



August 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



This month is Accreditation Month! We wish our visitors a wonderful experience and look forward to meeting them and spending time together. Let's show off our wonderful Clubhouse and be a model for other Clubhouses out there. Please visit during the accreditation team visit, 8/12-8/14.

Attention

Benefits Counseling session will be held in September, where you can learn more about SSI/SSDI benefits and how working affects them. We encourage everyone to attend. Date and time to be determined.

August Activities

8/9 Musikfest 3-7pm

8/12 Karaoke 4-6pm

8/20 Pizza/Movie

"Incredibles 2" 4-7pm

8/24 Two T's Mini Golfing
12-3pm

8/27 Cheers for Peers
4-7pm

Top Middle: BTU at Anti-Harassment Training

Top Right: Stuart S at Premise Maid

Middle Left: Sarah B, Ashley T and Chad M at Rally in the Valley.

Middle Right: Dessert at Cheers for Peers

Bottom Left: Flor at Salsa Y Salsa night

Bottom Right: At Sharing Life: Sherry P, Keddie M, Ken H, Tina N, Tim K, Carol N, Martin L, Rodney Y, Hannah, Ramona S, Toni L, and Chris K having fun!



Letter From the Director—August

Beginning August 12th through August 14th, our Clubhouse will be going through the Clubhouse International Accreditation Process. Clubhouse International Accreditation is a symbol of quality and clear demonstration of a Clubhouse's commitment to excellence. Accredited Clubhouses are universally recognized as operating with a high level of compliance with the International Standards for Clubhouse Programs. Clubhouse International has a great deal of evidence to support accreditation. For example, members at Accredited Clubhouses experience a 42% employment rate. This is double the average rate for people in the public mental health system. Also, members that go through an accredited Clubhouse's TE program have longer on-the-job tenure. Clubhouse membership has been correlated to a significant decrease in hospitalizations and incarcerations. Accredited Clubhouses have also been shown to be more cost effective, compared to other mental healthcare approaches. This is why we do what we do, each and every day.

I would like to thank all of the members and staff who have already put a great deal of effort into this process. We have had some great conversations and reflection while completing the self-study. One of the great things about the Clubhouse model is that members are wanted, needed, and expected to be a part of the entire accreditation process. That being said, I want to encourage all members to come into the Clubhouse to continue to help us prepare to ensure that we are presenting the greatest Clubhouse possible to the team. If you cannot make it, please try to stop by during the three days that the accreditation team will be with us. We look forward to seeing everyone.



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Looking into Health Habits By Diane W

Going to your Doctor for a wellness visit once a year is very important. We must also take a look at a few more things to help us stay healthy.

- 1 Make a habit of eating a colorful diet including plenty of greens, reds and yellows.
- 2 Be sure to drink plenty of water throughout the day.
- 3 Exercise a minimum of 30 minutes most days of the week .
- 4 If you smoke, STOP NOW!
- 5 Get a good nights sleep. Ages 18-64 should get 7-9 hours of sleep and 65 or older is 7-8 hours each night.
- 6 Be sure you're up to date on immunizations, such as a flu shot and Pneumonia, etc.

Member Profile: Beverly G

by Michael S

Beverly was born in 1959 in the West Indies, Grand Cayman in the Bahamas. She came to the United States in 1972. She has 3 brothers and 1 sister. All of her brothers are in the West Indies except for her brother that lives in California.

Beverly started coming to Clubhouse in 2013, while she was living at her sister's residence here in Allentown. Beverly started coming to the Clubhouse in order to feel better. She has been here for quite some time. Before Clubhouse, Beverly worked at the Private Industry Council in Allentown.

Beverly feels stronger, brighter and wiser since coming to the Clubhouse.

Beverly likes arts and crafts, food and socializing here at clubhouse.

We are glad to have you here Beverly!

