

October



October



MONDAY

31- Open 9am-4pm 10:00am-11:00am-JOB CLUB

- 11:30am-12:30pm-HELP **KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK** 11:30am-1:00pm- Culinary **Work Skills and Lunch- Cost** \$2.00
- 1:30pm-3:00pm- YOU **GOTTA HAVE ART** 3:00pm-4:00pm- Coffee and end of the day clean-up

11am Mental Health **Awareness Discussion -**Depression

- 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN-**CLUBHOUSE WORK** 11:30am-1:00pm- Culinary **Work Skills and Lunch- Cost** \$2.00
- 1:30pm-3:00pm- YOU **GOTTA HAVE ART** 3:00pm-4:00pm- Coffee and end of the day clean-up.



TUESDAY

DATES TO REMEMBER:

October 9th and 23rd-**Community Kitchen**

Tuesdays - Ready, Set, Work Oct 5-9 Mental Health Week

Oct 15 Earthquake **Preparedness Day**

Relationship Group, October 9th & 23rd

Oct.21 Colour Your Life Wksp. Oct 29 n- Jamming With Jared

THURSDAY

- 1 Open 9am-1pm 10:00am-11:00am-JOB CLUB 11:30-12:30--HELP KEEP YOUR CLUBHOUSE CLEAN-
- **CLUBHOUSE WORK** 11:30am-1:00pm-Culinary **Work Skills and Lunch-Cost** \$2.00
- 1:00pm Clubhouse Closed

FRIDAY

- 2- Open 9am-1:30pm 10:00 - 11:00 JOB CLUB
- 11:00 11:30 Members Meeting 11:30-12:30--HELP KEEP YOUR **CLUBHOUSE CLEAN- CLUBHOUSE**
- WORK 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00
- 1:30 Project Giveback



5 10:00am-11:00am-JOB CLUB

6-Open 9am-4pm

- 11-11:45- Ready, Set Work! -**Skills for the Workplace**
- 11:30-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN-**CLUBHOUSE WORK**
- 11:30am-1:00pm-Culinary Work Skills and Lunch Cost \$2.00
- 1:30pm-2:30pm HEALTHY **BODY, HEALTHY MINDS -**Mental Health Awareness -**How Exercise Benefits your Mental Health**
- 3:00pm-4:00pm- Coffee and end of the day clean-up

7 -Open 9am-4pm **Prepay for Community** Kitchen, \$5 10:00am-11:00am- JOB CLUB 12:30 Thanksgiving Lunch



3:00pm-4:00pm- Coffee and end of the day clean-up

8-Open 9am-4pm 10:00am-11:00am- JOB CLUB

- 10:30 12:30 pm Community Kitchen Planning \$5.00 Pav by Oct 7th 3-5 participants only.
- 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN-**CLUBHOUSE WORK**
- 11:30am-1:00pm-Culinary Work Skills& Lunch-Cost \$2
- 1:30pm-2:30pm Mental Health **Awareness Discussion -Seasonal Affective** Disorder
- 3:00pm-4:00pm- Coffee and end of the day clean-up

- 9 Open 9am-4pm
- 10:00am-11:00am- JOB CLUB 11:00pm-11:30am-Members Meeting
- Mental Health Awareness Discussion -Schizophrenia
- 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK
- 12:30 No Lunch bring a bagged
- 1:00-4:00pm Community Kitchen Only for members who have signed up and have prepaid \$5
- 1:30 Relationship Group
- 3:00pm-4:00pm- Coffee and end of the day clean-up

