

January 2018



CLUBHOUSE
of Lehigh County

A PROGRAM OF GOODWILL KEYSTONE AREA



Clubhouse Hours

Monday thru Friday
8:00 a.m. - 4:00 p.m.

Lunch

12:00 Noon - 1 p.m.

Phone: 610-433-9910 ext. 201

Fax: 610-433-9940

Drop-In Center Hours

Monday thru Friday 4-7pm

Like us on Facebook or visit our
website at:

www.clubhouseoflehighcounty.org

Clubhouse Weather Announcements:

If you would like to receive a text message regarding Clubhouse closings or delayed openings due to inclement weather, log on to wfmz.com. You can click the link "Weather" "School & Business Closing," and then the "Storm Center Update" display a the top of the page. Message rates may apply.



Clubhouse, home of the world famous
Don's Chili



"it's the best I ever had!"
- some guy



"01011001 01110101
01101101"
- An android

Congratulations, Don!



Mental Health Apps!

If you're looking for good mental health apps, those selected here are all solid. But the really great thing about the apps on this list? Not only are they useful for your personal mental health mobile toolkit, and for referring to clients, **they're all free**. Keep up with the latest mental health information with the [PsychCentral app](#). It's free too!

1. **[MindShift](#)** A great tool for anxiety available on [iPhone and Andoid](#), developed by [Anxiety BC](#). It teaches relaxation skills, develops new thinking, and suggests healthy activities. Designed for youth but useful to anyone.
2. **[PTSD Coach](#)** Helpful for symptoms of combat-related post-traumatic stress, this trusted military app has been downloaded over 100,000 times for [iPhone and Android](#). Featuring versions in French-Canadian and more.
3. **[BellyBio Interactive Breathing](#)** Wonderful biofeedback device that monitors your breathing and plays sounds reminiscent of ocean waves when you relax. Great for anxiety and stress. [iPhone](#) only.
4. **[Positive Activity Jackpot](#)** A unique augmented reality tool that uses the functionality of a smartphone in an innovative way. Combines a professional behavioral health therapy for depression called pleasant event scheduling (PES) with activities available in the user's location, mapped with GPS. For [Android](#) only.
5. **[Take a Break! Guided Meditations for Stress Relief](#)** From the excellent developers of relaxation apps at [Meditation Oasis](#) comes this free app to quickly recharge. Listen to a seven-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds. [iPhone](#) or [Android](#).
6. **[Previdence](#)** An assessment tool that allows users to check for symptoms of depression, anxiety, relationship issues, drug and alcohol issues, and other problems and makes recommendations for action. [iPhone](#) only.
7. **[Operation Reach Out](#)** This lifesaving app for [iPhone](#) and [Android](#) was developed by the military to prevent suicide. Recorded videos and menu options help users assess their thinking and reach out for help in crisis.
8. **[Relax with Andrew Johnson Lite](#)** Great guided meditation session for relaxation, helpful with anxiety and stress as well as a sleep aid. Available in [Android](#) and [iPhone](#) versions.
9. **[T2 Mood Tracker](#)** Tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress and general well-being. Useful to share with clinicians and chart recovery. Another excellent app developed by the Department of Defense National Center for Telehealth and Technology (see their [complete list](#)), for [Android](#) and [iPhone](#).
10. **[Relax and Sleep Well with Glenn Harold](#)** Twenty-minute guided meditation with music to help you fall asleep. Relaxing and gentle. For [iPhone](#) and [Android](#).

A Guide to Making Resolutions and Keeping Them:

1. Just pick one thing: Make it something concrete so you know exactly what change you're planning to make.
2. Plan Ahead: Read up on it go to the library and read up on the subject. This should help you look forward to making the change. Plan for success: get everything ready so things will run smoothly. Then there can be no excuses.
3. Anticipate Problems: There will always be problems, so make a list of what they will be so you can prepare a way to cope with them when they occur. You can prepare solutions to those problems before they occur.
4. Pick a start date: Pick a day when you are well-rested and around positive people. A time when your whole mind and body is up to the challenge.
5. Go for it: On the big day go for it 100%. Carry a card in your wallet to remind yourself of your goal and commitment.
6. Accept Failure: When you do fail, we all do, make a note of the triggers that caused the setback and vow to learn from it.
7. Plan Rewards: Small rewards are great encouragement and mark steps of celebration along the way to longer goal.



Horoscope January 2018

Scorpio: Your everyday environment is still activated pushing you forward at a frenzied pace. Communications in different forms are numerous. Your words are mostly kind and thoughtful.