Learning Experiences—Stage Fright by Scott B Part I of 2 parts

On November 3, 1998, The FAA determined that I was competent and skillful enough to earn my private pilot certificate single-engine land rating. I still haven't figured out why. I was completely soaked with perspiration 15 minutes into the flight, and my heart was pounding so strongly that I could feel it in my ears. I was flustered. I was very nervous. I made several little mistakes, and I was convinced that I had blown it. The check ride was not perfect by any measure. I was overcome with a sense of failure. What is so ironic about this situation is that I have been teaching my students for the last 10 years how to prepare and overcome the exact same physiological response when giving a speech. I was experiencing stage fright. Although I was well-prepared intellectually, my emotions took control, and I found myself almost out of control. Almost. The truth is that I did find myself using some of my training to help me get back on track and calm down.

First of all, it is completely normal to feel nervous and a little bit overwhelmed. When students give a speech, it is very hard to tell how they feel inside—same with a check ride. You might feel like a bundle of nerves, but most of the time the examiner will never know. The trick is not to let your nervousness control you. The single most effective way to settle your nerves is to quite simply be prepared.

Part 2 will be continued in Septembers edition.....

Movie Review: Spiderman, Far from Home

By Jolene B

Despite my initial reservations about taking my kids to a 2+ hour long movie, that also has spoilers for Avengers Endgame (which they haven't seen), I was not disappointed. The kids were literally on the edge of their seats with all the action packed scenes. We also enjoyed the comedic relief and the awkward budding romance between Spiderman and MJ (ok, I enjoyed the romance, my kids thought it was gross).



Along with the expected action, romance, and comedy, there were scenes that tugged at the heartstrings.

Peter continues to struggle with his identity crisis. Does he remain the friendly neighborhood Spiderman, who is crushing on a girl that barely knows he's alive? Or does he embrace his role as an emerging new leader on the Avengers team, and fill the void left by Tony Stark, aka Ironman? You'll have to find out for yourself.

This is a must-see summer movie, don't miss it!

UNIT NEWS AND UPDATES

BTU Update:

Congratulations to Carol N for winning the “Name that Baby” contest, and thanks to all who participated! It was a fun and easy relationship building contest that we all enjoyed. Special thanks to Judy Z and Dawn W for taking charge of our unit special projects (library reorganization, member file maintenance and clerical inventory control). We look forward to sharing our surprise relationship building “game” during mid–August. It will be all about our units members and another about Clubhouse. It should be a blast! We encourage you to attend and participate. It will be around August 11/12th. Our unit is growing and we are looking for ideas on how to keep our participation strong in the afternoon. All ideas are welcome. This is always being discussed during our Unit Planning Meetings, and the next meeting will be on August 15 at 11:00am . Hope to see you all there.

Culinary Unit:

We welcome summer! With these hot temperatures, we look forward to preparing more salads and fruit in our lunch menu variety. Members enjoy the hot baked potato option that we have available. We had a big success for our first week of breakfast trial. On the 1st Wednesday of the month, breakfast can be purchased for \$2 from 8am-8:45am. Thanks to all that participated in making this happen. We want to be a good resource for our members to enjoy and eat in our café. We want to start a thrift store in August 2019. With the participation of everyone, we are going to help others in the Clubhouse. Come and talk to the staff in our unit if you are interested in volunteering. We are gathering seeds so we can learn the skill of gardening and decorate our Clubhouse, even use up the herbs we plant for our kitchen. If you know about gardening or are interested in learning come to the Clubhouse and help our unit to make a difference. We are all in this together! Join our unit meetings so we can plan our menu lunches. We need members in our unit to continue on making the outreach calls which are so helpful to members that are not coming to our Clubhouse. We also need members to help with the Activities Coordination, so if you are interested you can come and sign up to help as part of our work order day. We need a member to write up a healthy column for the CLC TV to keep encouraging members to eat healthy or even to present the lunch menu weekly with the help of members we can send a message for members to participate at the CLC TV. Please remember lunch tickets are sold from 9:30 am to 10:30 am everyday, so please don't miss out on lunch. Thank you so much for your support!

