

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:
Terri M**



Happy Birthday!

Cheri 8/9
Steven 8/16
Michael 8/25

Monday	Tuesday	Wednesday	Thursday	Friday
Advisory 3 Board	4	5	6	7
10	11 Library Outing	Anniversary 12 Party	13 Farm Outing	14
17 Beach Outing	18	Diversity 19	Brown 20 Bag	21
24 IHOP Outing	25	26 Employment Breakfast	27 Career Exploration	28 Walmart Shopping
31				

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

HAPPY
Anniversary!

Employment & Education

Currently 12 which is 23%, of our members are working in the community

Currently 31, which is 60%, of our members have a goal related to education

Are you looking for a new job?

Father Bill's is looking for Laundry Attendants

Volunteer with Our Clubhouse at Brown Bag. Every Third Thursday

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.

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!



Nicotine Lozenges can help you quit

See Chris for more tips to help you quit!

"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.



BAT bus is now running every half hour until 9PM and will be free for at least another year!

Update by Rob & Catherine

Please join us for coffee or 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

AUGUST 2026				
MO	TU	WE	TH	FR
3 Pasta salad	4 Tacos	5 Chicken & gravy w/ stuffing	6 Chicken tenders w/ fries	7 Pizza & Veggies
10 Hot dogs w/ Beans	11 Fish Sandwch w/ Tater tots	12 CLUBHOUSE ANNIVERSARY	13 Tuna w/ chips	14 Pizza & Veggies
17 Grilled cheese & Tomato Soup	18 Tuna w/ chips	19 Italy!	20 Leftovers	21 Pizza & Veggies
24 Egg Salad	25 Chili w/ Rice	26 Cowboy Cassarole	27 Turkey & Cheese Sandwich	28 Pizza & Veggies

Celebrating Diversity – Cape Verde



Our garden is in full bloom! Squash blossoms, pea pods and green beans growing strong. Still waiting on our tomatoes and peppers!





Castle Island &
Pleasure Bay
Beach



Kitchen unit outing to
Langwater Farmers Market
in Easton







HEALTH & WELLNESS WALK AT DW FIELD PARK



Your VOICE MATTERS

WAITING

WHY IS IT SO HARD TO WAIT?
 WHETHER IT BE FOR A JOB OR
 JUST EXPECTING GOOD...IS GOD LATE?
 IS IT JUST FATE?
 WHAT ARE YOU WAITING FOR? ARE YOU
 ANXIOUS AND FULL OF FEAR
 OR ARE YOU PRAYING AND WAITING
 FOR THE LORD, WHO CALLS YOU "DEAR"
 I GET ANGRY AND IMPATIENT AND
 I ALWAYS ASK HIM "WHY?"
 I DON'T HEAR ANYTHING SO I STOP
 ASKING QUESTIONS AND HE WHISPERS,
 "YOU ARE MINE"
 THOSE WORDS SETTLE ME AND
 CALM ME DOWN A BIT
 I KNOW I NEED TO TRUST HIM
 INSTEAD OF HAVING A FIT
 I DON'T NEED TO TRY AND
 MAKE IT HAPPEN
 I JUST NEED TO WAIT
 THEN HE CAN DO AS HE PLEASES
 AND HE NEVER HAS BEEN LATE
 SOMETIMES I FORGET WHAT HE
 HAS ALREADY DONE
 REMEMBERING TO THANK HIM
 IS HOW THE BATTLE WILL BE WON.

TERRI M

YOU HAVE TO BE DRIVEN, YOU HAVE TO BE CONFIDENT,
 AND DON'T TWIDDLE YOUR THUMBS, OR YOU'LL NEVER
 GET IT, NEVER ACHIEVE THE GOALS THAT YOU NEED TO
 REACH IN LIFE, IF YOU KEEP DRAGGING YOUR FEET, AND
 REMAIN CONSUMED BY YOUR STRIFE. THE ANSWER IS
 QUITE SIMPLE, BUT ALLOW ME MAKE IT PERFECTLY
 CLEAR, STOP PROCRASTINATING, AND STOP LIVING IN
 FEAR, BECAUSE LIFE IS TOO PRECIOUS FOR YOU TO
 ALWAYS BE SO AFRAID, AND TO WALLOW IN ALL THE
 MISTAKES THAT YOU HAVE MADE, AND AS SURELY AS
 THE MOON RISES AND THE SUN DOES SET, YOU HAVE
 WHAT YOU HAVE AND YOU'LL GET WHAT YOU GET, THIS
 MAY SOUND SIMPLE OR IT MIGHT SOUND STRANGE,
 BUT THIS IS YOUR LIFE AND I HOPE YOU DON'T THINK
 IT'S A GAME, BECAUSE TIME IS FAR SPENT, AND DEATH
 IS CERTAIN, AND YOU CAN NO LONGER HIDE BEHIND
 THAT DECEITFUL CURTAIN, WELL I THOUGHT ABOUT
 NOT WRITING THOSE LAST COUPLE OF LINES, BUT IF I
 MADE THAT CHOICE IT WOULD BE JUST A WASTE OF
 TIME, AND AS I MENTIONED BEFORE, TIME IS TOO
 PRECIOUS TO WASTE, SO JUST TAKE A COUPLE OF
 STEPS BACK, AND PLEASE GET OUT OF MY FACE,
 BECAUSE IT'S NOT ALWAYS SUNNY ON THE OTHER SIDE
 OF THE STREET, SO BE CAREFUL OF WHO YOU HANG
 AROUND, AND BEWARE OF WHO YOU MEET, WELL
 THERE IS NO COTTON CANDY, OR SWEET RAINDROPS,
 BUT DON'T PANIC, BUT YOU KNOW THIS HAS TO STOP,
 WELL THIS WAS QUITE DIFFERENT, YES EVEN FOR ME,
 BUT I'LL NEVER SAY OH WOW, HOW CAN THIS BE,
 BECAUSE I'M OLD SCHOOL, EVEN THOUGH I HAVEN'T
 BEEN ACROSS THE WORLD, AND YEAH, AND I USED TO
 SAY HALLAH BACK AND GIVE IT UP FOR YOUR GIRL,
 THOSE TIMES WERE FUN, AND YES, THEY WERE QUITE
 IMPORTANT, AND DEEP DOWN INSIDE I KNEW I
 DESERVED IT. WELL, THANKS FOR LISTENING TO SUCH A
 LONG POEM, I HAVE A LOT MORE, AND I HOPE YOU
 KNOW THEM, AND IF YOU DON'T, THAT'S QUITE OKAY,
 JUST CONTINUE TO MAKE CHOICES, AND YOU'LL HAVE
 A SUCCESSFUL DAY !!

BEV T