



**February 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

Saturday 2-7pm

Phone: 610-433-1803

Like us on Facebook or visit our  
website at:

[www.clubhouseoflehighcounty.org](http://www.clubhouseoflehighcounty.org)

What will it be Punxsutany  
Phil, Spring or Winter?

**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](http://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.



**Above:** Members and State Representative Mike Schlossberg during his visit to the Clubhouse



**Left:** Mike Schlossberg with Colonel Ronald Hughes and our Director Chris Stout

**Below Left:** Reading Terminal Market with members

**Below Right:** Artists in Recovery Artwork



## Culture!

By: Jolene B.

Our Impromptu Fridays trip for January took us to Bethlehem, to visit the Artists in Recovery Art Exhibit at Recovery Partnership. All of the artwork displayed was created by community members working on their recovery. Much of the artwork shown was available for purchase, although some items were for display only. The artwork shown included paintings, drawings, photographs, and jewelry. Some were sold as prints, while other were one-of-a-kind originals. Light refreshments were also offered. The exhibit is shown monthly on the first Friday of every month, and future dates will include live painting by one of the featured artists. This is definitely an event worth attending. The Recovery Partnership is at 70 W. North St., near Main Street in downtown Bethlehem, which is a cultural hub for the city. You might also consider visiting some of the local galleries, bookshops, and restaurants, and making it a full day of fun and culture.



## Horoscope February 2018

**Scorpio:** With the Sun in Aquarius in the house of emotional foundation until the 18th, Venus entering that house on the 2nd and the New Moon on the 8th, you may find yourself pulling back from the world to cocoon and probe the depths of your psyche for a change.

**Sagittarius:** Most of the time, it's easy for you to see the glass as half full because you know there is meaning and purpose in everything, but the message now for you from the Universe is to dig deeper inside as you seek to understand what your life is all about.

**Capricorn:** As the initiating earth sign, you are usually full of get-up-and-go to climb your mountain of success, but now you are literally unstoppable

**Aquarius:** Take time to love and appreciate you for a change, before you go out and enhance the quality of life for everyone else with Venus, the planet of love, entering your sign on the 2nd. Appreciate your unique way of looking at the world and your desires to make changes that benefit all.

**Pisces:** Normally, you are reflective and introspective by nature, but you may really feel like nesting and cooing as you allow yourself to let go of the whole last year before your birthday.

**Aries:** As fiery Aries and earthy Capricorn are both initiating signs, you're impossible to stop once you get going. It doesn't get any better than an Aries Sun with a clearly defined plan and the commitment to implement it.

**Taurus:** it's time to plant seeds and decide what you want to create in your career, as the New Moon in Aquarius is in your 10th house. While you do value your physical and emotional comforts above all else, this New Moon triggers the part of you that's ready to make changes that are long overdue.

**Gemini:** While there may be disagreements and arguments in your most intimate relationships, especially where you or those closest to you are not being responsible for their lives, there is also the opportunity for greater honesty and intimacy if you're willing to be honest and call it as you see it.

**Cancer:** Leave the past in the past. It's important to remember that as Mars, the planet of action, travels in your 7th house, the relationship arena, after the 6th (which he only does every 2 years) that you have the opportunity to stand for what you most want in your relationships

**Leo:** The Sun, your guardian angel planet, flows into Pisces on the 18th, highlighting the part of your chart where you merge your energies with others at the deepest levels – emotionally, psychologically, spiritually, financially, sexually. Be direct, straightforward and honest with those closest to you.

**Virgo:** Your communication mellows, oh critic of the Universe, when Mercury, your guardian angel planet, flows into Pisces, your opposite sign, on the 16th. Rather than analyzing every last detail, it's time to trust and go with the flow, especially in your relationships, as Venus, the planet of love, also cycles into Pisces and your relationship house on the 26th.

**Libra:** On the 1st, Jupiter, the planet of growth and expansion, which has been in your sign since Sept. 24, 2017, will begin its 4-month retrograde cycle. What a fabulous opportunity for you, dear Libra, to reflect on and re-evaluate all your relationships, beginning with your relationship with yourself.

