

WEEK OF 2/04/2019



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

Art Social

GOC will be hosting an art social on Wednesday, February 6th, 2019 from 5:00 to 7:00 p.m.. Ouida will teach interested members how to create collage art paintings. The art social will be for GOC members only. Art class will still be offered from 1:00 to 2:00 that Wednesday and following Wednesdays for the time being.



Wellness Fun Facts

- Learning a new language or playing a musical instrument gives your brain a boost!
- Reading can lower levels of unhealthy stress hormones!
- Staying in touch with friends is good for your health, memory, and longevity!



F•R•I•E•N•D•S

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 #26

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 2/4	Tuesday 2/5	Wednesday 2/6	Thursday 2/7	Friday 2/8
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: 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: Gardening	1:00: Art Class	1:00: Job Readiness	1:00: Newsletter
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: Art Social	5:00: Close	5:00: Close
		7:00 Close		

MENU

Monday 02/04	Tuesday 02/05	Wednesday 02/06	Thursday 02/07	Friday 02/08
Baked Chicken Rice Vegetables	Tacos Vegetables	Sandwiches Soup	Breakfast Sausage Eggs	Leftovers

Monday 2/4



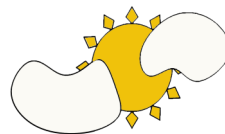
77/60

Tuesday 2/5



80/59

Wednesday 2/6



80/58

Thursday 2/7



78/56

Friday 2/8



74/57

