

What's New?

At Our Clubhouse

Calendar of Events					December 2025
Monday	Tuesday	Wednesday	Thursday	Friday	
1 Advisory Board 10AM	2	3	4	5	
8 Braintree Mall Outing 10AM- 12PM	9 ACCS Holiday Party 2PM- 8PM	10 Menu Planning 10AM	11	12	
15 Enchanted Village Outing 11AM-1PM	16	17 Diversity - Russia	18 Brown Bag	19	
22 Vitals Check 10AM – 12PM Bingo Night 3PM-5PM	23	24 Christmas Dinner 11:30AM	25 Christmas CLOSED	26 CLOSED	
29 Board of Health 10AM-12PM	30	31 Employment Breakfast 10AM New Year's Eve Party 11AM			

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

Happy Birthday!

Darlene 12/6

Kevin 12/16

Mariah 12/21

Kim 12/23

Lakisha 12/26

Mehalia 12/27

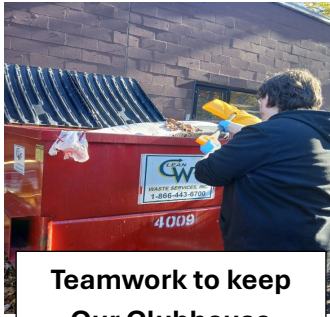
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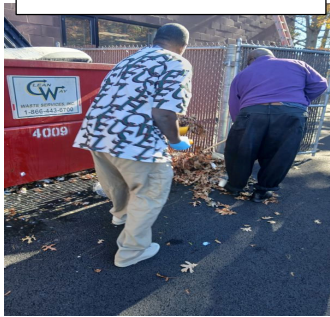


BAMSI.COMMUNITY

Last Month in Review



**Teamwork to keep
Our Clubhouse
clean!**



**Members getting ready to
get back to work**



**Peers supporting peers to
grow skills!**



Chess Club



**Thanksgiving
Dinner**



Give Thanks



**New Health &
Wellness Groups**



**Pin the feather
on the Turkey**



Skill Building & Work Ordered Day



Employment Updates

Our Member of the Month is



Thank you to all our members for participating in more than 1350 work groups and activities this month!

Researching the company, you are interviewing with can show the employer you are interested in working there and not just in getting any job. Even if you are looking for any job, the employer doesn't need to know that!

Congratulations to:

Rob

William P

Zito

Catherine

We wish you the best of luck starting your new job!

Currently 28% of our members are competitively employed in their community! This meets our Clubhouse's Employment Goal of 28%

Employer Highlight



Our mission is to end and prevent homelessness in Southern Massachusetts with programs that provide emergency and supportive housing and help people obtain skills, jobs, housing, and services. We help people who are struggling with homelessness, or are at risk of homelessness, achieve self-sufficiency.

Our members give back to their community as Laundry Attendants helping to ensure guests at the Mainspring House have clean bedding available each day.

See Andrew, Rob, Catherine, or William P to hear how our members contribute to such a great cause!

In October our members volunteered with Brown Bag food delivery at both Campello and Caffrey Towers, they were all excited for taking on the extra work! Overall, it was a great experience and those who received the deliveries were full of gratitude. Our members even got to see and play with two little kittens!

Provided By: Karen & Carter

Education Updates

Currently 49% of our members have a goal to increase their education. This exceeds Our Clubhouse's Education Goal of 48%

Great job Karen, Beverly, Terri & Jean for participating in this months' Math Challenges!

Great job Karen, Beverly & Terri for participating in this months' Literacy Challenges! And congratulations Beverly for winning 1 challenge this month!



Exercise Your Mind!

Do you need help with your phone or learning to use the computer? If so, stop by and talk with Sam or Dylan for extra help!



Interested in furthering your education? Make an appointment with Stephanie to learn more!

Chess Club Thursdays at 11AM



See Dylan or Chris for more information!

Nondenominational Bible Study Tuesdays at 11AM



See Terri for more information

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!

Please Note: Meetings with the Employment Coordinator are by appointment only

Health & Wellness Updates

The Board of Health is at Our Clubhouse every last Monday of the month from 10AM-12PM. Come by to have your vitals checked!

“The staff are nice taking blood pressure and they are really smart”

Review provided by Claudy

When you start a new exercise, even if it's simple, persevere and keep at it”



Fitness Tip provided by Terri

“Have faith in the process, one day at a time”



Recovery Tip Provided by Anthony

If you're sick, please stay HOME



“The Nicotine Lozenges really help. Just put a couple in your mouth. It can help you quit.”

Tip to Quit provided by Chris

“Self-care is a great way to cope with anxiety or get relief from stress”



Coping Skill Provided by Ashley

“Drink at least a half a glass of water before you eat to help you feel full faster”



Nutrition Tip provided by Beverly

This past summer, our garden yielded one cucumber that was harvested and enjoyed by our members! We are looking forward to the return of the garden in the spring!