Sagittarius: Look over finances, determine if your earning power is sufficient, and re-examine whether or not your values honestly reflect your inner self. Negotiating and signing financial contracts may occur. Money making ideas may yield positive results.

Capricorn: The Universal energy puts the spotlight on YOU. Express yourself, share thoughts and ideas. Change or enhance your appearance. Ask for what you want

Aquarius: Again it's time to go within. Spend time with nature, reflect, and seek solitude. Listen to the Universal whisper its truths. Charitable work provides a breath of fresh air to your soul

Pisces: If you're not associated with some group, now is the time to find one whose cause you support. Friends play an important role for you. Goals and dreams will be addressed and possibly changed or amended

Aries: The year begins with abundant energy supporting your career and public image. Well thought out plans could yield promotions or bonuses.

Taurus: It's your time of year to expand your horizons – personally, spiritually and mentally. Long distance travel favored. Don't go too far too fast. A new course of study or new hobby will stimulate your intellect..

Gemini You normally talkative souls are quieter than usual. Universal energy makes you look inward. The desire for passionate encounters and profoundly deep conversations is strong.

Cancer: Abundant planetary energy demands that you address partnership/relationship issues. Communications abound. A new love could enter your life. Some of you may take the big step..

Leo: Use your inborn creative talents to devise new methods to improve your health or increase personal productivity at work. There could be plenty of paperwork and communications there. Co-workers are generally pleasant and supportive.

Virgo: Just when everyone else is making New Year's resolutions and buckling down, you workaholics are ready to play and pursue romance, creativity and pleasure. Your inner child and your inner 'cruise director' will NOT be ignored.

Libra: The Holidays are over but there's still a lot of activity on the home front. Conversations are plentiful. Some take a nostalgic turn. You may decide to redecorate or enhance the appearance of your home.

Tia Chi with Ed

By Ed Beers

We started our Tai Chi class in October of 2017 and our meetings were held in the Library . I decided to include music during our exercises as well as other information. Tia Chi is slow movements which can be beneficial to the body. This would include helping with anxiety, depression and your general overall health can improve. I learned about it at BNai Brith complex where I live.

Library News

By Ed Beers

We have started to go through our Library to inventory what we have and possibly generate a list of the books that we have so the members can glance through and decide on a book to take out. So far, we are happy to say that we have 27 genres of book material, along with CD's and DVD's. The Library Committee is discussing about how to review and/or revamping our Library Policy. Please come to our Library Committee meetings if you are interested in becoming involved. Check the events listing calendar for our next meeting date.

UNIT NEWS AND UPDATES



BTU (Business Technology Unit):

We are having wonderful conversation about our new Tutorial Thursdays at 11:00 am where we offer tutorials from budgeting to learning about computer software and hardware. There are tutorials on Excel and Power point. We have also established the format of the new Clubhouse Membership Cards! We will be working diligently on getting our existing members their cards. We plan on having them at the front desk for pick up, so if you haven't been to the clubhouse for a while, come back in and visit and we can give you your membership card. We also plan on outreaching to various restaurants to see if they will work with our members and give us a discount when we show them our cards. Since January is the month of cleaning out the old and making resolutions, we are spending time "cleaning" the computer systems in hopes of them processing faster.



3H (Holistic, Health, Hospitality):

The 3H Unit has been extremely busy with trying to keep up with the Holidays. Thanksgiving was a hit and now to celebrate Christmas. We have been very busy with assisting in the decorating of the house for Christmas and preparing for the Unit Door Decorating Contest. The front Desk Training will begin January 09th, 2018 as the final touches on the training has being finalized. Both staff are working diligently on planning the first Cheers for Peers for the New Year. Cynthia is looking for recommendations on new and exciting places to conduct her Restaurant reviews.

Flor and her helpers are making cookies every week for the month of December. Every Friday a lucky winner is selected from a drawing and awarded a decorative box of delicious cookies.

Who will be the next lucky winner? We want to see our members smile and you are all welcome to come the baking class on Fridays at 1:45pm. We are welcoming Michael Rodriguez to the 3H unit.

We thank all of the members that are going out visit those who are not feeling well or have not been at the Clubhouse for awhile. Thank you to all that participated in the Chili Cook Off. Congratulations to Don for winning the Cook Off.



