

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:
Lakisha H



Happy Birthday!

Roll 2/8
Mario 2/11
Donna 2/22
Chris P 2/28
Dennis 2/29



If the Patriots win the Superbowl we will have a party on Wednesday 2/11

Monday	Tuesday	Wednesday	Thursday	Friday
2 Advisory Board 10:30AM	3	4	5	6
9	10	11	12 MCC State House Advocacy	13
16 Movie night 1PM-3PM	17	18 Diversity - Siberia	19 Brown Bag 10AM	20
23 Outing - TBD	24	25 Employment Breakfast 10:30AM	26	27

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



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

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!



Bowling Outing to Timber Lanes!



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

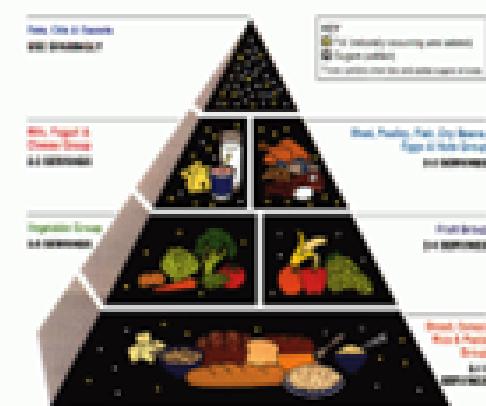
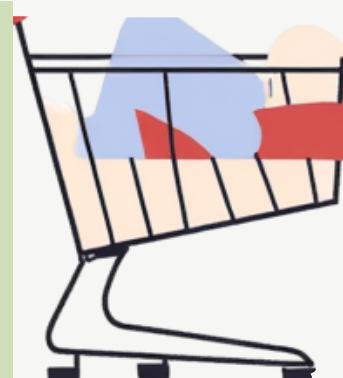
Trying to lose weight or increase your physical activity?

Stop by the Health & Wellness unit to talk with Kim to make the best plan for your goals.

Monday	Tuesday	Wednesday	Thursday	Friday
Chef Salad Advisory Board 2	Hotdogs & Beans 3	Mash Potato's, Chicken, Broccoli Cauliflower mix Menu Planning 4	Meatball Sub+Chips 5	Pizza & Salad Baking Group 6
Greek Salad 9	Fish & Chips 10	Quesadilla's Mario's Bday! 11	Egg Salad+Chips 12	Pizza & Salad Baking Group 13
Cobb Salad 16	BLT & Chips 17	Diversity Day 18	Grilled Cheese+Chips 19	Pizza & Salad Baking Group 20
Tuna Salad 23	Turkey & Cheese Sandwich+Chips 24	Creamy Tomato Pasta & Garlic Bread 25	Clam Chowder & Crackers 26	Pizza & Salad Baking Group 27

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.

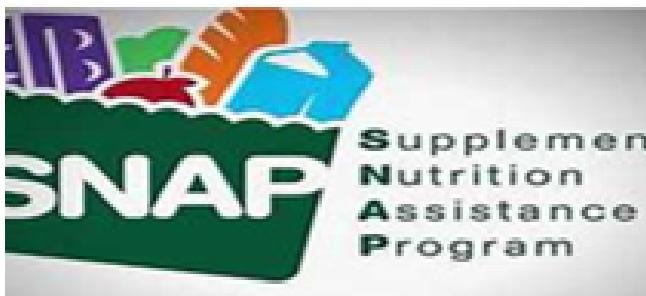
Note: Coffee Cart closes daily at 12:30PM

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.



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.

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



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.



BAT bus is now running every half hour until 9PM

Update by Rob & Catherine