



March 2019



CLUBHOUSE of Lehigh County

A PROGRAM OF GOODWILL KEYSTONE AREA

Clubhouse Hours: Monday thru Friday 8:00 am - 4:00 pm

Lunch: 12:00pm - 1:00 pm

Phone: 610-433-9910 ext. 201

Fax: 610-433-9940

Email: cluboflc@ptd.net

Follow us on Facebook or visit our website at: www.clubhouseoflehighcounty.org



Cheers for Peers

March 26, 2019
4-7pm

Join us to celebrate and
"Cheer on" our fellow
members for their

Don't forget it will be **daylight savings time** on March 10th, where clocks get moved forward by one hour.

Also, it is **St Patrick's day**, so to all those Irish...Happy St. Patrick's Day!

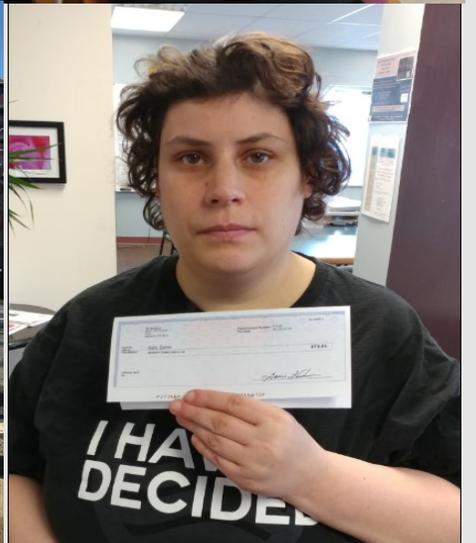
The **first day of Spring** will also be this month. Hopefully the Groundhog was correct about warmer weather coming soon

March Activities

3/4 Popcorn and Game Night 4-6
3/12 Whitehall Shop and Dine 4-6
3/16 Old Country Buffet 12-2
3/19 Manicure and Movie 4-6
3/26 Cheers for Peers 4-7



Top Left: Dawn and Peggy in the Library **Top Right:** Edgar ,Tim helping in the kitchen
Middle: Carson , Sherri and Tina on a coffee break . **Bottom Left:** Michelle and Victoria
Bottom Middle: Tim at the Fire and Ice Festival **Bottom Right:** Kelly with her first paycheck earned at her TE position at Ritz BBQ



Letter From the Director—March

Last month, I had the opportunity to attend the two week training at the Genesis House in Worcester Massachusetts with Randy T. Clubhouse International Standard #31 states that the clubhouse director, members, staff and other appropriate persons participate in a two or three weeks comprehensive training program in the clubhouse model at a certified training base. This experience was amazing because it allowed us to step away from our clubhouse and participate in the work order day of another clubhouse while learning the concepts that support programs within that house. Over the next month, Randy and I will be doing a lot of talking with in the units to share what we have learned. We will be having a formal presentation of our action plan that we developed as part of this program at our program policy meeting on 3/7/2019 at 10am in the Clubhouse Café. In this meeting we will be talking about developing a third unit within the clubhouse, establishing a supported education program and supporting and promoting our young adult program. We hope that you can attend.

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 also follow us on Facebook

Get a Senior/Disable Citizen Discount on your Cable TV Bill

A senior/disable discount for Allentown residents who have Service Electric Cable TV. A \$2.00 off per month on LIMITED basic and a \$4.00 per month off FULL basic with an eligibility form each year provided annually before July 1st of each year.

You must get the forms in every year accompanied by proof of income. Forms can be acquired at 1045 Hamilton St. Allentown between hours of 9-5 M-F, and Saturdays 9-1.

Check this out for yourself!

Book Review: Becoming By Dawn W

This book is an excellent read. Follow the former First Lady as she takes you through her life.

Starting with her days in elementary school, piano lessons, junior high and high school. She talks about growing up on the South Side of Chicago. Growing up poor and black.

