

# EMPOWERMENT CLUBHOUSE

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

 **September 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p><b>Clubhouse Open Every day 9:00am-5:00pm and major holidays!</b>  <i>All Work tasks are marked on boards and ready for you to take charge!</i></p> <p><b><u>LUNCH AVAILABLE: MONDAY-FRIDAY</u></b>  <b><u>12:30PM!</u></b></p>  <p><b><u>Please check-in ahead so there may be meals for all!</u></b></p> <p><b>FOR HYBRID ACTIVITIES USE:</b>  <b>ZOOM 492 524 7798 Password 1234</b></p> <p>Quote of the month:            "I never dreamed about success. I worked for it."-Estée Lauder</p>  <p><i>Stay in touch via Newsletter, social media, and our website!</i>            Join Us Every Afternoon for <b>Member Outreach</b> and <b>business administration tasks</b> and enjoy a refreshing beverage in the T.H.R.I.V.E. Unit while working.</p> <p><i>Decision Making Meetings are 1<sup>st</sup> Tuesday of the Month. Unit Meetings are every Friday.</i></p>					<p>Work Order Day Unit Meeting 9:30-10:00 am</p> <p>10:00am-11:00am Walk the Dock (Sausalito)</p> <p>Business Outreach 11:00am-12:30pm</p> <p>Afternoon W.O.D 2:00-2:15 pm</p> <p>Pet Rock Prep &amp; Lemonade</p>  <p>2:15-3:00 pm</p> <p>National Doodle Day &amp; Smoothies 3:00-4:00 pm</p> <p><b>Let's Talk! Support Group Meeting w/Mic 4:00pm-5:00pm Hybrid</b></p>	<p>Coffee &amp; Good Company 10:00-11:00 am</p>  <p>~Inquire with Clubhouse or Members for details &amp; sign up by Friday 😊</p>
3	4	5	6	7	8	9
<p><b>PET ROCK DAY!</b></p>  <p>Member Chat &amp; weekly boost Virtual on Zoom 6-7 pm</p>	 <p>Labor Day</p> <p>Good Company get together on Zoom!</p> <p>10:00am-11:00am</p>	<p>Work Order Day 9:30-10:00 am</p> <p>Mobile Crisis Unit Presentation 10am-11am</p> <p>Digital Literacy 11am-12pm</p> <p>Afternoon W.O.D 2:00-2:15 pm</p> <p>Career Talk &amp; Transitional Employment <b>Hybrid-Zoom</b> 2:15-3:15 pm</p> <p>Member Outreach 3:00PM-5:00pm</p>	<p>Work Order Day 9:30-10:00 am</p> <p>Mental Health Walk 10:00am-10:30am</p> <p>Afternoon W.O.D 2:00-2:15 pm</p> <p>Public Speaking 2:15-3:30 pm</p> <p>Volunteer Brainstorming 3:30-4:00 pm</p> <p>Career Prep (TE) 3pm-4pm</p> <p>Game Night 4:00 pm-6:00 pm</p>	<p>Work Order Day 9:30-10:00 am</p> <p><b>FREE MARIN SENIOR FAIR</b></p> <p>9:00AM-3:00PM Event ALL DAY! (sign up by 9/1)</p> <p><a href="http://www.marinseniorfair.org/2023/">www.marinseniorfair.org/2023/</a></p> <p>Look for EC Booth! Call Clubhouse for details.</p> <p>(Prep for World Mental Health Day Clubhouse Int'l 10/10/23)</p>	<p>Work Order Day Unit Meeting 9:30-10:00 am</p> <p>MLK Gardens 10:00 am-12:00 pm</p> <p>Community Outreach Calls &amp; Visits</p> <p>Afternoon W.O.D 2:00-2:15 pm</p> <p><b>Let's Talk! Support Group Meeting w/Mic 3:00pm-4:00pm Hybrid</b></p>	<p>Coffee &amp; Good Company 10:00-11:00 am</p>  <p>~Inquire with clubhouse or members for details &amp; sign up by Friday 😊</p>
10	11	12	13	14	15	16
<p><b>Wellness Week!</b></p> <p>Filled with fun exercise and healthy meals!</p> <p>We've got the fanny</p>	<p>Preparation Monday 9:00-11:00 am</p> <p><b>Group Walk</b></p> <p>Work Order Day 11:00-11:30 am</p> <p>Transportation Training 10:30-12:00</p>	<p>Work Order Day 9:30-10:00 am</p> <p><b>Yoga</b></p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Afternoon W.O.D 2:00-2:15 pm</p>	<p>Work Order Day 9:30-10:00 am</p> <p>Afternoon W.O.D 2:00-2:15 pm</p> <p>Public Speaking 2:15-3:30 pm</p> <p><b>Community Clean Up Walk</b> 3:30-4:00 pm</p>	<p>Work Order Day 9:30-10:00 am</p> <p><b>Pickle Ball</b></p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Afternoon W.O.D 2:00-2:15 pm</p> <p>Art for Mental Health 2:15-3:15 pm</p>	<p>Work Order Day Unit Meeting 9:30-10:00 am</p> <p><b>Hula Hoop Exercise</b></p> <p>Art for Mental Health 10:30-11:00 am</p> <p>Volunteering Research lab hours 11:00-11:30 am</p>	<p>Coffee &amp; Good Company 10:00-11:00 am</p> <p>~Inquire with clubhouse or members for details &amp; sign up by Friday 😊</p>

