

September 2018 Clubhouse Opportunities & Events

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-9:30am	(Clubhouse opens at 8:00am) Welcome Meeting				
9:30-12pm	Unit Planning Meetings & Unit Work Culinary, Environmental & B&E Units				
	Group Volunteer Meeting (Monthly @ 2 :30pm)	Stained Glass (10:30am)	Discussion Group (11am)	Art Group @ 11am) Men's Group (Monthly @ 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	TGIF Activity
4-9pm	Dinner Wellness (Yoga/Meditation)	Dinner Evening Activity	Dinner Music Group	Closed at 4:30pm	Closed at 4:30pm

Tuesday Evening Activities

September 4th: Dinner and pool at Fleetway
 Septmeber 11th: Western Fair
 September 18th:

TGIF Activities

Take Note

Mar 1st- Stroke Support Group (6-8pm)
 Mar 10th: Saturday Social Sugar Bush (9am-1pm)
 Mar 19th: Group Volunteer Meeting (2:00pm)
 Mar 22nd: Men's Group
 Mar 29nd: Brain Injury Support Group (7-9pm)
 Mar 30th: Good Friday Brunch (9-1pm)

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.

Bake n Take: Join us in making a meal together that you can enjoy at home the last Friday of every month.

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.