

WEEK OF 12/31/2018



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

Making New Years Resolutions

At the beginning of the year, we have an opportunity to start over and try and break bad habits and form good ones. It is about to be the New Year and an opportunity to start again to become a better person and change some things about ourselves.

Here are some Members' and Staffs' New Year's Resolutions:

Katrina: Lose weight

Kenny: Do more activities at night.

Jimbo: Drink more water and less soda

Joevan: Gain muscle mass

David D.: Quit Smoking

Melissa: Save money

Stephanie: Drink less Monsters

David S.: Eat healthier



GOC WEEKLY GAZETTE

Every week we share a Clubhouse Standard. These standards come from The International Clubhouse Coalition. Are we meeting or exceeding these standards? Do we need improvement? Members and staff will discuss the weekly standard at each day's morning meeting.

Standard #21

The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not Provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

*Members have a **Right** to a safe place to come.*

Members will be treated with dignity and respect at the GOC.

*Members have a **Responsibility** to treat others how they wish to be treated.*






Activities

Monday 12/31	Tuesday 01/01	Wednesday 01/02	Thursday 01/03	Friday 01/04
9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 11:30: Lunch 12:00: Close	Closed	9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 12:00: Lunch 12:30: Lunch Cleanup 1:00: Art Class 4:00: Closing tasks 5:00 Close	9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 12:00: Lunch 12:30: Lunch Cleanup 1:00: Job Readiness 4:00: Closing tasks 5:00: Close	9:00: Club opening tasks 10:00: Morning meetings 11:00: Lunch Prep 12:00: Lunch 12:30: Lunch Cleanup 1:00: Games 4:00: Closing tasks 5:00: Close

MENU

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Monday 12/31	Tuesday 01/01	Wednesday 01/02	Thursday 01/03	Friday 01/04
Sandwiches Salad	Closed	Roasted Chicken Rice Stir Fry Veggies Salad	Meatloaf Potatoes Veggies Salad	Leftovers Salad

Monday 12/31	Tuesday 01/01	Wednesday 01/02	Thursday 01/03	Friday 01/04
				
79/64	78/62	67/52	61/47	61/41