A former guidance counselor once told her she wasn't Princeton material. Well she proved the counselor wrong. Not only did she get into Princeton but Harvard Law as well.

Mrs. Obama talks at length of meeting Barack Obama, working for a short time in the same office, which is where they met. Their marriage and children and hitting the campaign trail. Former President Obama ran for Illinois State Congress, senator for Illinois and of course President of the US.

Michelle talks about the different people she's met around our country. Her 8 years in the White house. The causes she'd taken up while being First Lady. And her life after the White house.

Michelle and Barak Obama are both intelligent, articulate and committed to each other and our Great Nation.

It's a wonderful story!

Making a Difference: Educational Practices That Work!
March 11-13, 2019
Hershey Lodge and Convention Center

Join Pennsylvania's educators for the Bureau of Special Education's signature event. This annual statewide conference offers an opportunity to learn and engage with nationally-known presenters as well as colleagues from across the state, highlighting effective instructional strategies and interventions designed to make an educational difference for all students. Act 48 hours are available for this conference.

Who should attend: General education and special education administrators and teacher; Career and technical education administrators and teacher; Pre-school administrator and teachers; Related service provider; School Psychologists; Paraprofessional; Higher education faculty; Professional development staff; Parents of children with disabilities.

The Bureau of Special Education and PaTTAN are pleased to offer a limited number of parent scholarships to PA residents who have school-age children with a current IEP. For more information and registration form, visit www.pattan.net and click on the annual conference link. Registration is open. Check the website for more information. Like the PDE Conference on Facebook to keep up to date.

Overcoming Loneliness

Despite the fact that people are connected more than ever through technology, more of us are experiencing loneliness. A recent study has found that feeling lonely doesn't just contribute to more behavioral health problems-it literally can shorten your life.

People who say they are lonely have a much greater risk of dying of heart disease than people who say they aren't lonely. Doctors have known for some time that people who are lonely have increased risk for anxiety and depression which can also lead to more health concerns.

Everybody feels lonely from time to time, but chronic loneliness can sneak up on you. How do you know whether you are lonely? Some recent studies offer some clues:

- Has your TV watching increased? If you are spending hours a day watching TV alone you may be lonely.
- You don't feel refreshed after downtime alone. We all need time to unplug from the daily grind. Lonely people don't feel recharged after their downtime. They feel lonely.
- Are you constantly on social media? The connection we get through social media isn't the same as the feeling gained by doing something you enjoy with another person, but for someone who is lonely it can feel like a lifeline.

If you suspect you are lonely, don't "get used to it". Take action to bring more connections to your life. You can contact friends to go out to dinner, lunch or a drink after work. Maybe you can start attending group activities that you enjoy. Play darts, take yoga class, go to church, or train for a marathon. Join organizations such as meetup.com. Choose a new group and join!

Schedule something to look forward to. Set up a family reunion or a vacation. Sometimes just having something scheduled can help when you are feeling lonely. You can even get a pet, which would encourage you to walk the dog, go to a doggie park. Its proven that pets can make you feel less lonely.

Sometimes people who feel lonely have additional issues that keep the from being able to make connections. Depression and anxiety are two of the most common health issues that can keep you in your house. Make sure to reach out to a professional who can help assist you in creating a plan to combat your loneliness. It is important to take action and get help for yourself or a loved one.

UNIT NEWS AND UPDATES

BTU Update:

We are as busy as ever and have had some really great meetings forming wonderful partnerships! Our unit has really stepped up in regards to the teamwork that it requires to complete our work ordered day tasks. Our next unit planning meeting will be held March 1st at 1:30pm, and we look forward to incorporating some new tasks into our current work ordered day. Dawn has worked diligently in the library which helped encourage Judy to join along in organizing the library. Erica has been a wonderful mentor to everyone helping teach the Daily News, eblurb and helping at the front desk. She is now learning how to process billing. Fred has been reviewing our Website for any errors and well yes, he has found some! Manny continues to step up and make our unit shine, along with Jake, Carmen and Victoria. Troy has really become very involved in learning new tasks and his motivation is really contagious. Thank you Matt and Eileen for the continued dependability in organizing our files. You all have inspired us to continue to grow and do better!

