

WEEK OF 4/1/2019



GOC WEEKLY GAZETTE

Announcements

Tie Dye Social—On Wednesday April 10, from 5-to-7 pm we will have a tie-dye t-shirt social. These shirts are very popular. Members chose this as the monthly social activity.

So far 9 people are signed up. **YOU MUST BE SIGNED UP TO PARTICIPATE. GOC WILL BE PROVIDING SHIRTS AND MUST HAVE AN ACCURATE COUNT.**

House Meetings—As part of our march towards accreditation, the GOC will start having House Meetings. These meetings are for staff and Members to work together towards moving the Clubhouse Forward. This week we will be discussing with Members how these will be formatted and when they will be. And like everything else in our Clubhouse, the decisions on how this will work will be made **TOGETHER** with Staff and Members.

Smoking Cessation Class

The GOC is now offering a smoking cessation series. This course will be held Tuesdays, April 2nd through May-7th. We are excited to help members focus on the process of finding alternative coping mechanisms to quit cigarettes and tobacco. Patches, nicotine gum and other resources will be provided free of cost. The series will build each week upon the prior week. Tobacco products are significantly one of the most addictive substances available. They are expensive and they hurt and cause harm to one's body but they soothe anxieties and provide solace for someone struggling. Replacing this habit is doable but with help, members will be supported to cut down or quit entirely. As an added bonus after the ending of this program, an added hotline for all to utilize as needed. If interested call or check in to the GOC. We would love to sign you up. Happy quitting.



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 #7

The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community, or hospitalized.

*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 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
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 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
Beef or Chicken Taco Spanish Rice Refried Beans	Grilled Hot Dogs Potato Salad Baked Beans	BBQ Chicken Macaroni Cheese Fruit Salad	Chinese Stir Fry Fried Rice Egg Rolls	Leftovers

Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
				
82/59	78/52	70/51	77/55	82/59