

Weekly Newsletter July 17th to 21st

Time	Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
9:15-9:30am	Welcome Meeting				
9:30-12pm	Unit Planning Meetings & Unit Work Culinary, Environmental & B&E Units				
		Stained Glass (10am)	Discussion Group (11am)	Men's Group (10:30am)	
12-1pm	LUNCH - see menu - see lunch duties on Whiteboard				
1-2pm	Consensus Meeting	Afternoon Re-group			
2-4pm	Wellness Discussion Group	YMCA or Social Leisure Planning Group	Creative Arts	YMCA or CCN	TGIF Activity
4-9pm	Dinner Meditation	Dinner & Evening Activity	Clubhouse BBQ and Live Music Party from 4-7:30pm	Closed at 4:30pm	Closed at 4:30pm

<p style="text-align: center;">Weekly Menu</p> <p>July 17th: Mini Pizza & Pudding July 18th: Sausage on a bun & Coleslaw July 19th: South Western Layered Salad July 20th: Tuna Melts & Salad July 21st: Lasagna & Bread</p> <p style="text-align: center;">*Sign up for lunch by 10:30 Cost \$3</p>	<p style="text-align: center;">Tuesday Evening Activities in July</p> <p>July 18: East Park Mini-Golf (\$7.50) July 25: Coffee Outing</p>	<p style="text-align: center;">TGIF Activities in July</p> <p>July 21: Chill Frozen Yogurt July 28: Movie & Popcorn at Clubhouse</p>
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A Place to Come and Belong

Welcome Meeting: Discuss the day's events, sign up for lunch duties and discuss upcoming events.

Unit Planning Meetings: Meet with other Members of the unit to discuss unit plans and activities for the morning.

Afternoon Re-group: Re-group with other Members to discuss unit plans and activities for the afternoon. Here's a chance to boast about your morning accomplishments.

Consensus Meeting: Join the Clubhouse Community to discuss and make decisions about important Clubhouse topics.

The Opportunity for Meaningful Work

Culinary Unit: Shop for and prepare daily lunches, menu plan, work in the Clubhouse bank, bake for the cafe, prepare items for special events and parties or run the café.

Environmental Unit: Oversee the upkeep of the building's interior and exterior, recycling, projects to enhance the look of Clubhouse and seasonal landscaping.

Business and Education Unit: Help with administrative tasks such as taking care of the events board, attendance, peer tutoring, writing articles for newsletters, special projects and doing tours with new Members.

The Opportunity to Learn

Discussion Group: Join us for a great discussion with the group on a variety of topics about ABI.

Men's Group: Join us for a mix between great discussion on a variety of men's health and wellness topics and giving back to our community.

Stained Glass: Learn the basics and create glass pieces individually or join in on group projects.

YMCA: Join us at the gym for all sorts of exercise including personal training, cardio and swimming.

Cornerstone Clubhouse Network: Learn how to be a news anchor, co-host or camera person in a weekly video presented about Clubhouse by Clubhouse

Creative Arts Afternoon: Come and join us for an afternoon of creativity! Try wood burning, corking, Mandala's (relaxation coloring), and knitting.

The Opportunity for Meaningful Relationships

Social Leisure Planning Group: Join us to plan special events, Tuesday evening and TGIF activities and day trips. Come and share your creative and fun ideas!

TGIF Activity: Wind down the week with some fun activities.

Wellness Afternoon/Evening: Come and enjoy some great wellness discussion and yoga suited for both beginners and those with experience. Enjoy dinner and finish the evening off with a wellness discussion and meditation.

Tuesday Evening Activity: Come enjoy a great dinner and an evening in or an evening out doing different weekly activities.

Music Group: Enjoy a great dinner and learn to play an instrument or sing. Members choose the songs they would like to learn. Once a month watch a music movie or video.