

# EMPOWERMENT CLUBHOUSE

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



## November 2023











SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Don't judge each day by the harvest you reap but by the seeds that you plant" -Robert Stevenson</p>  <p><b>IMPORTANT: Decision Making Meetings are the 1<sup>st</sup> Tuesday of the Month.</b>  <b>Unit Meetings are every Monday afternoon.</b>  <b>Clubhouse Open Every day 9:00am-5:00pm and activities on major holidays!</b>  <b>LUNCH AVAILABLE: MONDAY-FRIDAY 12:30PM!</b>  <b>Please check-in ahead so there are meals for all!</b>  <b>All Work tasks are marked in your Units and ready for you to take charge!</b></p>			<p>1 W.O.D. 9:30-10:00 am</p> <p>Mental Health Walk 10:00am-10:30am</p> <p>Member Reachout 10:30am-12:00pm Out in community</p> <p>Animal Shelter Work 10:30 am-11:30 am</p> <p><b>MLK Gardens Pick and Cook 12:00-1:00 pm</b></p> <p>Public Speaking 2:15-3:30 pm</p> <p>Career Prep (TE) 3pm-5pm</p>	<p>2 W.O.D. 9:30-10:00 am</p> <p>Digital Literacy 11:00am-12pm</p> <p>Administration Work &amp; Clubhouse Clean Up 12:00pm-2:00pm</p> <p>Career Podcast Brainstorm 1:00-2:00 pm</p> <p>Project Inspiration and Outreach Prep 2:00-3:00 pm</p> <p>Member Reachout 3:00-5:00 pm</p>	<p>3 W.O.D. Hybrid 9:30-10:00 am</p> <p>Community &amp; Business Outreach Calls &amp; Visits Call to save your spot!</p> <p>Business Outreach 2:15-3:00 pm</p> <p><b>Let's Talk! Support Group Meeting w/Mic 3:00pm-4:00pm Hybrid</b></p> <p>Educational Nature Walk 4:00-4:30 pm</p>	<p>4</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> 
<p>5</p> <p>Member Chat &amp; weekly boost Virtual on Zoom 6-7 pm</p>	<p>6 W.O.D. 9:30-10:00 am</p> <p>Preparation Monday 9:00am-12:00pm</p> <p>Wellness Works 1:00-200 pm</p> <p>Young Adult Program Planning 2:00-3:30 pm</p> <p><b>Unit Meetings Clubhouse International Video 4pm-5pm</b></p>	<p>7 W.O.D 9:30-10:00 am</p> <p>Digital Literacy 11 am-12 pm</p> <p>Garden and Fence Clean- Up 1:00-1:30 pm</p> <p>Career lab hours and discussion 1:30-3:00 pm</p> <p>Golden Gate Villate EC Presentation Table 3pm-4pm</p>	<p>8 W.O.D. 9:30-10:00 am</p> <p>Member Reachout 10:30am-12:00pm Out in community</p> <p>Marin City Library 10:30-11:30 am</p> <p><b>MLK Gardens Pick and Cook 12:00-1:00 pm</b></p> <p>Public Speaking- 2:15-3:30 pm</p> <p>Career Prep (TE) 3pm-4pm <b>Let's Talk! Support Group 4:00pm-5:00pm Hybrid</b></p>	<p>9 W.O.D. 9:30-10:00 am</p> <p><b>Disaster Ready Training</b> Prepare for your dream Career! 10:00-11:00 am</p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Fence Paint Day! 10:00am-3:00pm</p>  <p>Member Reachout &amp; Cookies 3:15-4:15 pm</p>	<p>10 W.O.D. Hybrid</p> <p><b>Veteran's Day EC Building closed to help support Virtual Activities scheduled throughout day via Zoom</b></p> <p>Please RSVP by calling the Clubhouse to receive agenda</p> 	<p>11 <b>Veterans Day</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>
<p>12</p> <p>Member Chat &amp; weekly boost Virtual on Zoom 6-7 pm</p>	<p>13 W.O.D. Preparation Monday 9:30-11:00 am</p> <p>Clean Clubhouse Van and Basement</p> <p>Wellness Works Program 1:00-2:00 pm Young Adult Program Planning 2:00-3:30 pm <b>Unit Meetings Clubhouse International 4pm-5pm</b></p>	<p>14 W.O.D. 9:30-10:00 am</p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Transitional Employment Business Partner 12:00-1:00 pm</p> <p>Inspire &amp; Create 2:15-3:15 pm</p> <p>Member Outreach 3pm-5pm</p>	<p>15 W.O.D. 9:30am-10:00pm</p> <p>Member Reachout 10:30am-12:00pm Out in community</p> <p>Interview Practice 10:30-11:30 am</p> <p><b>COLLEGE OF MARIN EMPOWERMENT CLUBHOUSE Presentation Table RSVP! 11:00am-1:30pm</b></p>	<p>16 W.O.D. 9:30-10:00 am</p> <p>Sharing Time 10:00 am-11:00 am</p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Inspire &amp; Create 2:15-3:15 pm Member Outreach 3:15-4:00 pm <b>Let's Talk! Support Group Meeting 4:00pm-5:00pm Hybrid</b></p>	<p>17 W.O.D. Hybrid 9:30-10:00 am</p> <p>Community &amp; Business Outreach Calls &amp; Visits Call to save your spot!