3H Update:

We would like to welcome Evan, our new staff to the unit! He is the new Young Adult Manager. We have added a meditation workshop on Fridays at 2pm to help anyone with anxiety or simply just helping to add a calm and quiet period in their day. Healthy recipes are still being added daily for our Friday cooking class at 10am. Help is still needed in organizing our Wellness Day scheduled for April 26th. Our volunteer programs, the Humane Society takes place Tuesday mornings at 9am and training for Hospice care is ongoing. The 2CU Create group meets every Tuesday and Thursday at 1:45pm and have done a great job putting together a scrapbook full of pictures from over the past year of all the experiences that we have had. With spring time coming we would like to begin planting flowers and herbs.



CYATP Update:

The Young Adult Program is excited to greet new staff! Evan C. is the new Young Adult Unit Manager, and Hannah is the programs Career Navigator. We are looking forward to reaching out into the community to advocate for Clubhouse and attract new members!

Sports Reports and Predictions for March 2019 by Martin L

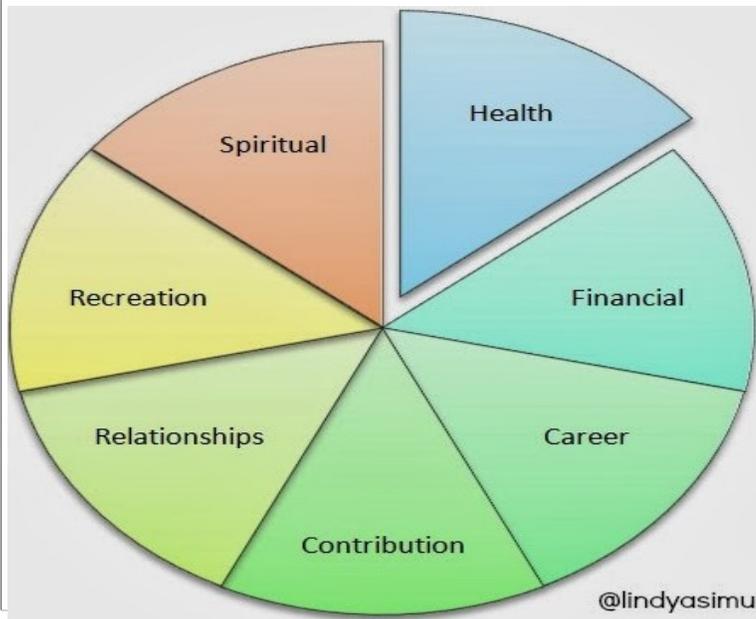
On Sunday Feb, 3 2019 the New England Patriots won Super Bowl LIII. They defeated the ordinarily high potent offense of the Los Angeles Rams 13-3. Tom Brady won his 6th (record for a player) Lombardi Trophy. Receiver Edelman was named MVP.

In High School basketball, league and district titles will be decided soon. In wrestling the State tournament is on. Bechai and Northampton are alive in 3A. Saucon Valley and Notre Dame are alive in 2A.

In professional basketball, the Philadelphia 76ers are holding their own and may be playoff bound. In hockey the Flyers have won 8 in a row!

In college basketball, Villanova University (defending National Champs) is undefeated in the Big East!

The Clubhouse will be hosting its annual Wellness Day on April 26, 2019. We are in need of assistance from members/friends of Clubhouse to participate in the planning stage for this event. We need assistance to make calls to solicit donations and vendors for this event. If you can help on the day of the event, are willing to help solicit donations, or if you have any ideas to make this event amazing, please contact Flor at x206.



Lilitz Fire/Ice Chili Festival by Carol N

On 2/16 we went to the Lilitz Fire & Ice Chili Festival. It was a lot of fun. We got to taste a lot of spicy chili. We had seafood chili, chicken, ranch chili and one of the chili had chocolate in it.

