

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:
Sam**



Happy Birthday!

Dylan 6/4
Karen 6/17
Remy
Claire

Monday	Tuesday	Wednesday	Thursday	Friday
1 Advisory Board	2	3	4	5
8 Beach Outing	9	10	11	12
15 Beach Outing	16	17 Diversity	18 Brown Bag	19 Walmart Shopping
22	23	24 Employment Breqakfast	25	26 Juneteenth-Closed
29	30			

Please join us for coffee and news every day 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 14 which is 26%, of our members are working in the community

Currently 29, which is 48%, of our members have a goal related to education

Are you looking for a new job?

Father Bill's is looking for Laundry Attendants

Make an appointment with Stephanie to learn more

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

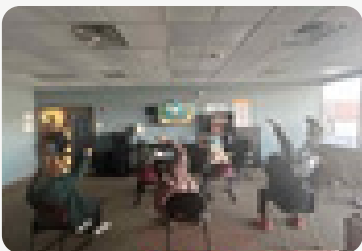
The Board of Health is at Our Clubhouse every last Monday of the month from 10AM-12PM. Come by to have your vitals checked!



Game time! Each day after lunch



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



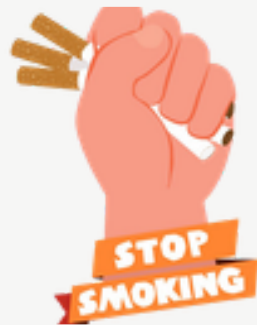
Chair Yoga Fitness each day at 11AM



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 holidays



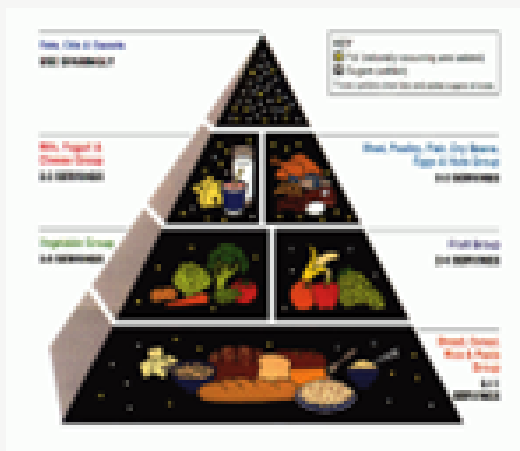
“Have faith in the process, one day at a time” by Anthony

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Caesar Salad Wrap	2 Italian Sub w/ Chips	3 Rice, beans & Empanadillas	4 Chicken Sandwich w/ Chips	5 Pizza w/ Salad (Baking Group)
8 Cobb Salad	9 Grilled Chesse w/ Chowder	10 Meatball Sub w/ Chips (Menu Planning)	11 Breakfast for Lunch	12 Pizza w/ Salad (Baking Group)
15 Greek Salad	16 Hot Dogs w/ Beans	17 DIVERSITY DAY	18 Turkey sandwich w/ Chips	19 CLUBHOUSE CLOSED
22 Cheef Salad	23 Fish w/ Chips	24 Spaghetti w/ Meat Sauce	25 BLT w/ chips	26 Pizza w/ Salad (Baking Group)
29 Tuna Salad	30 Egg Salad			

Please join us for coffee and tea 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 Elizabeth & Remy for more information

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.

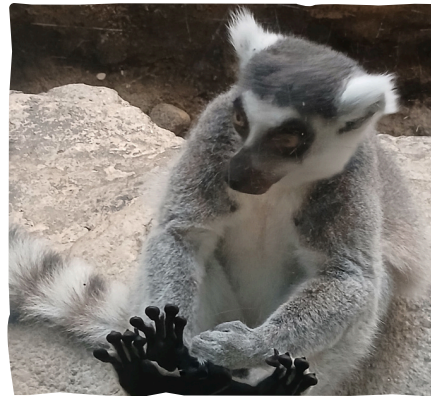
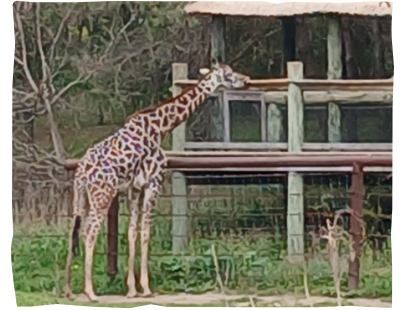
Do you now have a work requirement for SNAP benefits? Make an appointment with Stephanie for more information.



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

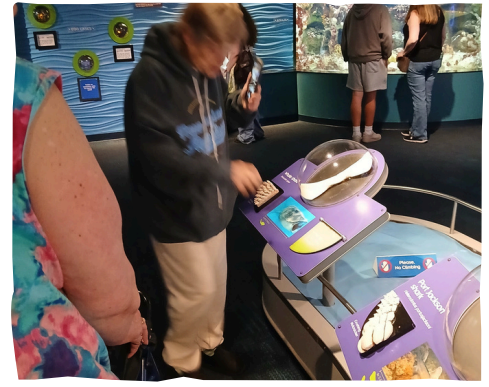



BAMSI.COMMUNITY
BROWN BAG

BROCKTON
HOUSING
AUTHORITY

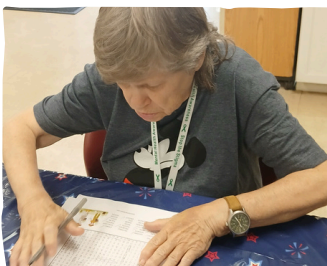
The Greater Boston
FOOD BANK 





nAmi Walks





I AM SELF-SUFFICIENT AND I'M HONEST,
AND I DON'T OWE YOU ANY EXPLANATION AS TO WHY I HAVE DONE THIS;
I HAVE VALUES AND DETERMINATION,
I TAKE CARE OF MYSELF AND GO ON VACATIONS,
BUT A VACATION FOR ME, MAY NOT BE GOING TO A DIFFERENT CITY,
IT'S MAYBE JUST GETTING AWAY FROM PEOPLE WHO REALLY GET TO ME,
THAT MEANS THAT I REALLY CARE ABOUT MY WELL BEING,
IF NOT, NO ONE WOULD RARELY EVER SEE ME;
AND AS FOR HOLDING ON TO THINGS THAT REALLY DON'T MATTER,
I'M JUST CONCERNED ABOUT THE HERE, AND NOW, AND NOT THE BEFORE, AND AFTER,
AND TO MAKE IT CLEAR AS CRYSTAL, BUT REALLY QUITE PLAIN,
MY COPING SKILLS ARE ON POINT, AND THAT'S WHY I REMAIN,
I REMAIN STRONG, AND CONFIDENT WHILE UNDER STRESS AND PRESSURE,
AND THESE ARE THE THINGS, THAT YOU SHOULDN'T LET GET TO YOU,
SO BUILD A STRONG FOUNDATION, AND LIVE YOUR BEST LIFE,
THEN YOU WON'T HAVE TO LOOK BACK, OR PAUSE TO THINK TWICE .

BEV T.
5-4-26