</p> <p>Wellness Works Program 10:00 am-11:00 am</p> <p>Transitional Employment Meeting 1:30pm-3:00pm</p>	<p>18 <b>Transportation &amp; Community Engagement</b></p>  <p><b>Smart Train Petaluma MUST Register \$10.00 Fee Includes Smart Train Ticket and Snacks</b></p> <p>~Inquire with clubhouse or members for details &amp; sign up by Friday 😊</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>Member Chat &amp; weekly boost Virtual on Zoom 6-7 pm</p>	<p>20</p> <p>Preparation Monday 9:00-11:00 am</p> <p>Transportation Training 10:30am-12:00pm</p> <p>Wellness Program 1:00-2:00 pm</p> <p>Young Adult Group 2:00-3:00 pm</p> <p>Career Prep (TE) 3pm-4pm</p> <p><b>Unit Meetings Clubhouse International Video 4pm-5pm</b></p>	<p>21</p> <p>W.O.D. 9:30-10:00 am</p> <p><b>Hola Hoop</b> 10:00 am-11:00 am</p> <p>Digital Literacy 11am-12pm</p> <p>Holiday Craft Making 1:00-2:00 pm</p> <p>Member Outreach 2:00-4:00 pm</p> <p>Golden Gate Villate EC Presentation Table 3pm-4pm</p> <p>December Calendar draft Due!</p>	<p>22</p> <p>W.O.D. 9:30-10:00 am</p> <p>Member Reachout 10:30am-12:00pm Out in community</p> <p>November Birthday Celebration with cake 😊</p> <p><b>MLK Gardens Pick and Cook 12:00-1:00 pm</b></p> <p>Public Speaking 2:15-3:30 pm</p> <p>Nature Walk Education 3:30-4:00 pm</p> <p><b>Cooking with EC Chef's! Hybrid 3:00pm-5:00 pm</b></p> 	<p>23</p> <p><b>Thanksgiving</b></p>  <p><b>Virtual Activities Call Clubhouse to RSVP!</b></p> 	<p>24</p> <p><b>EC Building Closed to support Holiday Virtual Activities!</b></p> <p><b>Please Call Clubhouse for Schedule!</b></p> <p>Use ZOOM links.</p> <p><b>Music Support Friendship Sharing Planning</b></p> <p>Share your Pet via Zoom!</p>	<p>25</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>
<p>26</p> <p>Member Chat &amp; weekly boost Virtual on Zoom 6-7 pm</p>	<p>27</p> <p>Preparation Monday 9:00-11:00 am</p> <p>Email/Mail Calendar</p> <p>Transportation Training 10:30am-12:00pm</p> <p>Wellness Program 1:00-2:00 pm</p> <p>Young Adult Group 2:00-3:30 pm</p> <p>Career Prep (TE) 3pm-5pm</p> <p><b>Unit Meetings 4pm-5pm</b></p>	<p>28</p> <p>W.O.D. 9:30-10:00 am</p> <p>Mental Health Walk</p> <p>Digital Literacy 11:00am-12:00 pm</p> <p>Career lab hours 1:00-2:30 pm</p> <p>Member Reachout and Marketing 3:00-5:00 pm</p>	<p>29</p> <p>W.O.D. 9:30-10:00</p> <p>Member Reachout 10:30am-12:00pm Out in community</p> <p>Public Speaking 2:15-3:30 pm</p> <p>Nature Walk Education 3:30-4:00 pm</p> <p><b>Cooking with EC Chef's! Hybrid 3:00pm-5:00 pm</b></p>  <p>Life Skills 4:00-5:00 pm</p>	<p>30</p> <p>W.O.D. 9:30-10:00 am</p> <p>T.E Career Prep 10:00-11:00 am</p> <p>Holiday Cooking Challenge</p> <p>Holiday Craft Making 11:00am-12:00 pm</p> <p><b>Empowerment Clubhouse Anniversary Party 4:00pm-6:00pm</b> Must RSVP by 11/22/23</p> <p><b>Dress your Best!</b></p> <p><b>SURPRISE GUEST!</b></p> 	<p><b>FOR HYBRID ACTIVITIES USE:</b> <b>ZOOM 492 524 7798</b> <b>Password 1234</b></p> <p><i>Stay Connected &amp; Follow us on Instagram and Facebook!</i> Instagram: marincitycdc Facebook: marincitycdc</p>    	

**My Wellness Goals:**