## **New Book Club at Clubhouse**

Our current book club selection is *East of Eden* by John Steinbeck. Our group meets monthly or bi-monthly, depending upon the book, to share our thoughts on the characters, plot, etc. The club is open to any members or staff interested in a spirited discussion and a mutual love of reading. Our next meeting will take place on Friday, February 23rd at 11:00am. We will conclude the 1st book with a screening of the movie following the afternoon unit meetings on Feb 28th, 2018. If you would like to watch the movie, please feel free to stop by. While we encourage you to read the book prior to watching the movie, it is not mandatory. We look forward to seeing you. If you have any questions, please see a staff member for more information.

# UNIT NEWS AND UPDATES



## BTU (Business Technology Unit):

BTU has been working hard on *Going Green* with the Newsletter and trying to update our records with your emails so we can cut back on that expense of printing and mailing them out. We are busy daily trying to make the Daily Blurb, the e-Blurb and our newsletter more appealing to our members. Don has been diligent in creating a new statistics Excel sheet so we can have all our membership/employment/volunteer and educational stats on the members up-to-date. Tutorial Thursdays have not been very well-attended, and in a month or two, we will reassess if we should continue with that club. We are always looking for new clubs, or ideas on how to improve the unit. Please make sure to attend our meetings! Don't forget to bring in any coupons you have or any books, DVDs or magazines that you would like to donate and share with the house.

## 3H (Holistic, Health, Hospitality):

The 3H Unit has been making plans for this New Year, having inspiring ideas from members and new goals to achieve as a unit. We would like to thank our members that always participate in our work-ordered day. We encourage others to keep on joining us. Cynthia has been training members that are interested in the front desk certification with the help of Paula, our intern from Penn State. The 2CU Create class is working on the Winter Wonderland theme for January's Cheers for Peers. The menu planning meetings are going well because we take ideas from members in planning our lunch menu monthly here at the Clubhouse. Our baking class has been going well. It's schedule is changing with the new year, to every Friday at 10am. It has been a pretty good start because we have more participation and attendance in the class. Thank you to all the members that are giving more effort in making recipes to create a recipe book in the future! Please join us for our Wellness Walks every day from Monday to Friday at 12:30pm!

## MSU (Member Services Unit)

Our unit is growing! We welcomed two new members, and have also been recruiting members to join our unit on a regular basis. We encourage all members to stop in our room and make some outreach calls, or just to see what we have on our calendar! We have been getting out there and hitting the pavement, despite the cold and snowstorms. We volunteered at Second Harvest Food Bank and went to Sharing Life, which we will be attending every month moving forward. We also presented at Adult Transitions, LVH Muhlenberg, and set up a meeting to present at Kidspace for February. If you have any suggestions on places where we should market the Clubhouse, please let us know! Our unit has also been staying on top of the outreach calls and is in the beginning stages of setting up the Highmark Walk in May. (Come in and sign up to be on the committee! Sign-up sheet is in the activities binder.)

## 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!

***Don't forget about the new Tutorial Thursdays in the Library!*** These are self-paced tutorials on the library computer on a variety of topics. See Don or Susan for more information.

## This Week in History

By Ben K.

**February 1, 1960** - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for participating in sit-ins.

**February 2, 1848** - The war between the U.S. and Mexico ended with the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas. The treaty was ratified on March 10, 1848.

**February 2, 1882** - Irish novelist and poet James Joyce (1882-1941) was born in Dublin, Ireland. His works include; *Dubliners*, *A Portrait of the Artist as a Young Man*, *Ulysses*, and *Finnegan's Wake*.

**February 3, 1821** - The first female physician in the U.S., Elizabeth Blackwell (1821-1910) was born near Bristol, England. As a girl, her family moved to New York State. She was awarded her MD by the Medical Institute of Geneva, New York, in 1849. She then established a hospital in New York City run by an all-female staff. She was also active in training women to be nurses for service in the American Civil War.

**February 3, 1870** - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

**February 3, 1894** - American artist and illustrator Norman Rockwell was born in New York City. Best known for depicting ordinary scenes from small-town American life for the covers of *Saturday Evening Post* magazine.

**February 4, 1985** - Twenty countries in the United Nations signed a document entitled "Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment."

