

**WEEK OF
2/26/18**



**Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery**

GOC WEEKLY GAZETTE

Building GOC traditions

GOC has several traditions we have formed and are quite proud of, to create and maintain a homelike atmosphere conducive to staying out of the Crisis Stabilization Unit. One of our traditions is Taco Tuesday, where we serve plenty of hard and soft shelled tacos with guaranteed fresh ingredients. Another is Donut Wednesday, where we have some donated donuts and coffee for

breakfast. We also have a floating Pork Roast Day. When is it coming up? We don't know ourselves. But if you used to be a member and are thinking of coming back, or a mental health professional looking for a day activity for your client, come on down, we have lots of delicious and nutritious meals and good company.

Monday 2/26	Tuesday 2/27	Wednesday 2/28	Thursday 3/1	Friday 3/2
10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings
10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation
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 Computer Class	1:00 Craft Class	1:00 Art Class	1:00 Newsletter Work- shop	1:00 Newsletter Work- shop
3:00 Garden Harvest	3:30 Closing Cleanup	3:30 Closing Cleanup	3:30 Closing Cleanup	1:00 Social Activities
3:30 Closing Cleanup				3:30 Closing Cleanup

GOC garden....

We have planted a variety of herbs and vegetables in our spring garden. We are growing several kinds of basil to use in cooking and pestos. We are also growing oregano, sage, parsley, thyme, lemon grass and mint to name a few of the herbs we are getting started with in our spring garden. Seedlings we can plant this month are tomatoes, peppers, eggplant, and a variety of squashes and green beans. We are also harvesting from our fall garden carrots, broccoli and peas. The spring garden will be due to harvest in June. We would love to have more help with our garden, so stop by the clubhouse and check out what we are doing and partake of a harvest of fresh vegetables you grew yourself.

Director's Tallahassee trip

Our Executive Director, Brett Buell, at the behest of Mike Carroll Director of Florida DCF, recently went to Tallahassee to get GOC considered for the new appropriations bill (Special Appropriation 367). Previous appropriations had excluded GOC because the International Clubhouse did not accredit us. The reason was simply that we lacked the funding to start offering the services to get the accreditation that would get us funding. Brett went to the State Capital and met with nine representatives and senators to get GOC bootstrapped into accreditation. The outcome is still up in the air at this point. On March 30 in Tampa, Brett and directors of the Miami and Orlando Clubhouses will try to get GOC their fair share of State funding.



Our Director, Brett Buell, fifth from left, with Keith Perry, center, with the directors of other clubhouses.

MENU

Monday 2/26

Spaghetti
Stir Fry
Rolls
Salad

Tuesday 2/27

Taco Tuesday
Beans
Rice
Salad

Wednesday 2/28

Pizza
Salad

Thursday 3/1

Pork Roast
Salad
Stir Fry

Friday 3/2

Leftovers
Salad

Weather

Monday 2/26



82/62

Tuesday 2/27



79/60

Wednesday 2/28



83/63

Thursday 3/1



83/62

Friday 3/2



78/51

