

WEEK OF
09/16/2019



GOC WEEKLY GAZETTE

Announcements:

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|--------------|--------------------------|
| 9/16 | Tallahassee DCF |
| 9/16 10:15AM | Yoga with Rose |
| 9/19 10AM | Job Readiness with Shoab |
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UF Charity Luncheon



The Gainesville Opportunity Center has been chosen to participate in the University of Florida Campaign for Charities (UFCC). Anyone employed at the University of Florida can choose to donate to nonprofits directly from their paychecks, and the contributions are all pre-tax. The GOC is honored to be selected for this program.

On Thursday of last week (September 12) there was a luncheon kickoff at the Rietz Student Union. There are currently 64 agencies registered to attend and it is expected that upwards of 150 UF employee-volunteers are joining the celebration.

<https://ufcc.ufl.edu/for-donors/2019-participating-agencies>

GOC WEEKLY GAZETTE

Standard # 20

Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy, and evaluation of Clubhouse effectiveness.

*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 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
9:00 Club opening tasks				
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				
5:00 Close				

Menu

Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
Korean BBQ Chicken and Green Beans	Jamaican Lamb, Potatoes Stew, Broccoli, and Salad	Veggie Pot Pie, Potatoes, and Salad	Nacho Tacos, Black and Red Beans	Sandwiches (Ham, Turkey, and Bologna)



MENTAL HEALTH

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