

WEEK OF
09/09/2019



GOC WEEKLY GAZETTE

Announcements:

9/11	10:15AM	Yoga with Rose
9/12	10AM	Job Readiness with Shoab

Bo Diddley Plaza By Cristina Quiroga



Bo Diddley Plaza is located at 111 E. University Ave. on the corner of SE 1st Street and East University Ave. Right now, on Friday nights, through the month of October, from 8pm-10pm, they are having free concerts. This Friday, September 6th, is the Nancy Luca Band and Anne Marie (Classic Rock). People are welcomed to bring their blankets and lawn chairs to sit on.

On Wednesday's rain or shine, from 4pm-7pm there is a Union Street Farmers Market. The market has 60

plus vendors and performers each week. Their Facebook site is updated weekly with information about the market. The market has things like: Grapes, chestnuts, persimmons, pears, sweet potato greens, Malabar spinach, cabbage, yard long beans, eggplant, southern peas, green kale, cucumbers, zucchini, yellow squash, acorn squash, butternut squash, Florida Sweet onions, leeks, scallions, chard, collards, lettuce, salad mix, arugula, Seminole pumpkins, potatoes, sweet potato, shiitake, oyster and lions mane mushrooms, scallions, tempeh, turmeric, ginger, garlic, sweet peppers, hot peppers, tomatoes, cherry tomatoes, breads and other baked goods, kombucha, pasta, salsa, hot sauces, jams and jellies, local honey, ice cream, lemonade, plants, ornamentals, succulents, goat milk, cheese, eggs, shrimp, grass fed meats-beef, pork and chicken, milk, prepared foods.

Checkout Bo Diddley Plaza on google to see a list of performers and some pictures from past Farmers Markets.

GOC WEEKLY GAZETTE

Standard #18

The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.

*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 9/09	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13
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 9/09	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13
Sausage Ravioli & Marinara Sauce Salad	Baked Lamb Couscous Greek Salad	Bacon & Eggs Grits Fresh Fruit	Picadillo Rice Spaghetti Squash	Mojo Chicken Black Beans Rice



MENTAL HEALTH

The weather is getting cooler and walking is a good way to get some exercise. Wear comfortable clothing and shoes.
