

# What's New?

## AT OUR CLUBHOUSE

### Upcoming Events At Our Clubhouse!

Monday 2/3	Advisory Board 10AM
Wednesday 2/12	Timber Lanes Bowling Outing 10AM – 12PM
Friday 2/14	Valentine's Day Party 11AM – 1PM
Wednesday 2/19	Diversity – Celebrating culture & cuisine of Arabia
Thursday 2/20	Brown Bag – see Stephanie
Wednesday 2/26	Employment Breakfast

**Birthday Celebration the last Friday of every month!**

**Come join us for Community Walk every morning & our weekly Library Outing every Monday!**

#### KITCHEN UNIT

**SEE REMY &  
MARIAH**

Come see what's cooking in Our Kitchen Unit! See Remy and Mariah to find out how you can learn and practice your kitchen skills by participating in the Kitchen Unit! And don't forget about Baking Group every Friday

#### HEALTH & WELLNESS

**SEE KENSIA**

Come check out our opportunities to get active and maintain your health with new Health & Wellness groups and activities, or stop by to take a walk on the treadmill or ride on the bike! On nice days, don't forget about Walking

#### EMPLOYMENT & EDUCATION

**SEE STEPHANIE**

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!

#### COMMUNITY LINKAGES

**SEE CLAIRE**

Are you looking for resources in the community? Come by and see Claire to look into finding affordable housing, a new doctor, recreational opportunities and more!

Our Clubhouse embraces partnership, collaboration, diversity and the richness of community life, relying on Member participation and guidance to assure quality services.

## Work Ordered Day

Based on an internationally recognized model, Clubhouse members take an active role in operations and work with staff to develop skills independent skills to enhance their lives in and out of the Clubhouse.

### Get Involved with Our Clubhouse Community!

Advisory Board

Diversity Committee

Daily Clubhouse Operations

MCC Meetings

See staff or our Advisory Board co-chairs for more info!

### COME INCREASE YOUR SKILLS IN:

- social networking
- independent living
- budgeting
- accessing transportation
- self-care
- maintaining educational goals
- dual recovery peer supports
- and securing and retaining employment

**Our Members  
Have Many  
Opportunities to  
Practice and  
Learn Skills!**

### 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**

# Clubhouse Updates

The sun has gone down, and the moon is dreary, listen very close, so that you can hear me, I feel frustration in the air, along with other things, I don't care about the birds, no matter how sweet they sing ; well, wait this is not me, I must confess, I've already made it through, so give me another test, the test of time , in any condition, I've already told you , I'm on a mission, the mission is not impossible, and I can handle the frustration, so you see, this can be conquered, no matter what the case is, and yes, it may be 2am in the morning, but I can definitely see a brand new day, that is dawning; so wipe away your tears, and get your head together, don't focus on the darkness , or you won't see the clear weather. So now that the hurricane has settled, you can be on your way, just know that your tomorrows, will be much better than today.

Bev T.  
12-12-24



**New Transitional  
Employment  
Opportunity!**

See Stephanie  
to learn more!

**Congratulations on your new jobs!**  
Edmilson - Laundry Attendant (TE)

## Member of the Month

**Congratulations to William P!**



**Happy Birthday!**

**Kim 2/3**

**Roll 2/8**

**Bill 2/8**

**Mario 2/11**

**Donna 2/22**