They also had arts and crafts and we went on a walk to see a lot of ice sculptures in the city. It was cold outside. On the way home we stopped to get ice cream.



The Giving Tree

Have you seen a member giving extra effort in the Clubhouse? Have you observed someone accomplish something or achieve one of their goals? The Tree is a place to recognize this effort. Take a leaf from the snack bar, write the members name and a description of what you observed. Use the tape at the snack bar to put it anywhere on the tree!

Editorial:Shutdown Concerns by Ken H

I am disgusted with the recent government shutdown which has occurred. It is affecting millions of Americans. President Trumps solutions in resolving the shutdown—hold a garage sale, get a babysitting job, get a job dog walking. This will certainly bring in a great amount of revenue to these poor workers who are living without a paycheck. Another thing that infuriated me was when he held a feast for the Clemson basketball team to celebrate their victory. How about feeding some of the workers who cannot afford to feed their families because they are currently out of work due to the shutdown? How about the poor prisoners in Federal prisons who are being denied visitation rights. I actually have a solution to this situation. I intend to send a copy of Pink Floyd THE WALL to him with a note stating Here's your Wall, now can you please end the shutdown?

Movie Review-

The Lego Movie 2: The Second Part

By Jolene B

The sequel to the Lego Movie was as “awesome” as the original. Emmet and Lucy are all grown up and are tasked with saving the Lego universe from outer space invaders. The all-star cast features Tiffany Haddish, Will Arnett, Elizabeth Banks, Chris Pratt, Jason Momoa, and Channing Tatum, just to name a few. Adult humor mixed with well-known characters create an enjoyable film for the entire family. Check it out!



Fiber-Filled Trail Mix by Carol N

It is a good healthy snack that you can keep in your car. It is easy to make and it also provides fiber and protein through a combination of dried fruits, sees and nuts. It has 11 servings and prep time is 15 minutes or less:

- 2 Cups air-popped popcorn**
- 1 Cup high-fiber cereal like wheat Chex, Corn Bran or Mini Wheats**
- 1/2 cup roasted salted peanuts/ almonds**
- 1/2 cup dried apricots**
- 1/2 cup dried cherries or raisins**
- 1/2 cup sunflower seeds**
- 1/2 cup dried sweet cranberries**

Combine all ingredients and store in a container with an air tight lid.



Enjoy!

Support Groups

Roommate Round-up

The 2nd and 4th Wednesday every month at 1pm
Haven House
1411 Union Blvd., Allentown PA 18109
Email Alyssa Dumien at Alyssa.Dumien@thementornetwork.com

Depression/Bi-polar Support Group

Wednesdays, 7-9 pm
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 at St. Johns, 575 Grape St., Room 201, Allentown
Call 610-395-9559
Café the Lodge
427 E. 4th Street Bethlehem, PA 18105

This Month in History

By Ken H

3/1 The Lindbergh baby kidnapped from home in NJ

3/1 President JFK established the Peace Corps (1961)

3/2 A Japanese convoy was attacked by 137 American bombers

3/3 A women's suffrage march in Washington DC was attacked by angry on lookers while police stood by.

3/3 Railroad car builder George Pullman was born.

3/3 Alexander Graham Bell was born.

3/4 A huge tract of land was granted to William Penn. The area later became Pennsylvania.

3/4 Former President John Quincy Adams returned to congress as a representative from Massachusetts

3/5 The Boston Massacre occurred, killing 5, injuring 6.

3/6 Fort Alamo fell to Mexican troops.

3/9 Ulysses S. Grant was commissioned as a Lieutenant General and became commander of the Union Armies

3/9 Amerigo Vespucci was born

3/10 The first issue of U.S. Government paper money occurred.

3/10 The Salvation Army was founded

3/14 Albert Einstein was born in Germany.

3/15 Andrew Jackson was born

3/17 St. Patrick's Day

3/19 U.S. launched an attack against Iraq to topple Saddam Hussein from power.

