



July 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



Special thanks to everyone that participated in the Highmark Walk for a Healthy Community last month!! Our team raised over \$2,500. We had a great mix of walkers, donors, and helpers at our vendor table during the event. We can't wait until next year!

Thank you to everyone who participated in the Spaghetti Dinner. To those who purchased tickets, helped with donations, volunteered to work that night! We raised \$680.00 in total for the Clubhouse!! Great Job Everyone

July Activities

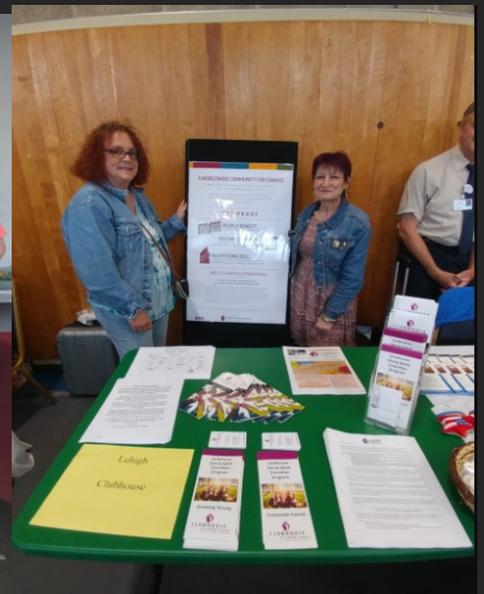
- 7/1 Movie Night @CLC- (Independence Day) 4-6:30
- 7/4 Fourth of July Day Picnic @CLC 9-1
- 7/11 Salsa y Salsa (Snack and Dancing) @ CLC 4-6:00
- 7/16 South Mall 4-6:00
- 7/20 Blueberry Fest. 12:30-3pm
- 7/23 Game Night CLC 4-6:00
- 7/30 Cheers for Peers 4-7:00



Top Left: Ed B at the Spaghetti Dinner. Top Right: The Crew at the PCC Seminar—Daniel S, Wanda C, (left front) and Erika O and Debbie R (right front) Below Middle : Shirley B enjoys her spaghetti at the dinner! Below Right: Elizabeth M and Ashley T at Mini Golfing.

Below Right: Diane W and Debbie R at Wernersville Resource Fair.

Below Left: The Highmark Walk (from left) Ken K, Travis T, Zach H, Jolene B, Kayla B, Chris W, Evan C, Carol N, Sarah B, Chris S and Logan!



Letter From the Director—July

Beginning August 12th through August 15th the Clubhouse of Lehigh County will be going through the Clubhouse International Accreditation process. This a symbol of quality in the Clubhouse world which is a clear demonstration of our Clubhouse's commitment to excellence. Accredited Clubhouses displaying this icon are universally recognized as operating with a high level of compliance with the International Standards for Clubhouse Programs. The Accreditation process is both evaluative and consultative. It is conducted by members of the Clubhouse International Faculty, which is composed of veteran members and staff from Accredited Clubhouses around the world. The faculty that will be joining us for this accreditation are from Neponset River House in Massachusetts and Journey House in Utah. Currently, we are finishing up our self-study in preparation for their visit. If you would like to help or learn more about the standards and process, please join us for our pre-accreditation meeting on Tuesdays at 10:30 in the conference room. Also, if you have not been in to the house for a while, please stop in the second week of August to help us welcome the accreditation team .

