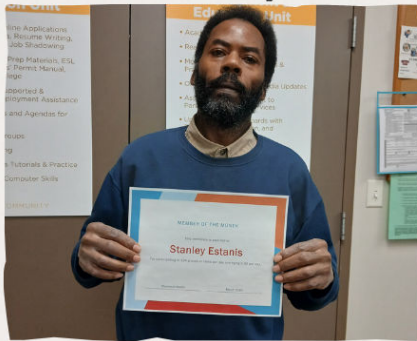


# WHAT'S NEW? AT OUR CLUBHOUSE

508-857-1657

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

**Congratulations to  
Our Member of the  
Month:  
Stanley**



**Happy Birthday!**

Robert B 4/26  
Gawain 4/14

| Monday               | Tuesday | Wednesday                     | Thursday     | Friday            |
|----------------------|---------|-------------------------------|--------------|-------------------|
|                      |         | 1                             | 2            | 3                 |
| 6 Advisory Board     | 7       | 8 Easter Dinner               | 9            | 10                |
| 13 Mall Outing       | 14      | 15 Diversity - India          | 16 Brown Bag | 17 Library Outing |
| 20 Bowling Outing    | 21      | 22 MCC Employment Celebration | 23           | 24                |
| 27 Vital Signs Check | 28      | 29 Employment Breakfast       | 30           |                   |

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

**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."

Nadie 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 St Patrick's Day



"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.

| MON                             | TUE                                  | WED  | THU                         | FRI   |
|---------------------------------|--------------------------------------|--|-----------------------------|---|
| 30                              | 31                                   | Spaghetti & Garlic Bread 1                         | BLT & Chips 2               | Pizza & Salad Baking Group  |
| Greek Salad 6<br>Advisory Board | Taco Tuesday (chicken or beef) 7     | Easter Dinner Menu Planning 8                      | Fish & Chips 9              | Pizza & Salad Baking Group 1  |
| Tuna Salad 13                   | Hotdogs & Beans 14<br>Gawain's Bday! | Diversity 15                                       | Egg Salad & Chips 16        | Pizza & Salad Baking Group 1  |
| Cesar Salad 20                  | Tuna Fish Sandwich & Chips 21        | Rice, Chicken & Veggies 22                         | Breakfast For Lunch 23      | Pizza & Salad Baking Group 2  |
| 27<br>Garden Salad              | 28<br>Meatball Sub                   | 29<br>Cheeseburger & Fries<br>Employment Breakfast | 30<br>Chicken Patty & Chips |  |

**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



**Are you interested in helping with grocery and supply shopping?**

**See Mariah & Remy for more information**

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## 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

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## March at Our Clubhouse



# HAPPY ST PATRICK'S DAY



## Diversity



Celebrating Ethiopia  
"Shiro Wat"

In April Our Clubhouse will attend MCC;s Employment Celebration to award Father Bill's Mainspring House for being a fantastic employer to our members.

To find out what our members do there talk with Catherine, Rob, Anthony or William P!



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## Original Work by Our Members



Faces

Did you know your face tells a lot?  
Each wrinkle and line  
Represents events in time.

It is like an autobiography  
This face of ours  
Perhaps, the eyes tell the most  
They say the eyes are the doors to one's soul  
Does it need mending or is it whole?

And then there's the tongue  
Small but mighty  
Like a rutter that turns a ship  
It can be kind, or act like a whip.

So, it's interesting, this face we have  
We have capacity for good and bad  
We can always choose what to do  
Just one word can make things new.

Written by,  
Terri M.

My head is spinning like never before.  
More than my body is tired, my feet are  
sore.

I'm waiting for it to really sink in.  
I don't believe it, just where do I begin?  
I'll start at the beginning, hoping not to fall  
apart.

Apart like a puzzle when it becomes  
undone.  
Just like a snowflake melting under the  
sun.

But as for me I will never fade away,  
give me any problem, but I'm here to stay.

I will stay and not give up the fight.  
I won't give up until I get it right.  
Because success is not given, it has to be  
earned

set smart goals, at your own terms.  
Whether it's to own your home,  
or to finish high school  
The ball is in your court,  
you make the rules.

So set realistic goals that you know you  
can follow  
It's quite easy, it's not that hard to swallow.  
So as you go through life just keep your  
head held high

Do not give up, just continue to try  
Because trying will only lead to success,  
and believe me, because I never settled  
for less.

So keep your up head up, and don't  
struggle to be kind,  
and you'll make it through, every single  
time.

Beverly T.  
3/6/26

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