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 **September 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
packs you've got the feet!	Afternoon W.O.D 12:00-12:15 pm Wellness Works Program 12:30-1:30 pm Young Adult Program Planning 1:30-3:30 pm	Art for Mental Health 2:15-3:15 pm Member Outreach 3:00pm-5:00pm	Career Prep (TE) 3pm-4pm  <b>Let's Talk! Support Group Meeting 4:00pm-5:00pm Hybrid</b>	Member Outreach & Cookies 3:15-4:15 pm  (Prep for World Mental Health Day Clubhouse Int'l 10/10/23)	Afternoon W.O.D 2:00-2:15 pm  New Member Mixer 3:00-5:00 pm	How did your wellness week go? What goals are you going to set now?
17	18	19	20	21	22	23
Member Chat & weekly boost Virtual on Zoom 6-7 pm	Preparation Monday 9:00-11:00 am  Work Order Day 11:00 am-11:30 am  Transportation Training 10:30am-12:00pm  Afternoon W.O.D 12:00-12:15 pm  Wellness Works Program 12:30-1:30 pm  Young Adult Program Planning 1:30-3:30 pm  Prep for World Mental Health Day Clubhouse Int'l	Work Order Day 9:30-10:00 am  Talk Like a Pirate   Unit Brainstorming 10:00 am-11:00 am  Digital Literacy 11:00am-12:00 pm  Afternoon W.O.D 2:00-2:15 pm  Inspire & Create 2:15-3:15 pm Member Outreach 3pm-5pm	Work Order Day 9:30-10:00 am  Wellness Works Program 10:00 am-11:00 am  Good Customer Service-What is it? Grow your people skills! 1:00pm-2:00pm  Career Prep (TE) 3pm-4pm  3:00pm-5:00pm October Calendar Due Newsletter Items DUE!	Work Order Day 9:30-10:00 am  Sharing Time 10:00 am-11:00 am  Digital Literacy 11:00am-12:00 pm  Afternoon W.O.D 2:00-2:15 pm  Inspire & Create 2:15-3:15 pm  Member Outreach 3:15-4:15 pm  <b>Let's Talk! Support Group Meeting 4:00pm-5:00pm Hybrid</b>	Work Order Day Unit Meeting 9:30-10:00 am  Business Outreach 11:00-11:30 am  Afternoon W.O.D 2:00-2:15 pm  Bob Ross Painting Night with snacks 😊 2:00-4:00 pm  Applications for Advisory Committee Update	  <a href="#">LIVE ON THE AVENUE CONCERT IN SAN ANSELMO</a> 5:30PM-8:30PM  Must Contact Clubhouse before 9/19/23 for details and to sign up!
24	25	26	27	28	29	30
Member Chat & weekly boost Virtual on Zoom 6-7 pm	Preparation Monday 9:00-11:00 am  Work Order Day 11:00 am-11:30 am  Transportation Training 10:30am-12:00pm  Afternoon W.O.D 12:00-12:15 pm  Wellness Program 12:30-1:30 pm  Young Adult Group 1:30-3:30 pm  Career Prep (TE) 3pm-5pm	Work Order Day 9:30-10:00 am  Gardening 10:00 am-11:00 am  Digital Literacy 11am-12pm  Afternoon W.O.D 2:00-2:15 pm  <b>Marin City Job &amp; Resource Fair 3pm-7 pm</b>	Work Order Day 9:30-10:00 am  September Birthday Celebration with cake 😊   Afternoon W.O.D 2:00-2:15 pm  Public Speaking 2:15-3:30 pm  Nature Walk Education 3:30-4:00 pm  Open Mic for Poetry & Music 4:00 pm-6:00 pm	Work Order Day 9:30-10:00 am  Gardening 10:00 am-11:00 am  Digital Literacy 11:00am-12:00 pm  Afternoon W.O.D 2:00-2:15 pm  Art for Mental Health-Project Inspiration 2:15-3:15 pm  Member Outreach 3:15-4:15 pm  Exercise or Mindful Meditation 4:15-5:00 pm	Work Order Day Unit Meeting 9:30-10:00 am  Business Outreach 11:00am-11:30am  Community Clean-up/Save Our Planet 2:00pm-3:00pm  <b>Let's Talk! Support Group Meeting 3:00pm-4:00pm Hybrid</b>  <b>Employment Partner Appreciation Day!</b>	Coffee & Good Company 10:00-11:00 am   ~Inquire with clubhouse or members for details & sign up by Friday 😊 30

Stay Connected & Follow us on Instagram and Facebook!

Instagram: [marincitycdc](#)

Facebook: [marincitycdc](#)



**FOR HYBRID ACTIVITIES USE:**  
ZOOM 492 524 7798  
Password 1234



 **Clubhouse International**  
Creating Community: Changing the World of Mental Health



Calendar subject to change. Please visit [www.marincitycdc.org/empowerment-clubhouse](http://www.marincitycdc.org/empowerment-clubhouse) or call for updates.