13- Open 9am-4pm 15- Open 9am-4pm 16 Open 9am-4pm 12 Open 9am-4pm 14 - Open 9am-4pm 11-11:45 - Ready, Set Work! 10:00am-11:00am- JOB CLUB 10:15 Earthquake 9:30-12:30pm WRAP 11:30am-12:30pm-HELP KEEP 11:00 -Members Meeting 10:00am-11:00am- JOB CLUB **Awareness Day** YOUR CLUBHOUSE CLEAN-11:30am-12:00 Special Coffee as 11:30am-12:30pm-HELP KEEP **CLUBHOUSE CLOSED FOR CLUBHOUSE WORK** you clean your Foodsafe Kitchen Video YOUR CLUBHOUSE CLEAN-11:30-1:00 Culinary Work Skills 11:00-11:30am- JOB CLUB and Lunch- Cost \$2.00 11:30am-1:00pm-Culinary Work **CLUBHOUSE WORK** Skills and Lunch- Cost \$2.00 1-2:30 - Marketing -Card 11:30am-1:00pm- Culinary Work 11:30am-1:00pm-Culinary 1:30-2:00 - HEALTHY BODY-Project Skills and Lunch- Cost \$2.00 **Work Skills and Lunch-Cost HEALTHY MIND** 3:00pm-4:00pm- Coffee and \$2.00 3:00pm-4:00pm- Coffee and end 3:00pm-4:00pm- Coffee and end 3:00pm-4:00pm- Coffee and end of the day clean-up of the day clean-up of the day clean-up end of the day clean-up 19- Open 9am-4pm 20. Open 9am-4pm 21 . Open 9am-4pm 22. Open 9am-4pm 23 Open 9am-4pm Prepay for Community Kitchen. 11-11:45 Ready, Set Work! 10:00am-11:00am- JOB CLUB 10:00am-11:00am- JOB CLUB 10:00am-11:00am- JOB CLUB 10:00am-11:00am- JOB CLUB 11:00- Members' Meeting 11:30am-12:30pm-HELP KEEP 11:45am-12:30pm-HELP KEEP 12:30 No Lunch - bring a bagged YOUR CLUBHOUSE CLEAN-11:30am-12:30pm-HELP KEEP 11:30am-1:00pm-Culinary YOUR CLUBHOUSE CLEAN-**CLUBHOUSE WORK** YOUR CLUBHOUSE CLEAN-Work Skills and Lunch-Cost lunch. **CLUBHOUSE WORK** 1:00-4:00pm Community **CLUBHOUSE WORK** \$2.00 11:30am-1:00pm-Culinary Work Kitchen. Only for members who 11:30am-1:00pm- Culinary 11:30am-12:30pm-HELP KEEP Skills and Lunch- Cost \$2.00 have signed up and have repaid **Work Skills and Lunch- Cost** 11:30am-1:00pm- Culinary Work YOUR CLUBHOUSE CLEAN-Skills and Lunch- Cost \$2.00 **CLUBHOUSE WORK** Limited to 5 participants. \$5 \$2.00 1:00-1:30pm-Members Meeting 1:30pm-3:00pm- YOU GOTTA 1:30- 4:00 1:30 Relationship Group **HAVE ART** 1:15 Wheel of Life Colour Your 12:30 pm Community Kitchen 2:30 Internet Skills 3:00pm-4:00pm- Coffee and end Life Workshop Planning - Prepay by Oct 21st Clubhouse \$5.00 3-5 participants only. 3:00pm-4:00pm- Coffee and end of the day clean-up of the day clean-up Closed for 3:00pm-4:00pm- Coffee and end of the day clean-up **Young Adults** 3:00pm-4:00pm- Coffee and end of the day clean-up **Get Out and Vote!** 26 Open 9am-4pm 27 Clubhouse Closed for 28 Open 9am-4pm 30.Open 9am-1:30pm 29. Open 9am-4pm 10:00am-11:00am- JOB CLUB scheduled 9:30-12:30pm WRAP 11:30am-12:30pm-HELP KEEP 10:00am-11:00am- JOB 9:30-12:30pm WRAP 10:00am-11:00am- JOB YOUR CLUBHOUSE CLEAN-10:00 - 11:00 JOB CLUB **Recovery Plans CLUB** CLUB **CLUBHOUSE WORK** 11:30-12:30--HELP KEEP YOUR 11:30am-12:30pm-HELP 11:30am-1:00pm-Culinary 11:30am-1:00pm-Culinary Work **CLUBHOUSE CLEAN-**Work Skills and Lunch-Skills and Lunch-Cost \$2.00 **Hopes and Dreams for KEEP YOUR CLUBHOUSE WORK** Cost \$2.00 1:30pm-3:00pm- YOU GOTTA **CLUBHOUSE CLEAN-**11:30am-1:00pm- Culinary Work the Future 2:00-3:00 Jamming with **HAVE ART** Skills and Lunch- Cost \$2.00 **CLUBHOUSE WORK** 3:00pm-4:00pm- Coffee and end Jared. 1:00 - 1:30 - Members' Meeting 11:30am-1:00pm-Culinary Work Closed at 3 for staff meeting of the day clean-up 3:00pm-4:00pm- Coffee and 1:30-3:00 Halloween Tales and

Skills and Lunch- Cost \$2.00

3:00pm-4:00pm- Coffee and end

1:30 Pursuit of Happiness

of the day clean-up

end of the day clean-up

Treats

3:00pm-4:00pm- Coffee and end

of the day clean-up