

WEEK OF 2/25/2019



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

Applebee's Flapjack Fundraiser By: Reid S.

For the start of GOC's Amazing Give campaign, we scheduled a flapjack fundraiser event on Saturday, **March 2**, at Applebee's. The address for the event is 1005 NW 13th Street, in Gainesville. The event is from **8-10 a.m.** Tickets were on sale for \$7 each. Members are encouraged to sign up for volunteering at the event. Individuals volunteering will need to arrive at 7:30 a.m. for an orientation about their job responsibilities. These roles include assistance with set-up, greeters, servers, bussing tables, and drivers for members who need transportation for the event. Members also need to sign a waiver in advance for volunteering at the event. This is an opportunity to socialize with other participants at the breakfast, eat pancakes, and demonstrate support for GOC. All proceeds will benefit GOC. We hope to see you there!



Paula's Piece

Anyone like to go?

I'm in for some scenic exploration in North Central FL. I like to take pictures so I'm looking for places that are pleasant to look at. Do you have a hobby you want to share?

I think my next stop would be St Augustine. There are a lot of beautiful sights to see there. I'd also like to head up to St Mary's, Georgia but I'd also to go to Cumberland, GA. Which is close to St Mary's. The thing about this trip is that it'd have to be a quick trip as it's a little further away than Crystal River, where we went last time.

If your phone has a camera, you're all set for picture taking. I can only take three people with me. We'd have to stay in a group for safety sake but need to pay their own way and bring a few snacks and drinks for their own use.

I'll give an estimate as to how much this will cost before we go so we can budget the Georgia trip. We can go to St Augustine for a fewer dollars and have just as much fun. So maybe we can do this first. Let me know if you want to go. Remember that a day trip during the week can be so refreshing. And have a nice effect on your mind.

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 #2

The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the safety of the Clubhouse community.

*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 2/25 | Tuesday 2/26 | Wednesday 2/27 | Thursday 2/28 | Friday 3/1 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 9:00: Club opening tasks |
| 10:00: Morning meetings |
| 11:00: Lunch Prep |
| 12:00: Lunch |
| 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 |
| 5:00: Close |

MENU

| Monday 2/25 | Tuesday 2/26 | Wednesday 2/27 | Thursday 2/28 | Friday 3/1 |
|--------------------------------|--|--------------------|------------------------------|--------------------|
| Tortellini Veggies Salad | Breakfast: Eggs, Grits and Hash browns | Casserole Salad | Hamburgers Fries Salad | Leftovers Salad |

| Monday 2/25 | Tuesday 2/26 | Wednesday 2/27 | Thursday 2/28 | Friday 3/1 |
|---|---|---|--|---|
|  |  |  |  |  |
| 71/55 | 74/61 | 78/58 | 78/57 | 78/54 |