CYATP

We are still recruiting students in the community for our young adult program and will be hosting an open house on January 31st, 2018 (from 6p,7:00pm at the Clubhouse of Lehigh County) to get the word out more. We encourage members to help us spread the word! There are fliers available to hand out in the community, please see Susan or Kesha if you would like to take some and pass them out. Our program received two new members last month who are adjusting to our Clubhouse family very well so if you see them around, please give them a nice welcome!



Member Services

The newest unit is gradually becoming busier as the winter days pass us by. We successfully wrapped gifts at Boscov's and were able to raise money for the Clubhouse! We have been completing daily outreach calls and have visited members who are unable to make it into the Clubhouse. We made sure the Christmas cards were sent out on time to the members and our affiliates in the community. We begun to volunteer at the Second Harvest Food Bank and will be continuing to research other volunteer opportunities. Scheduling marketing appointments is also an on-going task, but the great news is we received our new Clubhouse marketing table cloth. We are encouraging members to come up with ideas for marketing and volunteering our in the community. If there is any way we can give back to the community we live in as well as market the Clubhouse, we are interested! Please call in or come in and talk to one of us or put your suggestions in our "suggestions box".

This Week in History

By Don S.

(source data: historyplace.com)

What happened in 1949 Major News Stories include Mao Tse Tung Proclaims The Communist People's Republic of China, Geneva Convention agreed, First Volkswagen beetle The Peoples Car sold in US, Apartheid begins in South Africa, RCA Perfects a system for broadcasting color television.

Events:

1816 Indiana becomes the 19th U.S. State.

1941 Germany and Italy declare war on the United States.

1961 Melvin Calvin Awarded the Nobel Prize in Chemistry for his work on the process of Photosynthesis.

1981 Muhammad Ali fight's his last boxing match and is defeated by Trevor Berbick.

Independent Employment 80 Members

Justin B	Annie K	Mike K	Ed C
Cheryl B	Bonnie C	Brenda Z	Julie K
Sandy M	Siddika J	Mary K	Patricia P
Laura F	Mark R	Rose T	Jamie R
Michael T	Tonya B	Pat A	Rich R
Marie P	Andrew C	Christine S	Dave R
Catherine I	Marianna K	Terry M	Melissa C
Tami T	Joyce B	Jeanette R	Josh B
Scott R	Dave H	Ari T	Dave G
Melissa H	Allen D	Andrea G	Ian E
Michelle B	Jim M	Cindy G	Donna K
Michelle R	Ruby E	James L	Gail K
Sandra M	Jonas W	Tony S	Chris G
Ann K-W	Arber S	Annie K	Joel S
Wayne E	Joseph R	Ann C	Cheryl B
Lee Y	Ken K	Willard S	Sandy B
Robin O	Bonnie L	Scott S	Chris L
Lora K	Marilyn F	Mike L	Matt P
Anna M.	Ann C.	Nini T.	Jennifer L
William M	Thomas M	Robin O.	Alfonso S

If you do not see your name listed here, please make sure to call the Clubhouse and let us know if you are working!

Transitional Employment 5 Members

Glenn R (Aharts)
Thomas N (Ritz)
Susan A (Ritz)
Tom K. (Lehigh St)
Travis T (Tilghman St.)

Supported Employment 10 Members

Will B (GKA)	Terry M (Ritz)
John S (GKA)	Matthew P (GKA)
Chris W (GKA)	Adam M (GKA)
Rich O (GKA)	Ken B (Ritz)
Keith M (PPL)	Richard Y (GKA)



Sports Column for December 2017

By Martin Lynch

The football season has ended for all our local high school football programs. Becahi went the farthest but was eliminated by Imhotep Charter in the "Final Four" game. Parkland and Palisades were defeated in the "Elite-Eight" round.

On the Collegiate level, Penn State suffered back to back losses to Ohio State (1pt.) and Michigan State (3 pts.). The Lions will still be invited to a prestigious Fiesta Bowl Game.

Professionally, the Eagles are 12-2 and have the best record in the NFL...GO BIRDS!!

Locally, Becahi's girls' Basketball team is ranked #1 in the state in 4-A.

Member Update:

We are pleased to welcome the following new members:

#1463 Michael R.

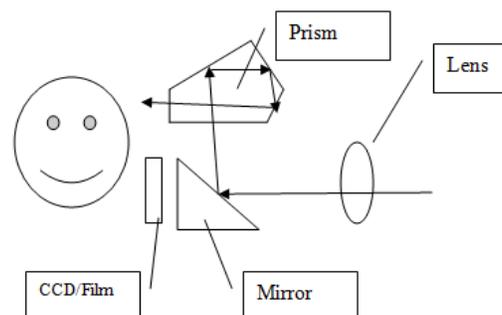
#1464 Yvette R.