State Budget News



Along with some hot weather, this issue contains some hot topics. One of several hot topics has been the proposed state budget for 2019-2020. Notice the word proposed. Here are some details of the preliminary state spending plan for the new fiscal year. As it went to press, here are some key points to Governor Wolf's proposed budget: It would increase the state minimum wage to \$12 an hour effective July 1, with annual increases that would hike the minimum wage to \$15 per hour by 2025. It would increase funding for education. This includes increase of \$200 million for basic education, \$50 million for pre-kindergarten & Head Start, \$50 million for special education, \$7 million for the PA State System of Higher Education, and \$8 million in one-time grants for community college students or graduates working in PA. The governor has also proposed raising the starting wage for teachers in PA to \$45,000 per year. It would establish the Keystone Economic Development Workforce Command Center to partner with state departments as well as external agencies to strengthen the workforce. It would provide \$5 million to expand home visiting programs for pregnant women & at-risk infants and toddlers, \$15 million in federal funds to reduce waiting lists for child-care, and \$5 million in wrap-around services so parents can attend college or training programs to obtain job skills. It would include \$15 million to increase services for individuals with intellectual disabilities and autism. Funds would be earmarked to enroll 765 on the waiting lists for services and 100 people with unanticipated emergencies through the Consolidated Waiver. Budgets can go through many phases & revisions. Lets all stay informed & let our legislators know what is important to us!

Lively Lunches in the Arts Park in July by Ken H

- July 2 Pently Holmes
- July 5 Kayla Avitabile
- July 9 Erin Kelly
- July 12 Nina Scarcia
- July 16 Jordan White
- July 19 Tim Harakel
- July 23 Kendal Conrad
- July 26 Robbie Lawrence and the Steel Workers



Member Profile:

by Michael S



Bobbi Jo R. was born in Pottstown, Montgomery County, Pennsylvania. Her father passed away approximately 15 years ago. She has 5 children. She has 4 boys and 1 girl. Her son Christopher is in the military. Devon is a stocker at Giant Food Stores. Eric works as a cashier for Walmart. Joshua is in high school. Her daughter, Jessica is just 5 years old. Bobbi Jo enjoys the outdoors. She likes any kind of animals. She, at one time, had 4 snakes. She had a golden retriever and Bobbi Jo also had 2 pit bulls. Bobbi Jo worked as a cashier for Turkey Hill Stores, Inc. She also worked for Wendy's, Inc. Bobbi Jo enjoys hobbies with her kids. One plays basketball, one plays baseball, her daughter is active in the arts as an aspiring actress. Bobbi likes the different jobs one can participate in at the Club-house of Lehigh County. Bobbi Jo works at CLC in different capacities. She works the snack bar and will hopefully be doing work in the culinary department soon. Bobbi Jo likes meeting different people here at CLC. She enjoys the socialization here as well. Kudos to you, Bobbi Jo. You are a welcome addition to our "house".

This month in Sports by Martin L

In the NBA finals, the Golden State Warriors won a close game 5 (106-105) over the Toronto Raptors. Although the Warriors (the defending champions) have the momentum, the Raptors were able to close out the series in 6 games to win their first NBA Championship.



Major League baseball: The Arizona Diamondbacks opened the game (Mon, June 10.,2019) with 3 consecutive home runs. In total, they hit 8 home runs to defeat the Phillies 13-7. The Phils added 5 home runs to set a major league record 13 home runs. The Atlanta Brave are close to catching the Phils in the National League East Division. Phillies newly acquired outfielder Jay Bruce was named the National League player of the week He hit 381 with 4 homers, 2 doubles, 11 RBIs in his first 6 games with the Phils.

You can Overcome Indecisiveness

Everyone occasionally struggles with making a decision, but does indecisiveness feel like a frequent problem for you that's interfering with your happiness? Meet with your employee assistance program or a counseling professional in your community to fight to overcome this "paralysis by analysis." Making decisions is a like skill that's teachable and involves comparing the outcomes and impact of choices while paying close attention to your emotions and the sway of feelings in your decision. With counseling, you can learn to make decisions more quickly by reducing over-analyzing, visualizing possible outcomes, trusting yourself more, and knowing that you are making the right choices. A counselor can help you understand how a pattern of indecisiveness developed, examine whether depression contributes to it, and decide what further assistance could be helpful. Don't let indecisiveness remain a problem that causes you to lose faith in your own judgment and prevents you from attaining what life has to offer.

