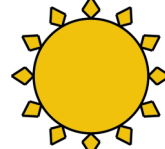

## Activities

Monday 4/23	Tuesday 4/24	Wednesday 4/25	Thursday 4/26	Friday 4/27
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 Website Workshop	1:00 Crafts Class	1:00 Art Class	1:00 Job readiness work-shop.	1:00 Newsletter Work-shop
3:00 Garden Harvest	Art Class	3:30 Closing Cleanup	3:30 Closing Cleanup	1:00 Social Activities
3:30 Closing Cleanup	3:30 Closing Cleanup			3:30 Closing Cleanup

## MENU

Monday 4/30	Tuesday 5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4
Lasagna chicken Bread Salad	Taco Tuesday Beans Rice Salad Stir Fry	Meatloaf Potato Crisps Stir Fry Salad	Spaghetti Stir Fry Salad	Leftovers

### Weather

Monday 4/30	Tuesday 5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4
				
83/57	86/59	87/61	88/63	90/65