Technology Corner

DSLR Camera

By Zach H.

DSLR stands for Digital Single Lens Reflex. The main components of the camera are a mirror (the reflex), prism, lens, and film plane. This setup allows the viewfinder to see exactly of what the camera will take a picture. This can be very advantageous when zooming and focusing on a subject and framing the picture. The viewfinder mechanism works by light entering the lens and traveling to the mirror and reflected upwards toward a prism that corrects any inverted images from the lens and to the viewer's eye. When the shutter button is pressed the mirror moves away from the path of light revealing a film plane. In traditional SLR cameras this was film, in digital cameras this is CCD (charged-coupled de-



vice) which is basically digital sensors that detect light and create an image.

We are **updating our files**, and we need to **hear from you** if you have **moved, changed your telephone number, changed your email address or started working or going/gone back to school/college.**



Please call the Clubhouse at **610-433-9910 ext. 204**, or email us at **cluboflc@ptd.net** to let us know about the changes.

How to Utilize the New Phone extensions:
While calling the Clubhouse of Lehigh
County at 610-433-6610, you will be greeted
over the phone by an Automated Operator.

To speak to the Operator/Front Desk Press 3
Extensions are as follows:

Front Desk - Ext. 201

Chris S./Director - Ext. 202

Susan D./Education Rm - Ext. 203

Don S./BTU Hub - Ext. 204

Cynthia P./3H Rm - Ext. 205

Flor L. - Ext. 206

Kesha G./YATP - Ext. 208

Jolene B./MSU -Ext. 210

Janet K./ Activities -Ext. 213



There is something Special happening
in February. How Special you ask? I
am glad that you had asked! Our Feb-
ruary Cheers for Peers will have a
guest appearance. The CSP Talent
Group will be performing at the Valen-
tines Day Dance (Cheers for Peers). I
sure hope that you all are able to come
out and see these talented performers at
the Clubhouse of Lehigh County on
February 27th, 2018 from 4p-7pm.



★ ★ ★ Restaurant Review– Wert's Café
17th & Allen Street, Allentown

By Cynthia Phillips

The restaurant review committee (Cynthia, Jolene, Kayla, Don, Susan, Sarah B., and Chris W.) dined at Wert's Café on December 05th, 2017 and gave it 4 Stars. The restaurant was packed for lunch, but they were very accommodating about seating our group of 7 fairly promptly. The atmosphere was cozy and comfortable and our server was very pleasant and efficient. Our only complaint about the service was the length of time it took our food to arrive. Our committee sampled onion soup, seafood bisque, burgers, hot turkey and chopped sirloin. All portions were generous and the quality was good. The hit of the meal was the seafood bisque, which was a special of the day and received rave reviews.

Wert's is a family run business and all members went out of their way to make our lunch a pleasant experience. Most of the committee were likely to return. Sarah B. gave it 5 stars and said she would recommend it to everyone.

The next restaurant review will be January 09th, 2018 at 12:00pm. We will going to Stromboli Pizza.

Support Groups



Celebrate Recovery

Mondays, 7-9pm
6528 Hamilton Blvd.
Allentown

Call Trudi at 484-225-6336 for more information

Depression/Bi-polar Support Group

Wednesdays, 7-9pm
3231 West Tilghman Street
Allentown

Survivors of the Loss of a Suicide Support Group

1st Tuesday of the month 7:00-8:00PM
LV Hospital-Muhlenberg Campus

Dual Recovery Anonymous

Thursdays 7pm
Café the Lodge, 427 E. 4th Street Bethlehem, PA

Culture!

By: Jolene B.

This month our weekend plans included a stop in downtown Emmaus. We originally planned to attend a movie and watch the tree lighting ceremony in the triangle, in honor of the Old Fashion Christmas event being held. Instead our travels took us to some of the local shops, and we were not disappointed. Our first stop was Sweet Memories, where we enjoyed red velvet cupcakes topped with chocolate icing, hot chocolate tea cookies, and nightmare chocolate cake. This was all washed down with steaming cups of both peppermint and peanut butter hot chocolate. The décor was whimsical and inviting, and made us feel as if we were in a gingerbread house while we munched on our treats.

