

WEEK OF 1/28/2019



Rebuilding lives  
Removing stigma  
Restoring dignity  
Resource  
for mental health recovery

# GOC WEEKLY GAZETTE

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## History of Flapjacks

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Pancakes, or “flapjacks”, have become an American staple, but their origins go back 30,000 years ago, and researchers have even found flapjacks in the stomachs of Otzi icemen human remains that date back 5,300 years!

In ancient Rome and Greece, flapjacks were made from wheat flour, olive oil, honey, and curdled milk. The ancient Greek poets Cratinus and Magnes wrote about flapjacks in their poetry!

The name “pancake” started around the 15th century, but became more of a popular name in the 19th century in America. They have been called many names such as Indian cakes, hoe cakes, johnnycakes, buckwheat cakes, griddle cakes, and...flapjacks!

Flapjacks can be all different shapes, flavors, and sizes: sweet and savory, thin or thick, large or small...and flapjacks have stood the test of time, so lets all enjoy some at the GOC Flapjack Fundraiser at Applebee’s on March 2nd from 8am to 10am!



# 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 #25

**The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing transitional employment opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited.**

*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.*

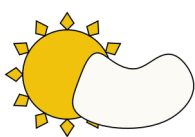
## Activities

Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
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: Morning meetings	10:00: Morning meetings	10:00: Morning meetings	10:00: Morning meetings
11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep
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: Technology Class	1:00: Entrepreneurship	1:00: Art Class	1:00: Job Readiness	1:00: Games
4:00: Closing tasks	4:00: Closing tasks	4:00: Closing tasks	4:00: Closing tasks	4:00: Closing tasks
5:00: Close	5:00: Close	5:00: Employment Dinner	5:00: Close	5:00: Close

## MENU

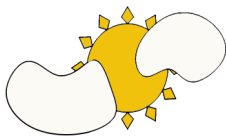
Monday 01/28	Tuesday 01/29	Wednesday 01/30	Thursday 01/31	Friday 02/1
Meatloaf Macaroni and Cheese Pasta Salad	Baked Chicken Rice Vegetables	Spaghetti Mixed Vegetables Salad	Chicken Soup Toast Sliced Tomato	Leftovers

Monday 1/28



65/44

Tuesday 1/29



70/41

Wednesday 1/30



53/35

Thursday 1/31



60/43

Friday 2/1



62/45