EMPOWERMENT CLUBHOUSE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
			•							
	Please Check with y			olanning!						
ary	Kitchen. <u>LUNCH</u>	geting, Shopping, (AVAILABLE: MON	Cooking, and Mea							
Gardening Preparing for our new garden! Cleaning statue and pond. It is looking great! Sh your ideas!										
T.H.R.I.V.E. Unit										
oyment	Adding new business partners, Business Outreach Visits every Friday, employment sign-ups, Individual Employment Plans. Special Guest Speaker list.									
+	Plan outing for May. This month will be at Marine Mammal Center. Plan dinner and									
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 clubhouse. Send in your stories and favorite photos.										
nteer										
ness	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									
		· · · · · · · · · · · · · · · · · · ·			/ailable!					
9:30-10:00 am Mental Health Walk 10:00-10:30 am Unit Planning an Research 11:00-12:00 pm Young Adult Program Plannin 2:00-3:30 pm	9:30-10:00 am Transitional Employment Business Partner 12:00-1:00 pm Unit Planning and Research 1:00-2:00 pm Inspire & Create 2:15-3:15 pm Outreach 3:15-5:00 pm	Day W.O.D. 9:30am-10:00pm Member Outreach & Visits 10:00am-12:00pm Interview Practice 10:30-11:30 am Creative Writing 1:30-2:30 pm Unit Planning and Research 2:30-3:30 pm	W.O.D. 9:30-10:00 am Digital Literacy 11:00am-12:00 pm Inspire & Create 2:15-3:15 pm Unit Planning and Research Member Outreach 3:15-4:00 pm	9:30-10:00 am Community & Business Outreach Calls & Visits Call to save your spot! 10:00am-12:00pm Unit Planning and Research TE Meeting 2:30-3:00 pm Outreach 3:00-4:00 pm	Coffee & Good Company 10:00-11:00 an ~Inquire with clubhouse or members for details & sign u by Friday ©					
W O D		10 W O D	11 W O D		13					
9:30-10:00 am Transportation Training 10:30am-12:00pi	9:30-10:00 am Art Museum 10:00 am Inspire and Create 10:30-11:00 am Member Outreach 2:00-4:00 pm	9:30-10:00 am Member Outreach & Visits 10:00am-12:00pm Unit Planning and Research Volunteer Planning 10:00-10:30 Hula Hoop 11:00 am	9:30-10:00 am Mental Health Walk 10:00 am-11:00 am Nature Walk Education 2:00-3:00 pm Educational Movie and Snacks 3:00-4:30 pm	9:30-10:00 am Community & Business Outreach Calls & Visits Call to save your spot! 10:00am-12:00pm TE Meeting 1:30pm-3:00pm Outreach 3:00-4:00 pm	Coffee & Good Company 10:00-11:00 an ~Inquire with clubhouse or members for details & sign u by Friday					
	ary ening sitional oyment h & less eation re & Create Iment & less enistration sportation 1	Several Mair Please Check with yeary Kitchen Prep-Budg Kitchen. LUNCH ahead so there are your ideas! Preparing for our region ideas! Adding new busine employment sign-ue have your wellness pack your wellness pack eation Plan outing for May movie night. Pe & Create Need pots and can 4/22/24. Share you Prepare for Marketic clubhouse. Send in Volunteer work at Marketic lubhouse. Send in Yound Health Walk 10:00-10:30 am Unit Planning and Research 11:00-12:00 pm Voung Adult Program Planning 2:00-3:30 pm Unit Meetings 4pm-5pm View of the program Planning 2:00-3:30 pm Unit Planning and Research 1:00-2:00 pm Transportation Training 10:30am-12:00pm Unit Planning and Research 1:0:00 am Transportation Training 10:30am-12:00pm Unit Planning and Research 1:0:30-11:00 am Transportation Training 10:30am-12:00pm Unit Planning and Research 1:0:30-11:00 am Member Outreach 2:00-4:00 pm Member Outreach 2:00-4:00 pm	Several Main Activities Happe Please Check with your Clubhouse Un Hospitality Un Ary Kitchen Prep-Budgeting, Shopping, Kitchen. LUNCH AVAILABLE: MON ahead so there are meals for all! Preparing for our new garden! Cleaning your ideas! T.H.R.I.V.E. Un Preparing for our new garden! Cleaning your ideas! T.H.R.I.V.E. Un Adding new business partners, Busine employment sign-ups, Individual Employment by the employment sign-ups, Individual Employment wovie night. The & Create Plan outing for May. This month will be movie night. The & Create Volunteer work at MLK Gardens and the extern volunteer voluntee	Several Main Activities Happening THIS Mont Please Check with your Clubhouse Units for tasks and J Hospitality Unit Actichen Prep-Budgeting, Shopping, Cooking, and Mexitichen. LUNCH AVAILABLE: MONDAY-FRIDAY12: ahead so there are meals for all! Preparing for our new garden! Cleaning statue and por your ideas! T.H.R.I.V.E. Unit Adding new business partners, Business Outreach Visemployment sign-ups, Individual Employment Plans. Show eas your wellness packet and set your goals. Pickle Ball, Mental Health Walks, Yoga, Walk the Dock your wellness packet and set your goals. Plan outing for May. This month will be at Marine Mam movie night. Need pots and canvas painted. Prepare to open online 4/22/24. Share your ideas of crafts. 100% of sales go be Prepare for Marketing and Newsletter. Coloring contest clubhouse. Send in your stories and favorite photos. Volunteer work at MLK Gardens and beach clean-up. Insistration Insistration Please call day before for Pick-up's drop-offs. Transportation Please call day before for Pick-up's drop-offs. Transportation Please call day before for Pick-up's drop-offs. Transportation Transportation Unit Planning and Research 1:00-1:00 pm Voung Adult Program Planning 2:00-3:30 pm Outreach Unit Meetings 4pm-5pm Unit Meetings 4pm-5pm Outreach Unit Planning and Research 1:00-1:00 am Transportation Transportat	Several Main Activities Happening THIS Month! Please Check with your Clubhouse Units for tasks and planning! Hospitality Unit Ary Kitchen Prep-Budgeting, Shopping, Cooking, and Meal Prep. Organize B Kitchen. LUNCH AVAILABLE: MONDAY-FRIDAY12:30PM! Please chealed and so there are meals for all! Preparing for our new garden! Cleaning statue and pond. It is looking gree your ideas! T.H.R.I.V.E. Unit Adding new business partners, Business Outreach Visits every Friday, employment sign-ups, individual Employment Plans. Special Guest Speak h& Pickle Ball, Mental Health Walks, Yoga, Walk the Docks in Sausalito, Comyour wellness packet and set your goals. Plan outing for May. This month will be at Marine Mammal Center. Plan dimovie night. Please Create Need pots and canvas painted. Prepare to open online store! Meeting will 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 the clubhouse. Send in your stories and favorite photos. Volunteer work at MLK Gardens and beach clean-up. Data entry, Member ReachOut thinking of you' and deliveries on Wedness filing, Digital Literacy, Spring Clean Office. Prepare Enrollment packages, and Sales of the Calls & Visits (1) 100-100 pm (1) 11 100 pm (1) 100-100 pm (1) 11 100 pm (1) 100-100 pm (1) 11 100 pm (



EMPOWERMENT CLUBHOUSE

April 2024

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

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





 $\textbf{Calendar subject to change. Please visit} \ \ \underline{\textbf{www.marincitycdc.org/empowerment-clubhouse}} \ \text{or call for updates}.$