



NEWSLETTER

We are a diverse and supportive community working side by side, creating opportunities to achieve our goals in wellness, education and employment

STAYING ALIVE HERE AT CLUBHOUSE

On March 10, 2017 we held a CPR class to aid in helping staff and members obtain and maintain current certifications.

The course was the Heartsaver Course for the Healthcare Professional. Those going into educational fields or employment with the requirement of CPR will already have this under their belt.

All participants completed a hands on portion as well as a written exam.



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Average Daily Attendance at Clubhouse
February 2017 - 42.7

Building Careers - Clubhouse and Community Partners Education

A good group of members attended an Employment Workshop on February 24th that was put on by YPR (Young People in Recovery) and located at the BARN (Bangor Area Recovery Network). Eastern Maine Development Cooperation was in attendance as well and did a presentation on what they have to offer. They work with all ages on work and education. Some of the things they offer are

- Paid work experience
- Certificates
- On the job trainings
- Financial literacy classes
- Work ready classes
- And support

We left with several of member feeling motivated and excited to work on their employment and education goals.



Where does all the good things happen?

Outside your comfort zone!

Clubhouse Fun...

This month we held a Saturday Cribbage Tournament. Teams of 2 competed against each other in an effort to crown a Champion! Congratulations to Roger and Delores the winners of the tourney.

We hosted a movie and ice cream social. Tommy Boy was the movie and proved to be as funny as ever.

Heidie, Carrie and Pete attended the monthly Greater Bangor Apartment Owners and Managers Association meeting. They presented about Clubhouse and how we could be of assistance in helping to fill their apartments.



What's Happening???

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Smooth Moves 11am	4 Yoga 12pm	5 Cardiosport 12pm	6 Upper Body 12:15pm	7 Functional Fitness 12:30pm Social 4p-7p	8
9	10 Smooth Moves 11am	11 Yoga 12pm	12 Cardiosport 12pm	13 Upper Body 12:15pm	14 Functional Fitness 12:30pm NO SOCIAL]	15 Saturday Social Games, Games and more Games 10am-1pm
16	17 Smooth Moves 11am	18 Yoga 12pm	19 Cardiosport 12pm	20 Upper Body 12:15pm	21 Functional Fitness 12:30pm Social 4p-7p	22
23	24 Smooth Moves 11am	25 Yoga 12pm	26 Accreditation Cardiosport 12pm	27 Accreditation Upper Body 12:15pm	28 Accreditation Functional Fitness 12:30pm Social 4p-7p	29
30	Notes: Mon House Meeting 1:30 PM Tues: Supervision at 8 AM Action Plan Meeting 1:30 PM Thurs: Career Builders at 1:30 PM					

*Smooth Moves is at the Y and requires a membership or a day pass
* Cardiosport is an intermediate/advanced class

What's for lunch???

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Sloppy Joes	4 Black Bean and Cheese quesadillas	5 Baked Ziti	6 Chicken Pot Pie	7 Pinwheels	8
9	10 Tuna Italians	11 Chicken Parmesan	12 Hot Dogs and Homemade Baked Beans	13 Asian Chicken Salad with a sesame vinaigrette	14 BLT wraps	15
16	17 Chicken Tender Wraps	18 Tacos	19 Pork Loin	20 Mexican Zucchini Burrito Boats	21 Stromboli	22
23	24 Chicken and Roasted Vegetables	25 7 Layer Tostada	26 Welcome Accreditation Team! Veggie Lomein and an egg roll	27 Career Builders Luncheon Stuffed Shells and a side salad And a special dessert ☺	28 Hamburgers	29
30	Notes:					