3H Update:

Lilah, the rescue pup, has been visiting twice a month to share with us her loving spirit and fun tricks! We love the great interactions, learning all about her, and proper care for animals. Meditation workshop is looked forward to every Monday Wednesday and Friday at 2:00PM! Kenny who is our instructor for Body and Soul (M-W-F at 10:30 AM) is appreciated by all that attend for his excellence in providing a meaningful mind and body experience. In addition to job seekers meeting (last Wednesday of month at 11) and maintenance meeting (last Monday of month at 10), we are now also providing a budgeting work shop(last Thursday of month at 11am. The 2CU Create group is going to be adding new crafts and projects to decorate the house when they meet Tuesday's and Thursday at 1:45. We are looking to add new unit tasks to help members stay engaged throughout the work order day!

CYATP

Our young adult program welcomes all new members to Clubhouse. The CYATP is seeking donations for recreational items such as sporting equipment and musical instruments to better engage our member's, developing new skills 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 a 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.



Strawberry Summer Homemade Popsicles:

1 lbs. Strawberries

1 tbsp. Lemon Juice

1/2 cup Sugar

Popsicle molds or ice trays

Put all ingredients into a blender and blend.

Pour the mix into the ice trays (if using trays, when almost frozen put in toothpicks so you can hold as you eat. or the popsicle molds. Let freeze and enjoy!

New Jersey Visit By Ken H

Bonnie and I recently went to NJ to visit my grandparent's grave on my mother's side. My cousin Valerie picked us up at the bus terminal in Clinton. We went to the cemetery and visited a number of gravesites. My mother has many relatives buried there. We had lunch at the Publick House in Chester. The Publick House is an old-fashioned inn dating back to the 1700's. Bonnie was impressed with the food and ambience. She ordered eggplant parmigiana and I had a chicken and shrimp basket. I don't know what type of sauce was on my dish, but it was delicious. Afterwards we went to Taylor's for dessert. Taylor's is an old-fashioned ice cream parlor with homemade ice cream. Business was booming, with lines stretching out the door. Pricey, but worth it. We took the scenic route back. I noticed one major change. Larison's Turkey Farm, a longtime landmark in Chester, was now a steakhouse. We had a great day together.



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.

My trip to New York City by Alyse D

Approximately every three months I take the Transbridge bus to New York City to visit my father. The bus takes me to Port Authority in New York City and then I take a taxi to the eastside where my father waits for me.

My friend Doretta often travels with me for the two days when we spend the entire time with my father and his wife, Barbara. My father is 83 years old so we have a relaxing day watching game shows on TV and later in the day, usually early evening, we go to Mimi's Italian Restaurant.

My father plays the piano accompanied by professional singers and we have dinner. My father plays "music that has not lost its romance".

We stay overnight and the next day we return home to Allentown.



A Poem by Marlene E

Tell me that you are leaving
 And I will laugh or cry
 Tell me that you won't be back
 And I will say goodbye
 But don't tell me you'll forget me
 Because it won't be true
 These memories will ponder on
 Whatever we may do
 You once told me that you loved me
 And I cried with lack of hope
 Because, I didn't know what to think
 It's like walking
 Walking on a tight rope
 But I still want to think
 That we have a chance
 To enhance
 What is really there
 'Cause I feel the sorrow
 And the pain

SAVE THE DATE
2020 Recovery & Wellness Summit

Presented by: Pennsylvania Clubhouse Coalition
 April 27-29, 2020
 NEW LOCATION: Toftrees Golf Resort
 1 Country Club Lane, State College, PA 16803

Nestled within the secluded pine trees of Central Pennsylvania, Toftrees Golf Resort offers guests a unique experience with resort-like amenities in a peaceful, natural setting just minutes from downtown State College. Our resort offers full-service amenities; a 4.5-star, 18-hole golf course; and a warm, welcoming staff.
 We look forward to being your personal retreat in State College.



