

# What's New?

## AT OUR CLUBHOUSE

### Upcoming Events At Our Clubhouse!

- Monday 11/4                      Advisory Board 10AM
- Monday 11/11                    Veterans Day – Clubhouse Open
- Monday 11/18                    Fuller Art Museum & DW Fields Park Foliage Outing 10AM – 12PM
- Wednesday 11/20              Diversity Lunch – Celebrating Culture & Cuisine from Mexico
- Thursday 11/21                 Brown Bag – see Stephanie
- Wednesday 11/27              Clubhouse Thanksgiving Dinner 11AM – 1PM
- Thursday 11/28                 Thanksgiving – Clubhouse Closed
- Friday 11/29                      Clubhouse Closed

**Birthday Celebration the last Friday of every month!**

**Come join us for Community Walk every morning & our weekly Library Outing every Monday!**

**KITCHEN UNIT**

**SEE REMY & MARIAH**

Come see what's cooking in Our Kitchen Unit! See Remy and Mariah to find out how you can learn and practice your kitchen skills by participating in the Kitchen Unit! And don't forget about Baking Group every Friday

**HEALTH & WELLNESS**

**SEE KENSIA**

Come check out our opportunities to get active and maintain your health with new Health & Wellness groups and activities, or stop by to take a walk on the treadmill or ride on the bike! On nice days, don't forget about Walking

**EMPLOYMENT & EDUCATION**

**SEE STEPHANIE**

Looking for a new job? Or maybe it is time to go back to school! Make an appointment to meet with Stephanie to find out how Our Clubhouse can help you on your path towards success!

**COMMUNITY LINKAGES**

**SEE CLAIRE**

Are you looking for resources in the community? Come by and see Claire to look into finding affordable housing, a new doctor, recreational opportunities and more!

Our Clubhouse embraces partnership, collaboration, diversity and the richness of community life, relying on Member participation and guidance to assure quality services.

## Work Ordered Day

Based on an internationally recognized model, Clubhouse members take an active role in operations and work with staff to develop skills independent skills to enhance their lives in and out of the Clubhouse.

### Get Involved with Our Clubhouse Community!

Advisory Board

Diversity Committee

Daily Clubhouse Operations

MCC Meetings

See staff or our Advisory Board co-chairs for more info!

### COME INCREASE YOUR SKILLS IN:

- social networking
- independent living
- budgeting
- accessing transportation
- self-care
- maintaining educational goals
- dual recovery peer supports
- and securing and retaining employment

**Our Members  
Have Many  
Opportunities to  
Practice and  
Learn Skills!**

### A NOTE FROM OUR DIRECTOR

"The Clubhouse community helps eliminate disadvantages experienced by people living with mental health issues so they can live fulfilling lives and be fully a part of their communities."

Nadine Chirac, Program Director, BAMSI OUR Clubhouse



**BAMSI COMMUNITY**

# Clubhouse Updates

The sun had gone down, and it felt quite cold, and you remember stories, that should have never been told, the heat had been turned off, and the temperature was dropping, and there was definitely no money left to go shopping. You had definitely conquered this dilemma, so many times before, and you refused to be defeated, or head for the door; because you didn't believe in the word known as defeat, cuz this was much better than living in the streets. Then just when you thought you couldn't take it anymore. You still refused to give up, or fall to the floor. Then it became crystal, and oh so very clear, but you still wondered what had happened, and what was going on here? Then you realized, that this was not exactly as it seemed; and you became more relaxed, because it was only just a dream, so continue to make good choices to show that you care, then maybe your dreams, won't become such awful nightmares!!

Beverly T.  
10/22/24

## Member of the Month

### Congratulations to Sam!



There is still time to apply for this year's Kettle Campaign with the Salvation Army! Stop by to see Stephanie for more information!



**New Transitional  
Employment  
Opportunity  
coming soon to  
Our Clubhouse!**

## Happy Birthday!

Edwin 11/1  
Carter 11/3  
Stephen J 11/14  
Ivan 11/18



# Our Halloween Party