**February 6, 1895** - Legendary baseball player George Herman "Babe" Ruth (1895-1948) was born in Baltimore, Maryland. Ruth held or shared 60 Major League records, including pitching 29 consecutive scoreless innings and hitting 714 home runs.

**February 7, 1812** - British novelist Charles Dickens (1812-1870) was born in Portsmouth, England. He examined social inequalities through his works including; *David Copperfield*, *Oliver Twist*, and *Nicholas Nickleby*. In 1843, he wrote *A Christmas Carol* in just a few weeks, an enormously popular work even today.

### Transitional Employment 4 Members

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

### Supported Employment 9 Members

Jessi M	Terry M
Christine W	Kenneth B
Matthew P	Glen R
Richard O	Keith M
Adam M	

### Independent Employment 83 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
Milissa 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.	Helaina C.
Lisa M.	William M.	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!



## Sports Column for February 2018

By Martin Lynch

The Philadelphia Eagles will play the New England Patriots in the Super Bowl on February 04th, 2018.

In college football, Alabama won the national title.

In high school wrestling, our local teams are being invited to some prestigious national tournaments like "Beast of the East" and "Escape the Rock." Becahi, Nazareth, Easton and Saucon Valley were invited to these tournaments.

In high school basketball, the season is in full swing. Becahi's boys and girls are ranked highly in Pennsylvania state in 4A, Central Catholic's boys are ranked in 5A.

## Community Meeting, Program and Policy Meetings Both Now Just Once a Month

The Program and Policy Meetings have been reduced to just once a month, on the first Tuesday of the month at 10am. Community Meetings will continue to be on the second Wednesday of the month at 1:45pm.

## We Are Going Green!

Please update the e-mail address we have on file for you, so we can send out as many newsletters and possible via e-mail, in order to help the environment and save on paper costs.



Please call the Clubhouse at **610-433-9910 ext 201**, or email us at **cluboflc@ptd.net** to let us know about the changes.

## Member Update:

We are pleased to welcome the following new members:

#1466 Terere K.

#1467 Brandon S.

#1468 Jalen W.

#1469 Nicole R.

#1470 Steven R.

#521 Robert P. (Returning Member)

## Technology Corner

By Zach H.

What is VIRTUAL REALITY (VR)? It is an interface to a digital world. Anyone who has seen *Star Trek: The Next Generation* and the holodeck has a good idea of what Virtual Reality wants to be.

So what is modern VR? It might not be as advanced as on the Enterprise D, but it has come a long way since the '80s and '90s. We now have near photo-realistic graphics being displayed in 3D in consumer hardware in Head-Mounted Displays (HMDs). The HMDs will track the head in real time to position you within a virtual realm. For example, the HTC Vive uses a technique called roomscale to position the player in a 3D area that translates 1 to 1 from the real world to the virtual world. If I take a step to the right in my 'playspace' I will move the same distance in the virtual world. This adds a whole other level of immersion than just tracking a point as it pivots: now you can look around and explore your world in a 3D viewpoint *and* 3D movement. Controllers such as the Touch controllers on the Oculus Rift add another level of immersion by tracking your hand and finger positions so you can manipulate objects virtually as if they were really there.

This sounds great! So what's the downside? The price, and a blurrier visual quality than what you get on a decent monitor. You need a computer capable of running such high-fidelity graphics, and on top of that, the expensive gear to actually step into a virtual world.

The good news: Prices are dropping and there are plenty of cheaper entries into the world of VR, like the phone-based HMDs such as Google Cardboard and Samsung's GearVR. They might not be as advanced, but the higher-priced gear is always dropping in price and improvements are coming along all the time.

