

WEEK OF 6/04/18



Rebuilding lives  
Removing stigma  
Restoring dignity  
Resource  
for mental health recovery

# GOC WEEKLY GAZETTE

## Under Construction

Construction at the Gainesville Opportunity Center began Thursday, May 31st. We are doubling the size of the kitchen. The Office Unit will now encompass the current reception area. The new reception area will now be in front of the handicap accessible door. Our new space will accommodate more people, and we will be able to increase the services the Gainesville Opportunity Center offers our Members.

### Joel's Journal

The GOC is the greatest place in Gainesville, FL to meet other Members, friends, and family. We can go to the GOC (Gainesville Opportunity Center) Clubhouse and see other new people that can be Members and to see new faces. When you become a Member of the Clubhouse, other Members can show you around inside the Clubhouse. It is a fun place to be. We eat healthy stir-fry, salad, green beans, chicken, asparagus, corn, mashed potatoes and gravy. We paint or draw different pictures in art class on Wednesday. They work hard to do different activities in the Clubhouse. The GOC is a popular Clubhouse in Gainesville FL, and we think we should have more new Members join the it. When you become a Member of the Gainesville Opportunity Center, you feel welcome and needed.



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 #24

**Members who are working independently continue to have available all Clubhouse supports and opportunities including advocacy for entitlements and assistance with housing, clinical ,legal, financial and personal issues, as well as participation in the evening and weekend programs.**

Members have a **Right** to a clean and sanitary place to come.






Members have a **Responsibility** to help keep the Clubhouse clean.

### Activities

Monday 6/4	Tuesday 6/5	Wednesday 6/6	Thursday 6/7	Friday 6/8
9:00 :Club opening tasks	9:00: Club opening tasks	9:00: Club opening tasks	9:00: Club opening tasks	9:00: Club opening tasks
10:00:Morning meetings	10:00: Gardening	10:00: Morning meetings	10:00: Morning meetings	10:00: Morning meetings
11:00:Lunch Preparation	1100: Lunch Preparation	11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep
12:00Lunch	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:Web development	1:00: Crafting/Business	1:00: Ann's Art Class	1:00: Food Safety	1:00: Newsletter Work-shop
3:00:Closing tasks	3:00: Closing tasks	3:00: Closing tasks	3:00: Closing tasks	3:00: Closing tasks
4:00 :Member activities	4:00: Member Activities	4:00: Member Activities	4:00: Member Activities	4:00: Member Activities

### MENU

Monday 6/4	Tuesday 6/5	Wednesday 6/6	Thursday 6/7	Friday 6/8
Lasagna vegetables salad	Taco Tuesday salad	Marks mothers meatloaf Stir-fry Vegetables Home fry potatoes salad	Spaghetti Stir-fry vegetables salad	leftovers

Monday 6/4	Tuesday 6/5	Wednesday 6/6	Thursday 6/7	Friday 6/8
				
91/69	89/69	87/70	87/71	88/71