

WEEK OF 3/25/2019



GOC WEEKLY GAZETTE

Travels to Melrose

Melrose

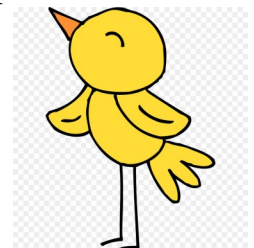
I like to go on drives in the surrounding area of Gainesville. It is a time of peace. You feel free when you can just take up and drive somewhere and not worry about a thing. A couple members and I went to Melrose. We started at The Village and took 16th to Waldo road, then got on 222 all the way to Melrose. It is an interesting drive with a lot of country to see. You go by swamps, creeks, pastors more. We wanted to listen to music, so we put on 104.9 a radio station with eighty's music. It set the mood and we all liked the music.

When we have outings outside of the GOC, we get to know each other better. It is good to volunteer and you get to interact while working. However, we want to have times when we can just kick back and relax. I am glad I have gotten to know more people. Everyone has a unique way about them and it is nice to learn more about people.

Overall, I think this trip to Melrose was good for us. You should try it!



The first day of Spring, or the Spring Equinox, was Monday, March 20th for the Northern Hemisphere. This means that on March 20th the amount of sunlight and darkness were almost the same length. The word Equinox comes from the Latin word “eaquus,” which means equal, and “nox,” which means night. The Spring Equinox occurs on either March 20th or March 21st each year, and is the beginning of Spring for the Northern Hemisphere and the Fall for the Southern Hemisphere.



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 #6

Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a threat to the Clubhouse community.

*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 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
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 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
Spaghetti 2 ways meatsauce & mixed veggies Green beans & salad	Chicken and rice Mixed veggies sauté	Scrambled eggs Sausage Grits and Hash browns	Baked Chicken Scalloped Potato Veggie	Beef Tacos Black bean and rice Chips and salsa

Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
				
82/59	78/52	70/51	77/55	82/59