


EMPOWERMENT CLUBHOUSE

April 2024 

441 Drake Avenue, Marin City, CA 94965 | (415) 339-2843 | [Call by Friday for following week Transportation Needs!](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Several Main Activities Happening THIS Month! Please Check with your Clubhouse Units for tasks and planning!</p>							
Hospitality Unit							
Culinary	Kitchen Prep-Budgeting, Shopping, Cooking, and Meal Prep. Organize Basement Kitchen. <u>LUNCH AVAILABLE: MONDAY-FRIDAY 12:30PM! Please check-in ahead so there are meals for all!</u>						
Gardening	Preparing for our new garden! Cleaning statue and pond. It is looking great! Share your ideas!						
T.H.R.I.V.E. Unit							
Transitional Employment	Adding new business partners, Business Outreach Visits every Friday, employment sign-ups, Individual Employment Plans. Special Guest Speaker list.						
Health & Wellness	Pickle Ball, Mental Health Walks, Yoga, Walk the Docks in Sausalito, Complete your wellness packet and set your goals.						
Recreation	Plan outing for May. This month will be at Marine Mammal Center. Plan dinner and movie night.						
Inspire & Create	Need pots and canvas painted. Prepare to open online store! Meeting will be 4/22/24. Share your ideas of crafts. 100% of sales go back into clubhouse. Prepare for Marketing and Newsletter. Coloring contest coming soon! Check with clubhouse. Send in your stories and favorite photos.						
Volunteer	Volunteer work at MLK Gardens and beach clean-up.						
Enrollment & Business Administration	Data entry, Member ReachOut 'thinking of you' and deliveries on Wednesdays, filing, Digital Literacy, Spring Clean Office. Prepare Enrollment packages, and Monthly Reports. Digital Literacy in T.H.R.I.V.E. Unit. Cover front desk.						
Transportation	Please call day before for Pick-up's drop-off's. Transportation training is available!						
Member Chat & weekly boost Virtual on Zoom 6-7 pm	1 W.O.D. 9:30-10:00 am	2 W.O.D. 9:30-10:00 am	3 Day W.O.D. 9:30am-10:00pm	4 W.O.D. 9:30-10:00 am	5 W.O.D. Hybrid 9:30-10:00 am	6	
	Mental Health Walk 10:00-10:30 am	Transitional Employment Business Partner 12:00-1:00 pm	Member Outreach & Visits 10:00am-12:00pm	Digital Literacy 11:00am-12:00 pm	Community & Business Outreach Calls & Visits Call to save your spot! 10:00am-12:00pm	Coffee & Good Company 10:00-11:00 am	
	Unit Planning and Research 11:00-12:00 pm	Unit Planning and Research 1:00-2:00 pm	Interview Practice 10:30-11:30 am	Inspire & Create 2:15-3:15 pm Unit Planning and Research	Unit Planning and Research TE Meeting 2:30-3:00 pm	~Inquire with clubhouse or members for details & sign up by Friday 😊	
	Young Adult Program Planning 2:00-3:30 pm	Inspire & Create 2:15-3:15 pm	Creative Writing 1:30-2:30 pm	Member Outreach 3:15-4:00 pm	Unit Planning and Research Outreach 3:00-4:00 pm		
	Unit Meetings 4pm-5pm	Outreach 3:15-5:00 pm	Unit Planning and Research 2:30-3:30 pm				
Member Chat & weekly boost Virtual on Zoom 6-7 pm	7	8 W.O.D 9:30-10:00 am	9 W.O.D. 9:30-10:00 am	10 W.O.D. 9:30-10:00 am	11 W.O.D. 9:30-10:00 am	12 W.O.D. Hybrid 9:30-10:00 am	13
		Transportation Training 10:30am-12:00pm	Art Museum 10:00 am	Member Outreach & Visits 10:00am-12:00pm	Mental Health Walk 10:00 am-11:00 am	Community & Business Outreach Calls & Visits Call to save your spot! 10:00am-12:00pm	Coffee & Good Company 10:00-11:00 am
		Unit Planning and Research	Inspire and Create 10:30-11:00 am	Unit Planning and Research	Nature Walk Education 2:00-3:00 pm	TE Meeting 1:30pm-3:00pm	~Inquire with clubhouse or members for details & sign up by Friday
		Young Adult Brainstorm 2:00-3:00 pm	 Member Outreach 2:00-4:00 pm	Volunteer Planning 10:00-10:30	Educational Movie and Snacks 3:00-4:30 pm	Outreach 3:00-4:00 pm	
		Career Prep (TE) 3pm-4pm Unit Meetings 4pm-5pm	Let's Talk! Support Group Meeting 4:00pm-5:00pm Hybrid	Hula Hoop 11:00 am			
				Garden Unit: Educational Video 1:00-3:00 pm			