## How to Utilize the New Phone extensions:

While calling the Clubhouse of Lehigh County at 610-433-9910, 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./CYATP - Ext. 208

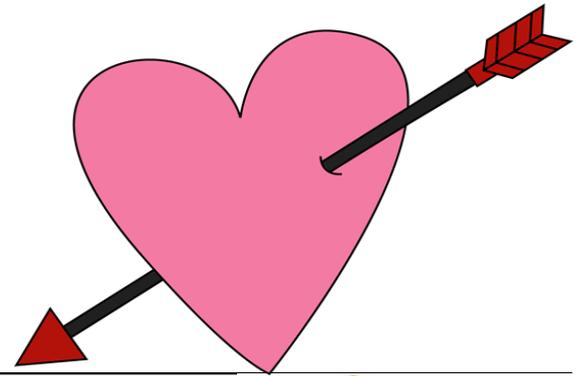
Jolene B./MSU -Ext. 210



There is something Special happening in February. How Special you ask? I am glad that you had asked! Our February Cheers for Peers will have a guest appearance. The CSP Talent Group will be performing at the Valentines 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.

“A friend is someone who knows all about you and still loves you.”

— Elbert Hubbard



★★★★ **Restaurant Review:**  
**New York Stromboli**

**By Cynthia Phillips**

The restaurant review committee (Cynthia, Jolene, Don, Chris, Mykesha and Francis) dined at New York Stromboli on January 9 and gave it 4 stars. Three of the reviewers got the meat stromboli and reported that it was delicious, and that the price was reasonable. The restaurant featured a lunch special of 2 slices of pizza and a drink for \$5 that was also a hit with two committee members. The food was fresh and well-prepared and the staff was helpful and polite.

Two things could have made the experience even better: a menu board so that you could make your selection without having to find the paper menu, and stronger napkins. The napkins supplied were flimsy and did not stand up to the weight or greasiness of the meals.

The next restaurant review will be February 13th at 12 noon. The choice is between Affey's Bar and Grill and Manhattan Deli. Please vote soon, on the sheet at the board near the snack bar downstairs.

### 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

# Annual Wellness Day at Clubhouse of Lehigh County

Wellness Day will be held this year on Friday April 20th, 2018 from 9:00am-3:00pm. This event is FREE and OPEN to the PUBLIC

This event features activities beneficial to your mental and physical well-being, such as yoga, chair massages, pet therapy, sound therapy, HEALTHY FOOD SAMPLES, and much more.



Volunteers are still needed. See staff for more information.

“Smile and be beautiful and kind like a flower.” — Debasish Mridha

## **How To Bring a Plant Back to Life**

**By Shirley Beers**

A few simple steps is all it takes to revive the dying plants and bring them back to life for the season. First, it's important to take a plant out of its pot and check the roots to see if they are rotting. Then add potting soil to the new planter or pot. Put the plant back in a new pot or planter.

### **How to save a dying plant**

1. Trim dead leaves. Trim away all the dead leaves with a small pair of scissors or pruning shears.
2. Trim back dead branches. Start at the top and cut away small amounts at a time.
3. Consider repotting the plant.
4. Check your homes' humidity levels.
5. Control the sunlight.
6. Add nutrients

### **Basic Needs of Plants**

- Plants need: water, air, sunlight and nutrients to grow.
- The roots take food and water from the soil.
- A stem carries food and water.
- The leaf collects the sunlight.
- The flower attracts insects.

**“Hope begins in the dark. The stubborn hope that if you just show up and try to do the right thing, the dawn will come. — Anne Lamott**

## Intern Profile: Paula Merek

By Mike Salerno

Paula is senior majoring in Rehabilitation and Human Services at Penn State Lehigh Valley. She is expecting to graduate in May of this year.

Paula's parents were born in Poland. Her father is an auto mechanic, and her mother works in a warehouse. Paula was also born in Poland and came to the United States at age six. Paula has a sister, Karolina, who is a year older than Paula and is a Penn State graduate. She was a psychology major.

Paula has a part-time job at Big Lots in Allentown, PA. She has been there one-and-a-half years. She is a cashier and also works in customer service.

Paula likes to read, and also likes to draw in her spare time. She was in the choir in high school. She was a good student in high school. Paula likes learning other languages. She is fluent in Polish and English, and is learning both Spanish and Korean in her spare time.

Paula likes watching Korean television shows and listening to Korean music. "Once I was just watching TV and something came on from Korea, which I found very interesting. From there, I just essentially taught myself the language and other parts of the culture." Paula also likes walking to stay fit and active. She also likes photography, particularly nature and the outdoors. She likes taking photos of the sky, especially at night. She said she finds peace when looking up at the night sky.