UNIT NEWS AND UPDATES

BTU Update:

Our unit is happy to share in the success of our two most recent house fundraisers: the Highmark Walk for a Healthy Community and our annual Spaghetti Dinner. We are pleased to announce that we met, and exceeded fundraising criteria set by Highmark, and will be invited to participate in the walk again next year. Our ever popular Spaghetti Dinner had another great turn out! The menu featured all you can eat spaghetti, salad, bread, and dessert. Members who assisted in fundraising will receive credit in their fundraising account, which can be then be applied to events like the upcoming beach trip and the Employer Recognition Dinner this fall. Our current unit projects include the work-ordered day projects of updating our filing, library, and inventory systems, and a relationship/team building project called "Name that Baby!". We are looking forward to a productive summer, with plans to increase our unit's work-ordered day efficiency and continued engagement of members in special projects.

Culinary Unit:

We like to invite members into our unit that are interested in learning the skill of how to cook in the kitchen. We also have our snack bar open from 9:30 am to 11:30 am. Performing the register and marking the sale items on the log paper. We learn how to wash the dishes every day as a teamwork and put them away. We are thinking on doing a Garden Class where we need more information on learning how to plant seeds and grow them, if you are interested please see the staff. Our members are enjoying the Healthy Class. With the help of making those poster boards, we are beginning to have more awareness of good tips and healthy eating choices for our daily living. We are doing the lunch tickets from 9:30 am to 10:30 am everyday, so please be advised to do so and don't miss out on lunch. We love cooking here at the Clubhouse and with our baking class every Friday at 10:00am, members are learning easy and healthy recipes. Help plan our monthly menu with healthy lunch ideas at the end of our unit meeting we take time to share new ideas. Join us for lunch at 12:00 every day. We are also brainstorming on a thrift store closet where we can help those in need even working together in maintaining items for members to benefit like little sanitizing bags. Thank you so much for your support!

3H Update:

A new addition to our wellness initiative is Lilah who is a fun-loving , spirit filled rescued pup that is coming to visit us sharing educations and smiles! Meditation workshop is now permanently scheduled for Mondays, Wednesdays and Friday at 2:00pm! Along with Body and Soul (M-W-F at 10:30am) the combination of these are great for encompassing the theme of our 3H unit—Holistic, Health and Hospitality. Our job seekers meeting and maintenance meeting are also going well in helping members become involved and additional activities. The 2CU Create group is going to be adding new crafts and projects to decorate the Clubhouse. They meet Tuesdays at 1:45. If you come by and have empty egg cartons or empty/clean plastic food containers, please bring them in!

CYATP

Our young adult program welcomes all new members to Clubhouse. We were proud to be a part of community events this past moth such as the Highmark Walk for a Healthy Community. The CYATP is seeking donations for recreational items such as sporting equipment and musical instruments to better engage our members in-between their work ordered day tasks. We hope to continue to meet our members wants and needs as we grow and expand the unit. We also invite any members who would like to assist in outreach for the unit (such as making phone calls, sending emails, attending presentations to give personal testimony). If you are interested in helping please ask Evan or Hannah. The CYATP continues to accept new applications for young adults over the age of 18.

Free Things to do in July by Diane W

-All Sundays in July from 12-5pm: Allentown Art Museum of the Lehigh Valley, 31 N 5th St. Allentown. The exhibit is “Patriucci Family African American Art” and “Decco after Dark”. Exhibits change each month

-The Movies in the Park : 7/20 “Instant Family” at dusk at Midway Manor Park E. Highland St, Allentown (East Side) Rain date is 7/21/19

-Movie in the Park: 7/27 “Mary Poppins” at Arts Park in Center City Allentown. Rain Date is 7/28/19

-Puerto Rican Parade and Festival : 7/28 from 12-7pm at Jordan Park located at 7th St Bridge and Sumner Ave. Listen for the music and have fun!