3/22 The Equal Rights Amendment was passed.

3/23 Patrick Henry ignited the American Revolution with his "Give me Liberty or Give me death" speech.

3/30 President Ronald Reagan was shot by John Hinck-

Job Interview

D	R	V	O	L	U	N	T	E	E	R	R	E	L
E	U	E	N	O	I	T	A	C	U	D	E	E	S
T	P	R	E	F	E	R	R	E	D	N	A	M	E
E	T	E	T	E	C	E	O	A	T	R	O	E	C
R	C	X	L	M	O	P	B	R	D	R	S	A	N
M	F	P	P	P	V	O	J	A	T	E	U	L	E
I	S	E	N	L	E	T	E	T	U	P	D	R	
N	L	R	E	O	R	E	C	S	A	E	E	R	E
E	L	I	T	Y	L	N	T	S	C	E	R	E	F
D	I	E	E	E	E	T	I	E	I	L	V	S	E
E	K	N	V	R	T	I	V	R	L	T	I	U	R
E	S	C	J	I	T	A	E	P	P	N	S	M	D
S	O	E	T	R	E	L	E	M	P	N	O	E	L
T	R	D	R	T	R	E	P	I	A	U	R	R	R

OBJECTIVE
EDUCATION
VOLUNTEER
POTENTIAL
REFERENCES
RESUME
SKILLS
PREFERRED NAME
EXPERIENCE
IMPRESS
SUPERVISOR
APPLICANT
EMPLOYER
DETERMINED
COVER LETTER

What's Happening Around Town

by Ken H.

3/2 LV Phantoms vs Utica

3/3 LV Phantoms vs Bridgeport

3/8 LV Phantoms vs Charlotte

3/9 ST Patrick's Parade Pub Crawl

3/9 LV Phantoms vs Charlotte

3/13 LV Phantoms vs Wilkes Barre

3/15 St Patrick's Parade Flag Raising

3/15 St Patrick Parade Coronation Celebration

3/16 Irish Cultural Community Day

3/16 LV Phantoms vs Toronto

3/16-17 A Midsummer Night Dream Concert

3/17 Wild in the Parks Drink your Tree Walk

3/17 St Patrick's Day 5K

3/17 Allentown ST Patrick's Day Parade

3/21 Destination Arts: Third Thursday

3/23 LV Phantoms Vs Wilks Barre

3/28-31 O War, Part II

Spring Fashion Shows



Spring is around the corner and our favorite time of year is here! Paris, Milan, New York was abuzz and our new list of **11 Must Haves for Spring 2019** is here. There aren't too many of us who can afford those fab pieces of art that are worn on the runway, so I go to the next to best way to grab those pieces...thrift stores. In fashion there is a saying: What is old is new again! So where better can you find "original new styles" than in a good thrift store. Here are the 11 items to look for that are "in this 2019 Spring" when you are searching:

1. A Black blazer
2. A skirt or dress or blazer that has netting (like fish net)
3. A shirt, dress, jacket with bold shoulders (i.e. shoulder pads)
4. Bike shorts (yes bike shorts worn under short skirts, with a nice blazer and even with a nice shirt!)
5. Anything that's washed out denim (yes, that white wash look)
6. In regards to colors its monochrome neutral colors, or monochrome bold colors. Also, anything polka dot, floral or wild prints is in! And those can be worn in any combination! So go have fun and find YOUR style and YOUR go to fashion favorite!

Clubhouse Wish List— we still need:

- 1– 20 ft³ or larger refrigerator for member lunches
- 2– Exercise equipment — activity trackers, fit bits, exercise balls & bands
- 3– Amazon Gift cards to improve CLC technology

Transitional Employment 5 Members

Kelly Z (Ritz BBQ)
 Sarah (Ritz BBQ)
 Ben K (Goodwill @Lehigh St)
 Travis T (Goodwill @Tilghman St.)
 Corey P (Ahart's) Market
 Open (Red Robin)

Supported Employment 8 Members

Sarah B	Terry M
Kenneth B	Richard O
Matthew P	Keith M
Mike K	Carol N.