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>Member Chat & weekly boost Virtual on Zoom 6-7 pm</p>	<p>15</p> <p>W.O.D 9:30-10:00 am</p> <p>Email/Mail Calendar</p> <p>Transportation Training 10:30am-12:00pm</p> <p>Young Adult Group 2:00-3:30 pm</p> <p>Career Prep (TE) 3pm-5pm</p> <p>The Redwoods Volunteer Work Experience Digital Literacy 3pm-4pm</p> <p>Unit Meetings Clubhouse International 4pm-5pm</p>	<p>16</p> <p>W.O.D 9:30-10:00 am</p> <p>Interview Practice 10:00-11:00 am</p> <p>Unit Planning and Research</p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Career lab hours 1:00-2:30 pm</p> <p>Golden Gate Villate EC Presentation Table 2:30-3:30 pm</p> <p>Member Reach out and Marketing 3:00-5:00 pm</p>	<p>17</p> <p>W.O.D. 9:30-10:00</p> <p>Member Outreach & Visits 10:00am-12:00pm</p> <p>Public Speaking 2:15-3:30 pm</p> <p>Nature Walk Education 3:30-4:00 pm</p> <p>Unit Planning and Research</p> <p>MAY CALENDAR DRAFT DUE</p> <p>Learn Tai Chi on YouTube</p>	<p>18</p> <p>W.O.D. 9:30-10:00 am</p> <p>T.E Career Prep 10:00-11:00 am</p> <p>Yoga 11:00 am</p> <p>Art Project Inspire and Create 12:00-1:00 pm</p>  <p>EC Podcast!! 1:30-3:00 pm</p> <p>Member Reach Out 3:00-5:00 pm</p>	<p>19</p> <p>W.O.D. Hybrid 9:30-10:00 am</p> <p>Community & Business Outreach Calls & Visits Call to save your spot! 10:00am-12:00pm</p> <p>Wellness Works Program 10:00 am-11:00 am</p> <p>Transitional Employment Meeting 1:30pm-3:00pm</p> <p>Unit Brainstorming 3:00-5:00 pm</p>	<p>20</p> <p>Statue and Pond Clean-up</p> <p>Design garden area, seeds, planter boxes, etc!</p>
<p>21</p> <p>Member Chat & weekly boost Virtual on Zoom 6-7 pm</p>	<p>22</p> <p>W.O.D 9:30-10:00 am</p> <p>NEW! EC Store Planning and Preparation! 3pm-4pm</p> <p>Young Adult Group 2:00-3:00 pm</p> <p>Career Prep (TE) 3pm-4pm</p> <p>Unit Meetings Clubhouse International 4pm-5pm</p> <p>MAIL CALENDARS & Newsletter</p>	<p>23</p> <p>W.O.D. 9:30-10:00 am</p> <p>Digital Literacy 11am-12pm</p> <p>Unit Planning and Research</p> <p>Music Activity 1:00-2:00 pm</p> <p>Inspire and Create 2:00-2:30 pm</p>  <p>Member Outreach 2:00-4:00 pm</p> <p>Let's Talk! Support Group Meeting 4:00pm-5:00pm Hybrid</p>	<p>24</p> <p>Day W.O.D. 9:30-10:00</p> <p>Member Outreach & Visits 10:00am-12:00pm</p> <p>Unit Planning and Research</p> <p>Marketing and Newsletter Prep</p> <p>Public Speaking 2:15-3:30 pm</p> <p>Nature Walk Education 3:30-4:00 pm</p>	<p>25</p> <p>W.O.D. 9:30-10:00 am</p> <p>Pickle Ball 10:30-11:30 am</p>  <p>T.E Career Prep 10:00-11:00 am</p> <p>Unit Planning and Research</p> <p>Inspire and Create 12:00-1:00 pm</p>  <p>EC Podcast!! 1:30-3:00 pm</p>	<p>26</p> <p>W.O.D. Hybrid 9:30-10:00 am</p> <p>10:00am-2:00pm Educational Tour Marine Mammal Center</p> <p>Must RSVP by 4/19/2024!</p> <p>Look for Volunteer Work and Careers!</p>	<p>27</p> <p>Coffee & Good Company 10:00-11:00 am</p> <p>~Inquire with clubhouse or members for details & sign up by Friday</p>
<p>28</p> <p>Member Chat & weekly boost Virtual on Zoom 6-7 pm</p>	<p>29</p> <p>W.O.D 9:30-10:00 am</p> <p>Transportation Training 10:30am-12:00pm</p> <p>Unit Planning and Research</p> <p>Wellness Program 1:00-2:00 pm</p>	<p>30</p> <p>W.O.D. 9:30-10:00 am</p> <p>Digital Literacy 11am-12pm</p> <p>Unit Planning and Research</p> <p>Podcast Prep 3pm-4pm</p>	<p>FOR HYBRID ACTIVITIES USE: ZOOM 492 524 7798 Password 1234</p> <p><i>Stay Connected & Follow us on Instagram and Facebook!</i> <i>Instagram: marincitycdc and Facebook: marincitycdc</i></p> <p><i>My Favorite Unit/Programs are:</i></p>			   