

## January 2018 Clubhouse Opportunities & Events

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-9:30am	<b>Welcome Meeting</b>				
9:30-12pm	<b>Unit Planning Meetings &amp; Unit Work</b> Culinary, Environmental & B&E Units				
	<b>Group Volunteer Meeting</b> (Monthly @ 2:30pm)	<b>Stained Glass</b> (10:30am)	<b>Discussion Group</b> (11am)	<b>Welcome Committee</b> (Monthly @ 11am) <b>Men's Group</b> (Monthly @ 10:30am)	
12-1pm	<b>LUNCH - see menu - see lunch duties on Whiteboard</b>				
1-2pm	<b>Consensus Meeting</b>	<b>Afternoon Re-group</b>			
2-4pm	<b>Wellness Discussion Group</b>	<b>YMCA or Social Leisure Planning Group</b>	<b>Creative Arts</b>	<b>YMCA</b>	<b>TGIF Activity</b>
4-9pm	<b>Dinner Wellness</b> (Yoga/Meditation)	<b>Dinner Evening Activity</b>	<b>Dinner Music Group</b>	<b>Closed at 4:30pm</b>	<b>Closed at 4:30pm</b>

### **Tuesday Evening Activities**

Jan 2: No Evening Activity  
 Jan 9<sup>th</sup>: Bowling @ Fleetway (\$5)  
 Jan 16<sup>th</sup>: Dinner @ Burger Burger  
 Jan 23<sup>rd</sup>: Coffee & Dessert  
 Jan 30<sup>th</sup>: Pool @ Fleetway (\$2)

### **TGIF Activities**

Jan 5<sup>th</sup>: Covent Garden Market  
 Jan 12<sup>th</sup>: Matinee Movie  
 Jan 19<sup>th</sup>: Community Kitchen  
 Jan 26<sup>th</sup>: Mandarin Lunch

### **Take Note**

Jan 1<sup>st</sup>: New Year's Day Brunch (9-1pm)  
 Jan 18<sup>th</sup>: Men's Group  
 Jan 22<sup>nd</sup>: Group Volunteer Meeting (2:30pm)  
 Jan 25<sup>th</sup>: Welcome Committee (11am)  
 Jan 25<sup>th</sup>: Brain Injury Support Group (7-9pm)  
 Jan 26<sup>th</sup>: Mandarin Lunch (see CH for details)  
 \*No Wellness on Jan 1<sup>st</sup>  
 \*No Tuesday Evening Activity on Jan 2<sup>nd</sup>  
 \*No Music Group Jan 3<sup>rd</sup>, Jan 10<sup>th</sup>, Jan

### **Cornerstone Clubhouse Contact Information**

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