The next stop was Let's play Bookstore. This store is deceptively small and unassuming from the outside. Once you stepped inside however, you are treated to a quaint and inviting atmosphere. Every nook is filled with cozy spots to curl up with a book, and the large selection of children and adult books will leave you browsing for hours. The bookstore also offers a small selection of gifts, a community room for artwork, and perhaps my favorite room, the "cattic". This is where the two resident cats spend their days lounging and being adored by the customers. While this trip wasn't part of my original weekend plan, I'm glad we made a detour and enjoyed this one of a kind experience.



How To Make Cut Flowers Last Longer

By: Shirley Beers

A bouquet of flowers can brighten up any room, but before long, they start to wilt and die. "Taking proper care of your flowers will help them last longer," says Kate Law, product designer for ProFlowers. But there's no need to buy fancy preservative. Follow these steps by Law and Michael Gaffney, founder of the New York School of Design, to keep your fresh flowers living longer with common household ingredients.

Step 1: Add 1 quart warm water to a clean vase..

Step 2: Pour 2 Tbsp sugar into the water. The sugar will help nourish the flowers and promote opening of the blooms.

Step 3: Add 2 Tbsp white vinegar and stir well. The vinegar helps inhibit the growth of bacteria and keeps your flowers fresher longer. If you don't have vinegar and/or sugar, lemon-lime soda mixed with the water will do the same thing.

Step 4: Remove all lower leaves from flower so there won't be any in the water.

Step 5: Cut 1 to 2 inches off the stems at an angle while they are under water.

Step 6: Arrange your flowers in the vase.

Step 7: Display your bouquet in a cool, draft-free area. Avoid direct sunlight, which causes the flowers to die more quickly.

Step 8: Change the water every other day and re-cut the stems each time.

Step 9: Enjoy your long-lasting flowers!

Other Pointers:

Tulips grow a few inches after they are cut and will continue to grow toward the closest light source.

Hyacinths should not be cut down off the bulb. They actually last longer if left on the bulb.

Daffodils should not be put in a vase with other flowers. They secrete a substance that kills other flowers when in the same vase.

Staff Profile: Cynthia Phillips

By Mike Salerno

Cynthia was born in Manhattan, NYC, namely New York Hospital. Her father was a Vice President for the great Johnson and Johnson Company. Her mother was a “stay at home” mother. Cynthia and her family moved from NY to Princeton, New Jersey when she was 2 years old. Later, the family moved to Franklin Lakes, New Jersey.

Cynthia’s father passed away this past year. Her mother is still living. She resides in Allentown, PA. Cynthia has two brothers. One’s name is Jim, They younger brother is named Bill. Jim is an editor of a newspaper in New Jersey. Bill is a IT Project Manager in Bath, Maine. Cynthia has a nephew, Jack who is a sophomore in High School.

Cynthia was a meat rapper for A&P in high school. She then went to Wells College in Aurora, NY. She was a double major in English and Political Science. After college Cynthia worked a news reporter for a local radio station in upstate New York.

Cynthia has held many different jobs, including; Director of Admissions at Cedar Crest College, Executive Director of the Northeast PA Chapter or “Cystic Fibrosis”. Cynthia also has owned her own sign business and was Director of Career Services for 2 Business Schools in the Lehigh Valley.

Cynthia has 5 cats at home and runs 3 miles a day before work as unit and employment manager here at the CLC. Cynthia's favorite part of her job is the interaction with members and staff. Cynthia does a lot of work at CLC besides the work she does for the house as a whole. Cynthia adds energy and spice to our already vibrant staff. God Bless and Kudos to you Cynthia. We are glad to have you on board!

Mental Health Corner : By Jodi Hrkach

Feeling stressed out can occur from trying to do more things than you can realistically handle. Setting priorities can help to solve this problem. Meditation can relieve stress. There are 2 types of stress.

Eustress is good stress. An example of that is getting a new job. Distress is bad stress . An example of that is losing your job. Too much stress can lead to major health problems such as heart attacks and stroke.

Depression can result from being upset about negative effects of unrealistic expectations. Accepting people for who they are can help to alleviate depression. When we put unrealistic expectation on ourselves and on other people we set ourselves up for depression because people cannot meet our expectations of them. It is only possible to truly love a person when you accept them for who they are and not for who we would like them to be.

The Winner of the Door Decorating is the BTU



DANGER ON WEST OAK LANE

By Kenneth Haefner

What is up with west oak lane in Philadelphia? First there was a Police Officer who was shot and killed at the DUNKIN DONUTS, then somebody stole all the money that was collected for his family in the DUNKIN DONUTS.

