

What's New?

At Our Clubhouse

October 2025 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2  Greg & Natasha	3
6 Advisory Board 10AM	7	8  Stanley	9 Panera Bread Lunch Outing 11:30AM – 1PM	10
13	14	15 Volunteer with CCN Food Pantry 11AM	16 Brown Bag 10AM – 12:30PM	17
20	21	22 Franklin Park Zoo Outing 9:30AM – 2:30PM	23  Ed H & Zito	24
27 Vital Signs 10AM – 12PM  Will P & Johnny	28	29 Movie Night 3PM – 5PM	30	31 Halloween Party  Sue

Work Ordered Day

Wellness through the experience of work

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

Social & Recreation Groups & Activities

Daily Community Meetings

Daily Men's & Women's Groups

Weekly Peer Support Group

Group Outings

Outreach to prevent isolation

Health & Wellness Groups & Activities

Daily Community Walk

Fitness Groups

Relaxation Groups

Meet with Kensia for fitness equipment training, tracking individual goals or to find out how you can get involved with the Health & Wellness Unit

Kitchen & Life Skills Groups & Activities

Daily Cooking Skills/Lunch Prep

Weekly Baking Groups

Weekly Grocery Shopping

Meet with Mariah and/or Remy to learn and practice kitchen skills and to increase your money skills with our Financial Officer.

Employment & Education Groups & Activities

Daily Computer Skill Training & Practice

Daily Literacy Training & Practice

Weekly Bible Study

Group and Individual Volunteering

Individual, Supported & Transitional Employment

Vocational Skill Building

FAFSA & Benefits Assistance or Referrals

Schedule a meeting with Stephanie to get help with your employment and/or education goals, to get involved with the Newsletter or to participate more with Work ordered day!

Note: Meetings with Stephanie are by appointment only

Community Linkages

Accessing Community Food Resources

Finding a new provider

Help with Housing Applications

Finding Community Recreation

And More!

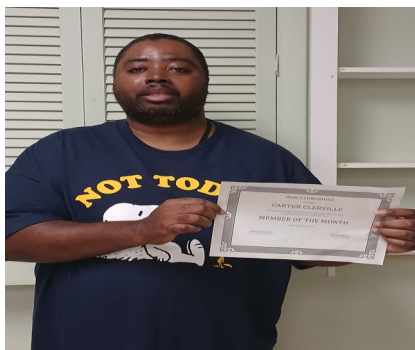
Meet with Claire for help accessing assistance in your community or if you have community resources you think others would benefit from.

Our Clubhouse

September Review



Congratulations to Our September
Member of the Month Carter!



In September our members participated
in about 1400 groups and activities!

Keep up the great work everyone!

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, BAMS! OUR Clubhouse



Advocacy Through Literacy

The Rhythm of the Rain

The falling rain is quiet as it gently waters the grass and flowers penetrating deeply into the soil, here are some more and more showers. After so much sun this drink from above. The rain continues throughout the day. What a wonder it is, it shows no partiality. It waters all, brown grass and green. There is a rhythm to it too if you really listen. A pattern to the pitter patter, true. People are not like the rain. We have favorites, we have opinions about everything. Our friends, our enemies, our family. Does it ever stop? Does anyone have a clue? There must be another way, don't you think? Where we can learn to care, not gossip. To relate and not hate. "Do unto others as you would have them do to you". In the world if this was done, I'd say the truth has won. I'd say that would be the way our God would have us live with each other, wherever that may be. In harmony and truth, in a world that is free. To this end, may we all strive living together in our little "beehive". Life is organic, never the same. Each day brings opportunity to give or help the lame. So keep moving forward into the light. No deed is ever too small or too trite.

Written by,

Terri M

A praying mantis entertaining a butterfly, I'm going to go out on a limb, and just ask why, why and how such a tiny creature can balance on a rose, which seems to be suspended in mid-air, as some of us walk by, like we just don't even care, but being mindful is a skill that should be crafted, and I can give you a few reasons just in case you ask this, first of all you should keep yourself grounded, and be very mindful of all your surroundings, then just pick up an object, it could be anything; a small red apple, or a tiny bird that sings, now the object of this, is to feel what's in your hand, the tiniest grain of salt, that may feel like sand. What do you feel, what would you taste, would you recognize it if it were not in your face? Well the moral of this story is truly this, if you stop for one moment you'll know why, you exist, so live life, and enjoy praying mantises, and butterflies as they seem to appear right before your very eyes, and you will enjoy it, and I won't be surprised, so continue to be mindful and make good choices, without needing a reason why, and continue to be mindful as another day passes by.

Written by,

Beverly T.

8/28/25