

WEEK OF 05/06/2019



# GOC WEEKLY GAZETTE

## Announcements:

**BOWLING @ ALLEY GATORZ:** May 7 from 5:30 pm to 7:30 PM.  
Bowling, Shoes, 1 hot dog & drink, will be provided.



**Santa Fe Visit:** Has been rescheduled for May 10th: A representative from Santa Fe will come out to talk about their programs and services.

**ART MARKET @ ONE LOVE CAFÉ:** May 11 from 10am to 3pm. Sign up sheet by front door.

**Job Event:** May 7th from 10am to 1pm. The U.S. Census will be at Career Source.

**Mental Health Symposium:** May 30. 1 – 5pm at Holy Trinity Church, 100 NE 1st Street.

**May 31:** We will have a birthday celebration for everyone from March, April, and May.



## GOC to be Part of Kindness Week

The Gainesville Opportunity Center, The Gainesville Peer Respite Center, NAMI, and the Friends of the Crisis Center will be participating in a Kindness week coming in October. Leading up to World Mental Health Day on October 10, the groups will work on doing something for others. We are still in the early stages of planning. Each group will take one day and focus on a community activity to help others in the community. We will also work together to support each other's days. On October 10 we will have a culminating event, but the specifics are yet to be determined.

We had our first planning meeting on Friday May 3. We discussed many ideas, such as helping people who are having problems caring for their homes, landscaping or planting a garden at a school, and hosting a dog wash. These events will be finalized over the summer.

October 3 we will attend a City Commission meeting to advocate for all of our mental health organizations. October 6 we will paint the 34th street wall with a mental health theme. There are many opportunities for Members at these events. It will be great for us to get out in the community for the week. We would like your input on possible events.



# 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 #12

**The Clubhouse has its own identity, including its own name, mailing address and telephone number.**

## Standard # 13

**The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.**

*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 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3
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 Workshop
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

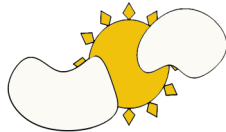
Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10
Chicken thighs Pasta Salad	Turkey Burgers Homemade Potato chips stirfry	Bacon Wrapped Chicken Thigh Roasted Potato Fruit Salad	Sausage & egg casserole Has browns Fruit Salad	Butternut Squash Chicken & Rice Salad

Monday 5/6



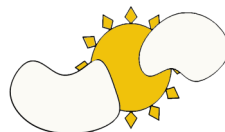
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Tuesday 5/7



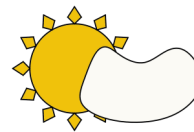
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Wednesday 5/8



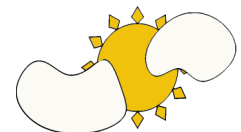
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Thursday 5/9



93/69

Friday 5/9



92/68