5 Ways to Overcome Loneliness by Diane W

I found keeping a daily routine and helping others helps my loneliness. Here are some suggestions for overcoming loneliness and helped me grow:

1. Be honest about your feelings. Don't sugar-coat your emotions.
2. Practice positive self-talk. Encourage yourself. Tell yourself you're not going to sit at home again. Call someone. Meet someone. Take a walk.
3. Continue doing what's meaningful. People tend to withdraw when they can't quite do what they used to. Give your life structure and meaning. Example: Daily walk, coming to Clubhouse to work on plants etc. Give yourself a purpose of something to talk to your family and friends about like Clubhouse and the plants that I work so hard on and how proud I am. Stories that make them laugh.
4. Faith. Have faith in yourself. You are strong.
5. Do something for someone else. Research shows that doing good helps us feel better. Think about the other person. It could be as simple as putting your shopping cart back after you are done to looking people in the eye every morning and wishing them a good morning with a big smile. Simple habits that make a big difference in you. Then start a couple of new positive ones and soon they will become a positive change.

Try it!

How to care for skin during Summer Months by Diane W

Summer is here! Dry skin can be caused by long hot showers, commercial soaps and skin products with fragrances or chemicals. Here are some tips to help you take care of your skin during the summer months:

1. Bathe less than 10 minutes using warm water.
2. Use a soft washcloth and soap made of pure natural oils (sealand cosmetics natural soaps) Rinse well. Pat with soft towel.
3. Immediately afterward apply natural lotion to moisturize
4. Wait a few minutes before dressing; your skin may scream for another round of moisturizer lotion.

D-Day by Michael R

The Western Allies started a largest Amphibious invasion of Omaha Beach, Normandy operation overlord AKA D-Day, was successful. There were paratroopers, gliders, air attack, amphibious landings and naval bombardments. The beaches there were the landing areas.

The countries forces who were involved were the US, Britain, Canada, France and Polish forces.



Announcing our new Hygiene Box!

We have created a hygiene box located in the Job Research room. If you have any questions regarding personal hygiene please take a form and write your question on the card. All questions can be anonymous.

We will answer those questions every week in the Wellness Weekly publication! Both the question and the answer will be located inside each edition.

Dear Members and Staff of Clubhouse of Lehigh County,

As my internship comes to a close, I wanted to thank you all for being so welcoming and kind to me during my time here at the Clubhouse. I thoroughly enjoyed every minute of being an intern and spending time with all of you.

Thank you for letting me sit behind the desk and greet you as you went out for breaks or signed in or out. Thank you for helping me with crossword puzzles and keeping our minds sharp. Thank you for being so eager to take part in CLC TV and bring the newscast back to the Clubhouse and even patiently learning how to create them. Thank you for teaching me the foundations of art and drawing. But most importantly, thank you for letting me be a part of your lives for a little bit and sharing your stories and your days with me. I really appreciate the opportunity to have been a part of something so special as Clubhouse of Lehigh County, learning so much from everyone here, and making so many friendships that I will truly cherish. My best wishes to you all in your future endeavors, whatever those may be and keep being amazing people that you are who keep the Clubhouse the amazing place it is.

Kindest Regards,

Abby, the intern from Lafayette

New Maintenance Meetings:

The last Monday of every month at 10:30am there will be a maintenance meeting in the Education Room. Anyone interested in or with the ability to help with larger maintenance projects should attend.

We will need to have 2 individuals from each unit to attend.

Game of Thrones Flu

by Ken H

Why in the world are people so worked up over the cancellation of a TV series? I'm talking about the Game of Thrones Flu. Millions of people are calling out sick over the demise of a television show. If I were their employer, I'd tell them don't bother coming to work at all, "You're fired." It's the end of the world as you know it!



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

Building Your Self-Esteem

By: Diane W.

What is self-esteem? It is your image, or how you feel about yourself. It is made up of thoughts and feelings that you have about yourself. The more positive feelings you have about yourself, the higher your self-esteem. Examples: I am smart, I learn from my mistakes, I am fun, I am likeable, etc. Anything opposite is negative and gives you low self-esteem. Some feelings you have about yourself may be difficult to talk about. That is because you feel you are the only one has them. You are not alone. Talk it out. Be proud. Your self-esteem affects the way you live, and how you think, act and feel about yourself and others. It also helps you be successful in achieving your goals in life. High self-esteem can make you feel effective, productive and capable of having a clear head. Your self-esteem can be improved by not letting your past failures hold you back. You owe it to yourself to learn from your mistakes, feel good about who you are and move on. Feeling good about yourself helps you to accept challenges and not be afraid. It develops your abilities and helps you grow and mature. Maintaining your confidence and believing in yourself boosts your self-esteem and you can be the person you want to be. Change isn't easy, however, positive self-esteem makes it easier to offer more to yourself. Make it a point to be your own best friend.