Support Groups

Roommate Round-up
 Monthly- 2nd & 4th Wednesday - 1pm
 Haven House
 1411 Union Blvd., Allentown PA
 Email: 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 7-8 PM
 LV Hospital-Muhlenberg Campus

Dual Recovery Anonymous
 Thursdays at 7pm
 St. Johns Church
 575 Grape St., Room 201 Allentown
 Call: 610-395-9559

Tuesdays at 7pm
 Bethlehem Recovery Center
 548 N. New St. Bethlehem
 Call: 610-849-2209

Clubhouse Wellness Survey

Clubhouse International Standard #23 states that a Clubhouse must "provide assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles." In order for our house to ensure we are properly aligned with this standard, we need to assess where we are currently in relation to wellness. To do this, we have created a survey for all members to complete. Please use the link or QR code below to complete our survey. This survey is for members only. If you have any difficulties, please contact the Clubhouse director at x202.



<https://www.surveymonkey.com/r/33F3LFX>

This Month in History: August

8/1/1838 Slavery was abolished in Jamaica.

8/2/1776 55 members of Congress signed the Declaration of Independence.

3/1/1492 Christopher Columbus set sail in the Nina, Pinta and Santa Maria

8/4 Louie Armstrong was born

8/5/62 Marilyn Monroe died

8/6/45 First Atomic bomb dropped

8/11/1841 Frederick Douglas, escaped slave, spoke before an audience in the North for the first time

8/13/61 Berlin Wall was built

8/14/35 Social Security Act was put into law

8/18/20 Women gain the right to vote

8/21/59 Hawaii becomes a state

8/28/63 MLK delivers "I have a dream" speech

8/31/97 Princess Diana dies

What's Happening in town
By Ken H

8/2 Julia Sommer concert at Arts Park

8/2 Royalaires (Dancing under the trees) at West Park

8/3 Marine Band at West Park

8/4 Municipal Band at West Park

8/5 Summer Playground Program Romper Day

8/6 Hannah Violet at Arts Park

8/6 Incredibles 2 Movie at Overlook Park

8/9 Kara Young at Arts Park

8/9 LV Freewheelers Wheelchair Basketball

8/9 Royalaires (Dancing under the trees) at West Park

8/10-8/11 Allentown City Medal Play Championship

8/10 The Large Flowerheads at West Park

8/11 Marine Band at West Park

8/13 Lilli and Winston at Arts Park

8/15 Full Moon Paddle and Boat Trip at Canal Park

8/16 Hannah Violet at Arts Park

8/16 Royalaires (Dancing under the trees) at West Park

8/17 The General Silent Film Concert

8/17 Allentown Wag-gathon Dixon St. Dog Park

8/17 Roasting Ears of Corn Festival

8/17 Pioneer Band at West Park

8/18 Allentown Band at West Park

8/18 Critters in the Creek at Jordan Park

8/18 Lehigh Valley Pride Festival

8/20 Erin Kelly at Arts Park

8/24 Doggie Dips at Jordan Pool

8/24 Salsa on the Southside

8/23 Aquaman Movie at Jordan Pool

8/23 Jordan White at Arts Park

8/27 Mike Pilgermayer at Arts Park

8/30 Alan Berndt at Arts Park



This month in Sports
by Martin L

The US Women's Soccer Team won the 2019 World Cup with a 2-0 victory over France and a 2-1 victory over England to put them in the Finals. They now are fighting for equal pay for women in all major sports.

AJ Barnold, a 2009 Muhlenberg college graduate is a performance analyst for the women's national team.

Major League Baseball resumes play after the all-star break.



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, write your question on the card, and drop it in the box. All questions can be submitted anonymously. We will answer those questions every week in the Wellness Weekly publication! Both the question and the answer will be located inside each edition.

