

WEEK OF  
08/19/2019



# GOC WEEKLY GAZETTE

## Announcements:

8/19 & 8/21 10:15AM Chair Yoga with Rose  
8/22 10AM Job Readiness with Shoab

### WE HAD A SPECIAL VISITOR Senator Keith Perry

On Friday August 9, we at the GOC had some very special visitors. Our Senator Keith Perry, and some of his staff along with some of our board of directors, came for a lively round table discussion about the GOC and why an increase in funding would wind up having direct benefits to the GOC and the Gainesville community.

There were several member testimonials and input back and forth from Senator Perry and our board members. It was a very productive discussion and a favorable impression was imparted.

I personally have no doubt that Senator Perry and his staff came away from our meeting with a clear understanding of the GOC and its goals for the future.~ Robin



# GOC WEEKLY GAZETTE

Every day 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  
 day's morning meeting.

## Standard #15

**The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the clubhouse.**

*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 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23
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	10:00 Job Readiness	11:00 Lunch Prep
12:00 Lunch	12:00 Lunch	12:00 Lunch	11:00 Lunch Prep	12:00 Lunch
12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:00 Lunch	12:30 Lunch Cleanup
1:00 Computer Class	1:00 Gardening	1:00 Art Class	12:30 Lunch Cleanup	1:00 GOC Website
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 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23
Chicken and Vegetable Medley	Ravioli Alfredo	Ribs, Potatoes and Fruit Salad	Sandwiches	Taco Salad

Monday 8/19



86/71

Tuesday 8/20



86/72

Wednesday 8/21



88/72

Thursday 8/22



86/72

Friday 8/23



87/72