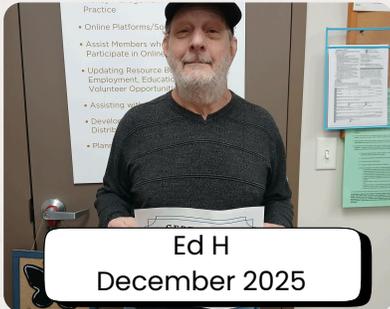


WHAT'S NEW? AT OUR CLUBHOUSE

508-857-1657

[HTTPS://WWW.BAMSI.ORG/BAMSI-COMMUNITY/CLUBHOUSE/](https://www.bamsi.org/bamsi-community/clubhouse/)



Member Of The Month

This month our members participated in more than 1500 groups and activities!

Happy Birthday!

- David L 1/12
- Patty 1/18
- Edmilson 1/23
- Joe 1/24
- Adolpho 1/28

MON	TUE	WED	THU	FRI
29	30	31	1 Closed	2
5 Advisory Board 10AM	6	7 Menu Planning 10:30AM	8	9
12 Bowling Outing 11AM-1PM	13	14	15 Brown Bag	16
19	20	21 Diversity - El Salvador	22	23
26 Movie Night 1:30-3PM	27	28 Employment Breakfast 10AM	29	30

Please join us for coffee, tea or hot chocolate and news every morning before Community Meeting

Beginning in January 2026, Community Meeting will be at 9AM with Unit Meetings to follow. Please plan accordingly

If you're sick, please stay HOME

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

Employment & Education

Currently 15, which is 27%, of our members are working in the community

Currently 25, which is 45%, of our members have a goal related to education

“I feel more stable with my mental health since I have been working at my job”

*-Catherine S
Laundry Attendant*

Volunteer with Our Clubhouse at Brown Bag. Every Third Thursday



Did you know you can attend Massasoit for free? See Stephanie for more information



Driving Group
Mondays 11AM
Plan to get your license!



Chess Club
Thursdays 11AM
see Dylan & Chris



Nondenominational
Bible Study
Tuesdays 11AM
See Terri

What is Transitional Employment?

Transitional employment is a structured, time-limited job placement aimed at assisting individuals who face barriers to securing permanent employment. This can include people recovering from long-term unemployment, disabilities, or other life challenges. The primary goal is to provide a supportive environment where individuals can build skills, confidence, and work experience, ultimately facilitating their transition to stable, permanent jobs.

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!

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

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



Game time! Each day after lunch



Take walks inside when it is cold outside! We went to South Shore Plaza in Braintree



Chair Yoga Fitness each day at 11AM



Check out our new fitness equipment!



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



Nicotine Lozenges can help you quit

See Chris for more tips to help you quit!



Decorating for the holidays



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

Trying to lose weight or increase your physical activity? Stop by the Health & Wellness unit to talk with Kim to make the best plan for your goals.

Our Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 GRILLED CHEESE & TOMATO SOUP	2 PIZZA & SALAD 
5 ADVISORY BOARD MEETING GARDEN SALAD 	6 BLT & CHIPS	7 CHEESE BURGER & FRIES	8 FISH & CHIPS	9 PIZZA & SALAD 
12 CAESAR SALAD 	13 EGG SALAD	14 RICE, CHICKEN & VEGGIES	15 BROWN BAG HOTDOG & BEANS	16 PIZZA & SALAD 
19 COBB SALAD 	20 CHICKEN PATTY & CHIPS	21 DIVERSITY DAY	22 MEATBALL SUB	23 PIZZA & SALAD 
26 TUNA SALAD 	27 CLAM CHOWDER & CRACKERS	28 EMPLOYMENT BREAKFAST AMERICAN CHOP SUEY & GARLIC BREAD	29 KRAFT MAC & CHEESE W/ CHICKEN TENDERS	30 PIZZA & SALAD 



Are you interested in helping with grocery and supply shopping?

See Mariah & Remy for more information

Please join us for coffee, tea, or hot chocolate while catching up on news and socializing with peers every morning from 8AM until Community Meeting.

Note: Coffee Cart closes daily at 12:30PM



Drink at least a full glass of water before you eat. It will make you feel full faster.

Nutrition tip by Beverly

Community Linkages

Be on the lookout for a billing increase from National Grid. There is still time for low-income payment plans if you haven't already done so.



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.

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.

Do you now have a work requirement for SNAP benefits? Make an appointment with Stephanie for more information.



BAT bus is now running every half hour until 9PM

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

Update by Rob & Catherine

December at Our Clubhouse



Hanging out together at South Shore Plaza



Breakfast with Santa



Diversity - Russia



Enchanted Village



Gift Wrapping Activity with Nadine



December at Our Clubhouse



Brown Bag