Independent Employment—118 Members

Matthew T	Jonathan D	Emilee K	Sidaira I
Tara O	Dave P	Chris F	Alynda H
Aaron D	Ricky O	Jeff M	Colleen Marie M
John C	John K	Rich Y	David H
Steve D	Jerry C	Kendra G	Ryan P
Fred N	Ben B	Robert S	Chris F
Thomas M	Robert R	Jennifer L	Jeysson S
Melissa H	Lee Y	Rhyona	Jose P
Ken K	Bonnie L	Marilyn F	Peter C
Davonte P	Brenda Z	Rose T	Terry M
Tony S	Willard S	Mike L	Dave R
Cheryl B	Stephen F	Justin B	Chris G
Sandy M	Robin O	Lora K	Anna M
Laura F	Lisa M	Lisa P	Chad P
Michael T	Ann C	Bonnie C	Siddika J
Marie P	Mark R	Tony B	Andrew C
Catherine I	Marianna K	Joyce B	David H
Tami T	Allen D	Jim M	Ruby E
Scott R	Jonas W	Arber S	Ann K
Michelle B	William M	Nicole R	Chris K
Michelle R	Ed C	Julie K	Patricia P
Sandra M	Pat A	Christine S	Jeanette R
Ann KW	Scott S	Helaina C	Alfonso S
Wayne E	Chris W	Peter C	Jamie R
Rich R	Melissa C	Josh B	Dave G
Ian E	Donna K	Gail K	Joel S
Sandy B	Chris L	Edwin R	Cindy G
Zayda G	Amy J.	Lisa L.	Elizabeth P.
Jose F.	Enrique C.	Charles F.	Michael Ra.
Lori N.	Abrihany A.		

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

“My life and how I save money” by Carol N.

A year ago in February, I had nothing. I had no place to live, no money, and no job. I went into the hospital because my medical problems were getting worse. I was in the hospital for about one month then I had to go live with my sister for a couple of weeks. I only stayed there three weeks and then went to stay at TLC.

They helped me get some things like my medicals cards, and food stamps. So I checked out ways to find free things, like clothes, and food. Sometimes the free things are nice.

Now I have a part time job. I still get some things free and it helps me out. I like to go to cheaper stores. I try to save money on a lot of things.

I reuse my baggies a lot. I rinse them out. I cut up t shirts to make bags and rags. I make big meals like casseroles and soup . You can have them for a couple of days. I like to go to the library to get movies. I have a reduced bus card. My money can last a couple of days because I check into all of the free things that are out there that can help me save money.

There is so much help out there. Take some walks and check out the churches. Some stores give away things. Tell your friends your story and they may help you. I am resourceful. Use old medicine bottles or cans to store thins. Sometimes you can find things in other peoples trash that is still good. Take it home and clean it up! Cut your pants into shorts, use old socks to keep your hands warm. There is no limit to what you can do!

Community Resource

With holiday breaks on the horizon, it is important to remember those in our community who are experiencing food insecurity. [Foodfinder.us](https://www.foodfinder.us) is a nonprofit [website](#) and [app](#) (for iOS or Android) that offers the location and contact information of more than 40,000 food pantries and similar food programs across the country. The FoodFinder website and app can be utilized to pinpoint local free food providers within the community.

Member Profile on Michelle M by Mike S

Michelle is our new 3H and employment unit manager. She was born in Newton, NJ at Newton Memorial Hospital 1979. Michelle's father is in sales for a printing company. Her mother passed away when Michelle was 12 years old. Michelle has an older brother. He is 42 years old and is a longshoreman in the Philly area. Her brother, Michael and his wife Amanda have a daughter, Charlotte. Amanda worked at a nursing home as a Director of Food Services.