Update Provided by Terri

Have you tried our new fitness equipment yet?

Come by the Health & Wellness Unit to ask our staff to train you on these new machines!

Community



Do you live independently in the community?

The colder weather is upon us, and it is time to apply for fuel assistance with Self Help.

Come by to see Claire if you need assistance with your energy bill

Are you worried about the changes to qualifying for SNAP benefits? Make an appointment with Claire to ensure that you have the information you need to qualify or requalify if needed.



Have you been given a work requirement for SNAP? Make an appointment with Stephanie to learn what you can do for this requirement.

BAT Bus is now running every half hour and until 9PM

Tip provided by Rob & Catherine



If you would like to learn how you can contribute to our Newsletter please see Stephanie



If you need help determining if these savings are real, please see Claire before signing up for any of these programs

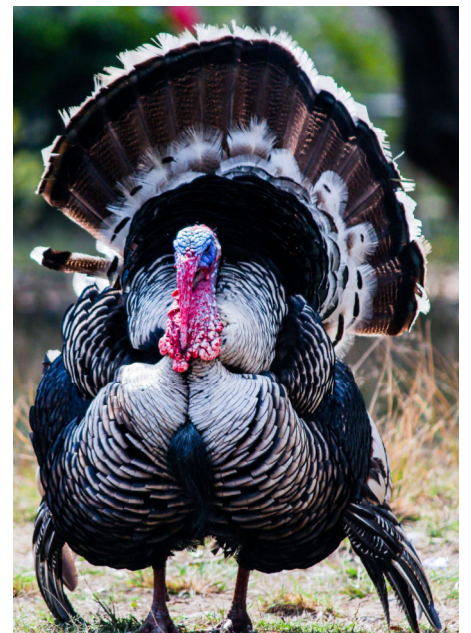
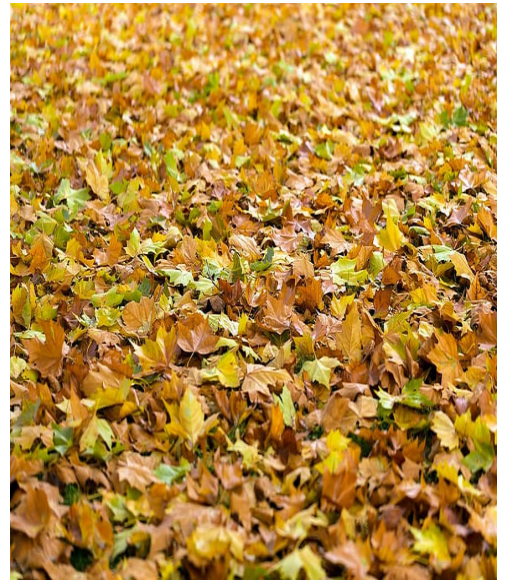
There have been people in the community offering people to sign up to save on their energy bills. In most cases, this will cause you to have a second energy bill from a second energy provider.

For your safety, do not give strangers in the community your ID or your personal information.

Original Work of Our Members

Thanksgiving

We all seem to love the day
 Turkey, mashed potatoes and pie
 Family all around us
 Wearing dresses, suits and ties.
 But there are some who are more impoverished
 And have no family
 There are churches and other places
 To give a full dinner that is free
 To help those who have less, try to give them the best!
 There are needs we all have
 Beyond lack of food or money
 An inner need in the soul that only God can feed
 How can we help each other to be open to this?
 One who can heal so deeply because he is the son.
 Perhaps we give all we can with whatever God has given us
 Maybe it's a gift of "listening" or "understanding" or "giving cheer"
 to someone full of fear
 He heals in different ways
 And something urges us and gives us something to say
 To someone who is hurting or has been betrayed
 If we open our eyes widely, we can see all around us
 The good, the bad and the sad
 We can choose gratitude and giving
 A whole new way of living!
 Written by Terri M



Our Menu

Baking Group every Friday morning

See Remy & Mariah to get involved with grocery or supply shopping!

DECEMBER				
mon	tue	wed	thu	fri
1 Caesar Salad Wrap Advisory Board!	2 Hot dogs & Beans	3 American chop suey	4 Grilled Cheese & Tomato Soup	5 Pizza & Salad Baking Group
8 Ghetti Salad	9 Fish Sandwich & Chips	10 Spaghetti & Meatballs	11 BLT & Chips	12 Pizza & Salad Baking Group
15 Tuna Salad	16 Meatball Sub & Chips Kevin's Birthday!	17 Diversity Day!	18 Egg Salad & Chips Brown Bag	19 Pizza & Salad Baking Group
22 Cobb Salad	23 Chicken Patty Kim's Birthday (STAFF)	24 Christmas Dinner!	25 Merry Christmas! (CLOSED)	26 CLOSED Lakisha's Birthday!
29 Greek Salad	30 Clam Chowder & Crackers	31 New Year's Eve Party Employment Breakfast!	1	2