Can't Out-train a Bad Diet (article courtesy of FrontLine Employee: Wellness, Productivity, and You-July 2019 edition)

Awesome, you've decided to get healthier by exercising more and training for improved fitness, but wait, are you changing your diet? A common misconception is that exercise can out-train a bad diet. If you are still eating high-calorie foods, fats, and prepared foods, and hitting restaurant buffets, you are fighting a losing battle. You might feel a bit less guilt about



your diet, but even a daily two-mile job can't put a dent in a bad diet. The opposite is also true. A diet without enough carbs or calories can cause you to lose muscle rather than burn fat for the energy needed in your exercise program. So what's the solution? Talk to your doctor about exercise. Get a referral for nutritional guidance. Your health provider may only recommend a great book. Perhaps an experienced nutritionist is better. Either way, overlooking your diet as you seek improved health will place you at risk for giving up on the new life habit of building a better you.

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 8 Members

Jim M (Ritz BBQ)
 Jeff H(Ritz BBQ)
 Bonnie L (Goodwill @Lehigh St)
 Randy T (Goodwill @Tilghman St.)
 Johana A (Ahart's Market)
 Glen R (Big Lots)
 Sarah B (Red Robin)
 Travis T (Red Robin)

Supported Employment 6 Members

Corey P	Terry M
Kenneth B	Richard O
Matthew P	Keith M

Independent Employment—122 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	Alfonso S	Elizabeth P
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	Michael Ra
Zayda G	Amy J.	Lisa L.	Lori N
Jose F.	Enrique C.	Charles F	Abrihany A.
Lionel R	Ezra C	Kyle S	Vinnie C
Jennifer 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!

Reducing Your Risk of Falls By Diane W

As we age, our risk of serious falls increases. Falls can happen due to changes that occur with normal aging such as stiff joints, muscle weakness, and slower reaction times. Falls can also be caused by medications. Here are a variety of ways we might lower your risk of falls.

- 1) Exercise: Follow an exercise routine to strengthen your muscles (especially legs and feet). It will help with balance and coordination.
- 2) Home Safety: Simple safety changes.
 - A) Keep cords away from areas where you walk
 - B) Remove or secure loose carpets/rugs by tacking them down.
 - C) Add lights to dimly lit areas and top and the top and bottom of stairs.
 - D) Use nightlights in bedrooms, hallways and bathrooms.
 - E) Keep clear pathways between rooms, make sure it is not blocked
 - F) Put handrails on both sides of stairs
 - G) Add grab bars near toilet and bathtub and use non-skid decals or mats in the shower.
 - H) Wear firm shoes that are not slippery on the bottom
 - I) Do not walk around in ill-fitting slippers or socks

If you do experience a fall, seek medical attention immediately. Tell the doctor what might have caused the fall (ex. tripping, dizzy, lost your balance, or felt your legs go out from under you). Bring your medication records including supplements you are taking and over the counter medications. Make sure to set a follow-up visit and keep it.

Top 10 Coping Skills

We all have stressors in life and it seems at times that some people can appear to handle their stressors better than others. It could be that they may have mastered coping skills that help allow them to deal or cope with some of those stressors. We can all benefit from knowing these skills. Here are the top 10 coping skills:

1. Deep Breathing: . The adrenaline level can be increased when we are stressed and we tend to hold our breath. Taking slow deep breaths helps you remain in control and get through the stress more efficiently.
2. Positive Self-Talk: That voice in our head can be very negative comparing ourselves to others. Positive self talk helps us to encourage and support ourselves. Change the internal conversation to one of acceptance and support.
3. Physical Activity: a 15 to 20 minute walk can lessen stress reaction and promote a general sense of well being. Endorphins can be released and improve the ability to handle stress.
4. Writing/Journaling: This is a way to express troubling thoughts as well as gain a better understanding to what really may be bothering you. Write your anger/frustrations down. Review it. See if they matched the level of emotion that may have been warranted. Tear it up and throw it away and let it represent how you are done and over with that problem.
5. Art: Grab a piece of paper and some markers/paints/pens. Fill the page with color. It doesn't matter what it looks like. Make a collage. The key is not the creation, but the process of creativity and letting your mind be taken off a problem.
6. Meditation: Think of a place you love or a craft that you could make. Focus on the details. How it sounds, what it sounds like, the colors. Put all your attention on the thought. You will find that your body will relax and you may even end up falling asleep. Either way, you have relaxed from what was stressing you.
7. Puzzles: Work a puzzle. Any kind you like that will help you refocus away from the stress. It also helps getting different parts of the brain working! Make sure to chose a puzzle that you can probably complete so you don't get stressed that it's too difficult.
8. Music: Listening to music is a powerful tool. Pick your music wisely. Pick what makes you feel in a safe way, but doesn't create additional stress. Sometimes it should play in the background softly and others it can fill the entire room. Know what works for you.
9. Friends: Can listen without judging and validate your feelings. Surround yourself with caring supportive people.
10. Pets: Take your pet for a walk, listen to your cat purr, watch your fish swim. If you don't have a pet, go for a walk to the park, feed the birds, watch they dogs as they play.