What's Happening Free at West Park in July? By Diane W.

Wednesday July 3rd, 7:30 pm The Italian Band
Friday July 5th, 7:30 pm The Pioneer Band
Sunday July 7th, 7:30 pm Dave Neith Orchestra
Friday July 12th, 7:30pm The Royalties Dancing Under the Trees
Saturday July 13th, 8:00pm Hector Rasado and Orchestra Hache
Sunday July 14th, 7:30 pm The Allentown Band
Friday July 19th, 7:30 pm Municipal Band
Sunday July 21st, 7:30 pm Pioneer Band
Friday July 26th, 7:30pm The Royalties Dancing Under the Trees
Saturday July 27th, 7:00 pm Lucky 7
Sunday July 28th, 7:30 pm Allentown Band
Wednesday July 31st, 7:00pm The Sweet Adelines

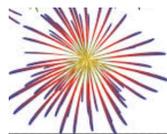
West Park's address is between Linden Street and Turner Street East of 17th Street, down Turner Street.

This Month in History: July

By: Bonnie M.

- 7/1- Canada Day
- 7/3- Battle of Fort Necessity, 1754
- 7/4- Independence Day- Fly the Flag
- 7/9- Congress adopts Articles of Confederation, 1778
- Washington writes his last will and testament providing for freedom of the slaves he owned, 1799
- 7/14- Feast of St. Kateri Tekakwitha
- 7/16- Full Black Moon
- Land along Potomac River selected as site of new U.S. Capital, 1790
- 7/20- Washington becomes official surveyor for Culpeper County Virginia, 1749
- 7/24- Pioneer Day (Utah)
- 7/27- End of Korean War, 1953
- Veterans Armistice Day
- Fly the Flag

The City of **Allentown's 4th of July** Celebration will take place inside J. Birney Crum Stadium on Wednesday, **July 4th** from 6:30pm-9:30pm. The festival features live music, family friendly entertainment, delicious food options from local and regional mobile food vendors and a **fireworks** show.



Culture: Blues, Brews and Barbecue Review

By Jolene B



The 12th annual Blues, Brews and Barbecue Festival took place on Saturday, June 8th in Downtown Allentown, between the 500 and 800 blocks of Hamilton St. This free music festival offered over 20 musical acts (including fan favorites such as the Craig Thatcher Band and headliner Brandon “Taz” Niederauer) across six stages throughout the event. A variety of barbecue and craft and domestic beers were there to tempt your taste buds. Commemorative festival mugs were available for purchase for use during and after the festival (or even at next year’s event). Craft vendors were selling a variety of wares, such as; jewelry, purses, and original art work. Seating was available near the stages and was also available at various businesses throughout the area. Although with all the musical acts and libations flowing, most people were on their feet dancing or at least swaying to the beat. At past events over 20,000 people were in attendance, and this year’s numbers did not disappoint. Definitely worth checking out, and free admission you can’t lose!

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 7 Members

Jim M (Ritz BBQ)
 Jeff H(Ritz BBQ)
 Bonnie L (Goodwill @Lehigh St)
 Randy T (Goodwill @Tilghman St.)
 Johana A (Aharts Market)
 Tim K (Red Robin)
 Glen R (Big Lots)

Supported Employment 7 Members

Sarah B
 Kenneth B
 Matthew P
 Corey P

Terry M
 Richard O
 Keith M

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	Michael S	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	Mohammad A	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!

Hummus Toast Three Ways:

- #1. Bread, hummus, sliced avocado, bean sprouts, sesame seeds
- #2. Bread, hummus, chick peas, bean sprouts.
- #3. Bread, hummus, pumpkin seeds, sunflower seeds and sesame seeds.