Paula likes the people here at the Clubhouse. She wants to get to know members and be able to help in some way. She finds the atmosphere at Clubhouse very friendly. Although she is still new here, she said she feels very comfortable. She looks forward to meeting members and staff alike, and learning how Clubhouse works as a whole.

We are blessed to have you on board here at Clubhouse of Lehigh County. You are a credit to our organization. Kudos to you, Paula.

## Mental Health Corner by Jodi Hrkach

Relationships change over time, because people change. One type of relationship is a friendship between schoolmates. As their priorities change and their interests change, they may grow apart and not be as much a part of each others' lives. This happens between parents and their children also. If the relationships are at least built on love, they will withstand the changes. People have to let this happen, so that they can learn as much as possible about themselves and each other.

**"The things you let go will someday teach you how to fly." — Jenim Dibia**

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

—Vince Lombardi



**February 10th, 2018  
Phantoms Game at PPL**

**Buy your tickets ASAP:  
\$5.00, first come, first  
served!**

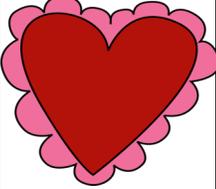
"We all need people who will give us feedback. That's how we improve."

—Bill Gates

"My favorite things in life don't cost any money. It's really clear that the most precious resource we all have is time."

— Steve Jobs

# February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
			1 12:30 Wellness Walk 1:30 Tech Class 1:30 Wellness Day Committee Mtg 1:45 2 C U Create	2 10:30 Body & Soul 12:30 Wellness Walk 1:30 Tech Class 2:30 Language	3 
5 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	6 7 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	7 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class 1:45 Community Mtg	8 10:30 Newsletter Mtg 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Wellness Day Committee Mtg 1:30 Tech Class 1:45 2 C U Create	9 10:30 Body & Soul 12:30 Wellness Walk 1:30 Tech Class 2:30 Language	10 <b>Phantoms Hockey at 6:30-10:30</b>
12 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	13 9-2 Orientation 10 Program & Policy 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	14 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	15 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Tech Class 1:30 Wellness Day Committee Mtg 1:45 2 C U Create <b>4-6 Take a Chance Bingo</b>	16 10:30 Body & Soul 12:30 Wellness Walk 1:30 Tech Class 2:30 Language	17 <b>Sigal Museum &amp; Easton Market 11-3</b>
19 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	20 21 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	21. 8:30-12 OVR 9-2 Orientation 10:30 Newsletter Mtg 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	22 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Wellness Day Committee Mtg 1:30 Tech Class 1:45 2 C U Create	23 10:30 Body & Soul 12:30 Wellness Walk 11:00 Book Club/movie 1:30 Tech Class 2:30 Language	24
25 10:00 Pre-Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	26 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 <b>4-7p Cheers for Peers</b>	27 8:30-12 OVR 10:30 Body and Soul 12:30 Wellness Walk 1:30 Tech Class	28 11:00 Tutorial Thursday 12:30 Wellness Walk 1:30 Wellness Day Committee Mtg 1:30 Tech Class 1:45 2 C U Create		

## What's Cookin'?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham and eggs/grits	2 Pizza French Bread
5 Beef Macaroni/Garlic Bread	6 Eight Bean Soup/Tacos	7 Chili Con Carnie with Bread	8 Hot Dogs/Sautee Pierogis	9 Ham Hoagies/Chips
12 Cheese Burgers with Fries	13 Manicotti with Bread	14 Stewed Tomatoes/Mac N Cheese	15 Fried Chicken/Rice and Beans	16 Chicken Cheesesteak with fries
19 Meatball sub with Chips	20 Ravioli with Vegetables	21 Chicken Salad or BLT	22 Veal Patties/Butter Noodles	23 Vegetarian Tacos
26 Lasagna with Salad	27 Chicken Pot Pie	28 Cream of Broccoli Soup Grilled Cheese		



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

*A Program of Goodwill Keystone Area*

**NONPROFIT ORG  
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 LEHIGH VALLEY, PA  
 PERMIT NO. 819**




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**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.**