

WEEK OF 3/4/2019



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

8 Free Fun Things to Do By: John Y.

Activity/ Attraction	Date/Time	Description	Location	Bus Routes
The Matheson History Museum	Tues-Sat 11am-4pm	Exhibits of local, county, and state history.	The 1867 Matheson House 513 E. University Ave.	11 and 711
Samuel P. Harn Museum of Art	Sun 1pm-5 pm Tues-Fri , 11am-5pm , Sat 10am-5pm	Art exhibits from around the world.	Near Hull RD, and NW. 34th St.	20, 21, 33,
Lake Alice	Dawn to Dusk	A Slice of Animal Paradise. Watch out!	Museum Rd University of Florida Campus	20,21, and 28
The Historic Thomas Center	M-F 8-am 5am Sat 1pm-4pm	Restored Mediterranean Revival style hotel features local history ,and 1920's period rooms.	302 NE 6th Ave.	15
Morningside Nature Park	Mon-Sat 8am-4:30pm	Has 7 miles of trails and a living history farm.	3450 E. University Ave.	11, 711
UF Bat House	Sun-Sat 5 pm-9 pm	Visit the world's largest occupied bat house. See the bats fly out.	Museum Dr. across from Lake Alice	20,21,28
Kanapaha Park	Dawn to Dusk	Veterans Memorial plus picnic areas a pathed fitness trail and hiking trails.	Tower Rd. and SW 41st Place	75
Depot Park	Sun-Sat 7am-11;30pm	Relax in the park, stroll along the promenade, or splash around in the "Blue Grotto".	200 SE Depot Ave.	Rosa Parks Downtown Station

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 #3

Members choose the way they utilize the Clubhouse and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.

*Members have a **Right** to a safe place to come.*

Members will be treated with dignity and respect at the GOC.



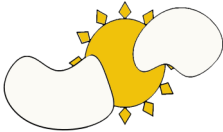

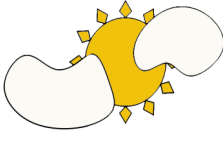
*Members have a **Responsibility** to treat others how they wish to be treated.*

Activities

Monday 2/25	Tuesday 2/26	Wednesday 2/27	Thursday 2/28	Friday 3/1
9:00: Club opening tasks	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	11:00: Lunch Prep	11:00: Lunch Prep
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: Technology Class	1:00: Gardening	1:00: Art Class	1:00: Job Readiness	1:00: Newsletter
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 3/4	Tuesday 3/5	Wednesday 3/6	Thursday 3/7	Friday 3/8
Tortellini Veggies Salad	Breakfast: Eggs, Grits and Hash browns	Casserole Salad	Hamburgers Fries Salad	Leftovers Salad

Monday 3/4	Tuesday 3/5	Wednesday 3/6	Thursday 3/7	Friday 3/8
				
69/50	69/51	72/49	73/52	77/56