Michelle started skiing a the age of three. She played piano since she was 8 years old. Michelle helped her father with his business. He had a franchise with Canada Dry. Michelle's favorite place to visit is Canada. She has been going to Canada ever since she was born.

Michelle's father owns a cottage in Ontario Canada. It is a meeting place for the family to enjoy. Her brother and his family go to the college as well. Michelle's grandparents lived in a house near the cottage in Ontario and her aunt and uncle as well; and many cousins. Michelle's mother who is deceased is buried at the family cottage in Ontario, Canada. The same can be said about other family members. Michelle loves coming here to the Clubhouse. She says “its like a family bond . A safe place to be. Thanks for everything Michelle, you are a credit to our Clubhouse.

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
				1 10:00 Cooking Class 10:30 Body and Soul 11:00 Nutrition Club 12:30 Wellness Walk 1:30 Unit Planning Mtg 2:00 Meditation Club	2
4 10:30 Body and Soul 12:30 Wellness Walk 4-6pm Popcorn & Game Night	5 9-2 Orientation 11:00 Current Events 12:30 Wellness Walk 1:30 Intro to Art 1:45 2 C U Create	6 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk Ash Wednesday	7 10:00 Community Meeting 12:30 Wellness Walk 1:45 2 C U Create 2:00 Wellness Day Committee Meeting	8 10:00 Cooking Class 10:30 Body and Soul 11:00 Nutrition Club 12:30 Wellness Walk 1:30 Newsletter Mtg 2:00 Meditation Club	9 Don't forget Day-light Savings on the 10th. Move clocks ahead one hour 
11 10:00 Menu Planning 10:30 Body and Soul 12:30 Wellness Walk	12 9-2 Orientation 11:00 Current Events 12:30 Wellness Walk 1:30 Intro to Art 1:45 2 C U Create 4-6pm Whitehall Shopping/Dinner	13 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk	14 10:00 Program and Policy Meeting 12:30 Wellness Walk 1:45 2 C U Create 2:00 Wellness Day Committee Meeting	15 10:00 Cooking Class 10:30 Body and Soul 11:00 Nutrition Club 12:30 Wellness Walk 2:00 Meditation Club	16 12-2pm Old Country Buffet St. Patrick's Day is Sunday the 17th! 
18 10:30 Body and Soul 12:30 Wellness Walk	19 9-2 Orientation 11:00 Current Events 12:30 Wellness Walk 1:30 Intro to Art 1:45 2 C U Create 4-6 Manicure and Movie	20 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk <i>Spring</i>	21 12:30 Wellness Walk 1:45 2 C U Create 2:00 Wellness Day Committee Meeting	22 10:00 Cooking Class 10:30 Body and Soul 11:00 Nutrition Club 12:30 Wellness Walk 2:00 Meditation	23 1-4pm Don Quixote
25 10:30 Body and Soul 12:30 Wellness Walk	26 9-2 Orientation 11:00 Current Events 12:30 Wellness Walk 1:30 Intro to Art 1:45 2 C U Create Cheers for Peers 4-7pm	27 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk	28 12:30 Wellness Walk 1:45 2 C U Create 2:00 Wellness Day Planning Meeting	29	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Sandwiches/chips
4 Tuna wraps/fries	5 Taco Meatloaf	6 Soup/Salad	7 Cheese ravioli/salad	8 Taco Pizza
11 Mac n Cheese/stewed tomatoes	12 Taco Cauliflower rice	13 Soup/Salad	14 Steak Sandwiches/fries	15 Mushroom Rice
18 Spanish Rice and Pork	19 Cobb Salad	20 Soup/ Salad	21 Ham and Cheese Crescent	22 Turkey burgers/chips
25 Gyros/fries	26 Asparagus grilled cheese	27 Soup / Salad	28 Melt in your mouth chicken	29 Burger Casserole



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. x201
Thanks for your help.**

Name : _____
Address: _____ _____
Email: _____ Phone: _____
Amount of Donation: _____ (Make checks payable to the Clubhouse of Lehigh County.)

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.