

WEEK OF 3/11/2019



GOC WEEKLY GAZETTE

The Great Outdoors

By: David D.

I like the great outdoors. There are many places around Gainesville to do outdoor activities. You can hike, camp, fish, and mountain bike riding. It is fun to get with a friend and go explore the outdoors. I have been several places with friends from the GOC and other friends. It is beautiful to get out and see the nature, animals, and trees.

One day I went to Ring park. Ring Park is a park in town that has a creek flowing through it. The trail that goes through the park eventually goes along the creek and is a very scenic walk to take. If you do not want to hike a long distance, it is perfect for you because it is only about a mile to the end of the trail. There is a lot of trees and animals that you can see on the trail; also, there is a garden with native plants that have been planted. Volunteers come and clean up the park from time to time to make it look more natural and restore the habitat back to Florida's natural habitat.

Bevans Arm is a lake in Gainesville, FL that has a lot of wildlife in it. It has lots of birds, alligators, turtles, and more. It is a good lake for fishing and it is in Gainesville so the location is good for travel time. I went out there with a friend and we launched a boat, however, you cannot have a motor on the boat so we had to paddle the boat. I prefer to paddle a boat, however, because you see more critters when there is less noise. It is so peaceful to be on the water on a nice sunny day, seeing the water sparkle across the lake. Listening to the wind and seeing an occasional fish jump out of the water. Nothing like being with a friend and enjoying the water.

Another fun time was when I went to the Ocala National forest and went to a primitive campsite with another friend of mine. Ocala national forest is a beautiful place full of adventure and wonder. There are a lot of springs, river, and lakes there. Not to mention the trails that you can hike. It is full of wildlife like deer, bear, bobcats, fox and more. The Ocala National Forest is north of Ocala and is not too far from Gainesville. When I went with my friend we went hiking on the Florida trail, after that we cooled off at Alexander Springs. It was a lot of fun and so beautiful.



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 #4

All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

*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 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15
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: Close	5:00: Close	5:00: Close

MENU

Monday 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15
Chili	Pasta	Baked Chicken	Breakfast	Leftovers

Monday 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15
				
85/61	81/58	80/62	84/64	86/63