Last week there was a Hazard Material spill and today there was another shooting. I think I’m going to spend my time as far away as I can from WEST Oak Lane.

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
1 Happy New Years Clubhouse is opened from 10:00am-2:00pm	2 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:30 front Desk training 1:30 Recycling 1:30 Tech Class 1:45 2 C U Create 2:00 Tai Chi	3 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class 1:45 Community Mtg	4 12:30 Wellness Walk 1:30 Tech Class 1:45 2 C U Create	5 10:30 Body & Soul 12:30 Wellness Walk 1:30 Tech Class 2:30 Language	
8 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	9 9-2 Orientation 10 Pol. & Prog. Mtg 10:30 Current Events 12:30 Wellness Walk 1:30 front Desk training 1:30 Recycling 1:30 Tech Class 1:45 2 C U Create 2:00 Tai Chi	10 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	11 10:30 Newsletter Mtg 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Tech Class 1:45 2 C U Create 4-6pm Lehigh Valley Mall	12 10:30 Body & Soul 12:30 Wellness Walk 1:30 Tech Class 1:30 Book Club 2:30 Language	13 1-5:30pm Lunch/Skating at Skateway
15 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	16. 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:30 front Desk training 1:30 Tech Class 1:30 Recycling 1:45 2 C U Create 2:00 Tai Chi	17 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class 1:45 Community Mtg	18 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Tech Class 1:45 2 C U Create	19 10:30 Body & Soul 12:30 Wellness Walk 1:30 Tech Class 2:30 Language	20 11-3 Reading Market Terminal Philadelphia
22 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	23 9-2 Orientation 10 Pol. & Prog. Mtg 10:30 Current Events 12:30 Wellness Walk 1:30 front Desk training 1:30 Recycling 1:30 Tech Class 1:45 2 C U Create 2:00 Tai Chi	24. 8:30-12 OVR 9-2 Orientation 10:30 Newsletter Mtg 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	25 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Tech Class 1:45 2 C U Create	26 10:30 Body & Soul 12:30 Wellness Walk 1:30 Book Club :30 Tech Class 2:30 Language	27
29 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	30 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:30 front Desk training 1:30 Recycling 1:30 Tech Class 1:45 2 C U Create 2:00 Tai Chi 4-7p Cheers for Peers	31 8:30-12 OVR 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class 1:45 Community Mtg	 <small>www.shutterstock.com - 691982083</small>		



What's Cookin'?

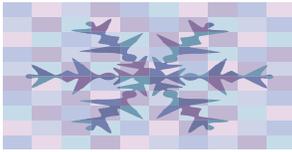
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Cheese and Tomato Soup	2 Breakfast burritos/tator tots	3 Taco Salad/Tortilla Chips	4 Chicken salad with Chips	5 Cordon blue/ mashed potatoes and veggies
8 Tilapia with rice	9 Turkey Sub with Fries	10 Mac n/Cheese with stewed potatoes	11 Pulled Pork sub with Fries	12 Manicotti with Salad
15 Bacon Cheeseburger with Chips	16 Chicken Pot Pie with a Salad	17 Tuna Melt with Coleslaw	18 Chili Bean beef with Rice	19 Chili Dog with Fries
22 Chicken Patty sandwich with pierogis	23 Chicken Alfredo pasta with Garlic Bread	24 Chicken gumbo with Crackers	25 Vegetable Lasagna and a Salad	26 Chicken Quesadillas with Chips
29 Ravioli with Cheese Bread	30 Veal Patties with buttered noodles	31 Spaghetti with Meatballs		



CLUBHOUSE
of Lehigh County
 1437 Gordon St, Allentown, PA 18102

A Program of Goodwill Keystone Area

**NONPROFIT ORG
 U.S. POSTAGE
 PAID
 LEHIGH VALLEY, PA
 PERMIT NO. 819**



Clubhouse is always looking for ways to improve, but as you know it takes your support. If you would like to help, please send your donations to Clubhouse of Lehigh County, 1437 Gordon Street, Allentown, PA 18102, or call Clubhouse at 610-433-9910. Thanks for your help.

Name :	_____
Address:	_____ _____
Email:	_____
Phone:	_____
Amount of Donation:	_____ (Please make checks payable to Goodwill Keystone Area.) (Write "Clubhouse" on the memo line of the check.)

A copy of the official registration and financial information for Goodwill Keystone Area may be obtained from the Pennsylvania Department of State by calling toll-free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.