You can buy one loaf of bread, one small tub of hummus and you have a healthy meal in a variety of combinations AND it is inexpensive while packed with protein and healthy carbs.



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	5				9		2
	3	7		4	1		
	2	5		8		9	
4				9	7		
							2

PORTION CONTROL Cheat Sheet

- Grains = 1/2 cup 
- Protein = 3 oz 
- Salad dressing = 2 tablespoons 
- Peanut butter = 2 tablespoons 
- Cereal = 3/4 cup 
- Cheese = 1.5 oz 

What Music Means to Me by Scott B

Unlike many of my friends, I do not listen to music very often. In fact, the last concert I went to starred groups from 30 years ago and it was the first concert for me in twenty years.

Why? Primarily because I am a piano player that started when I was about 10 years old. There was a girl, ahh yes, Molly, and she played so I figured if I played piano too, she might like me.

Nope. Did not work out, but I stuck with the piano and over the years I have played professionally and in studio for other musicians like: 38 Special, Pat Benatar, Patty Smyth and many others. You see, I get my enjoyment from the music that's always in my head. I have been known to sit and play for 3-4 hours and had no idea what I played. I hypnotize myself and play whatever comes next. Its like driving on a highway and you kind of forget how many exits you passed by briefly. I will love playing music for the rest of my life and I have much more to do with the talent with which I was born.

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
1 10:30 Body and Soul 11:15 Drum Circle 12:30 Wellness Walk 2:00 Meditation Club 4-6pm Movie Night	2 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create	3 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk	4 Holiday Picnic At the Clubhouse 9-1pm	5 10:00 Cooking Class 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	6
8 10:30 Body and Soul 11:15 Drum Circle 12:30 Wellness Walk 2:00 Meditation Club	9 9-2 Orientation 10:30 Accreditation Meeting 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create	10 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk	11 12:30 Wellness Walk 1:45 2 C U Create 4-6pm Salsa & Salsa Night (Snack and Dancing)	12 10:00 Cooking Class 10:30 Body and Soul 12:30 Wellness Walk 1:30 BTU Unit Planning Mtg. 2:00 Meditation Club	13
15 10:30 Body and Soul 11:15 Drum Circle 12:30 Wellness Walk 2:00 Meditation Club	16 9-2 Orientation 10:30 Accreditation Meeting 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create 4-6pm South Mall	17 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk	18 12:30 Wellness Walk 1:45 2 C U Create	19 10:00 Cooking Class 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	20 12:30-3pm Blueberry Festival
22 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	23 9-2 Orientation 10:30 Accred. Mtg. 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create 4-6pm Game Night	24 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk	25 12:30 Wellness Walk 1:45 2 C U Create	26 10:00 Cooking Class 10:30 Grants Mtg 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	27
29 10:30 Maintenance Meeting 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	30 9-2 Orientation 10:30 Accreditation Meeting 10:30 Current Events 1:45 2 C U Create 4-7pm Cheers for Peers	31 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey burgers/fries	2 Taco salad/cookies	3 Corn chowder/butter bread	4 Holiday Picnic	5 Ham hoagies/chips
8 Hot dogs/baked beans	9 Tuna noodle casserole/peas	10 Mac and cheese/stewed tomatoes	11 Hash brown casserole	12 Breakfast casserole/fruit salad
15 Cheeseburgers/chips	16 Chicken salad sandwiches/potato chips	17 Clam chowder/crab patties	18 Chicken cordon bleu/salad	19 Pancakes/scrambled eggs/sausage links
22 Crispy chicken salad/sweet potato fries	23 Chili dogs/French fries	24 Chicken pot pie/salad	25 Beef macaroni/salad	26 Egg salad sandwiches/chips
29 Burger casserole/salad	30 Chicken steak hoagies/fries	31 Chili/salad		



CLUBHOUSE
of Lehigh County
1437 Gordon St,
Allentown, PA 18102
A Program of Goodwill Keystone Area

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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. 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.