These skills along with many others can give you some short term relief from a stressful situation. Find out what works best for you and dive further into investigating that skill. Check online. There are many other coping skills as well.

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
			1 10:00 Community Mtg 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	2 10:00 Cooking Class 10:30 Body and Soul 11:00 3H Planning Mtg 12:30 Wellness Walk 2:00 Meditation Club	3
5 10:30 Body and Soul 11:15 Drum Circle 12:30 Wellness Walk 2:00 Meditation Club	6 9-2 Orientation 10:30 Current Events 10:30 Young Adult Planning Mtg 12:30 Wellness Walk 1:45 2 C U Create	7 8-8:45 Breakfast 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk	8 9:30 Culinary Planning Mtg 10:00 Program/ Policy Mtg. 12:30 Wellness Walk 1:45 2 C U Create	9 10:00 Cooking Class 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club 3-6 pm Muskifest	10
12 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club 4-6pm Karaoke Clubhouse International Accreditation	13 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create Clubhouse International Accreditation	14 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk 1:00 Accreditation Oral Findings Report Clubhouse International Accreditation	15 11:00 BTU Planning Mtg. 12:30 Wellness Walk 1:45 2 C U Create	16 10:00 Cooking Class 10:00 Benefits Counseling Seminar 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	17
19 10:30 Body and Soul 11:15 Drum Circle 12:30 Wellness Walk 2:00 Meditation Club	20 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create 4-7pm Pizza/Move "Incredibles 2"	21 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 12:30 Wellness Walk	22 12:30 Wellness Walk 1:45 2 C U Create	23 10:00 Cooking Class 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	24 12-3pm Two T's Mini Golfing
26 10:30 Maintenance Meeting 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	27 9-2 Orientation 10:30 Current Events 1:45 2 C U Create 4-7pm Cheers for Peers	28 8:30-12 OVR 9-2 Orientation 11:00 Job Seekers 10:30 Body and Soul 12:30 Wellness Walk	29 12:30 Wellness Walk 1:45 2 C U Create	30 10:00 Cooking Class 10:30 Body and Soul 10:30 Grants Meeting 12:30 Wellness Walk 2:00 Meditation Club	31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Manicotti/salad	2 Chicken sliders/chips
5 Stuffed Cabbage/pasta	6 Meatball Hoagies/chips	7 Clam Chowder/ fries	8 Baked chicken/ scalloped potatoes/ veggies	9 Hot dogs/baked beans
12 Chicken and Noodle Casserole	13 Taco Salads	14 Homemade vegetable soup/salad	15 Chicken pot pies/salad	16 Taco Salad/fruit
19 Tuna hoagies/chips	20 Beef macaroni/ salad	21 Cream of broccoli soup/ grilled cheese	22 Grande chili/sweet potato wedges	23 Chicken Salad/bread
26 BLT/Chips	27 Beef sliced hoagies/ fries	28 Meatloaf sandwiches/ Brussel sprouts	29 B&B chicken/mashed potatoes and veggies	30 Mexican lasagna/salad



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.