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Elliot House - Weekly Times

May 13 2019 – May 18 2019

Health & Wellness Tips:

Tips on how to Cope with Stress

- ⇒ Eat well-balanced meals. Do not skip any meals and always keep healthy, energy boosting snacks on hand.
- ⇒ Get enough sleep. When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night.
- ⇒ Take deep breaths. Inhale and exhale slowly throughout the day when you are feeling stressed.

Employment Update:

P.A.I.D. Job Club

(Present Situation - Available Resources - Initiative - Dream Jobs)

Please join us for Job Club on Tuesday, May 14th at it's usual time from 2:00 to 3:00pm.

In addition, there is currently an open TE at the ACCS office in Dedham. Please talk to Zak or Allison, if interested.

This weeks Clubhouse Standard:

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The Clubhouse has its own identity, including its own name, mailing address and telephone number.

Mon-13th	Tues-14th	Wed-15th	Thu-16th	Fri-17th	Sat-18th
Clam Chowder	American Chop Suey	LUNCH: Orange Chicken w/ Rice and Veggies FREE DINNER: Beef Stroganoff w/ Egg Noodles	Hot dogs and Baked Beans	Tuna Salad Sandwiches w/Sweet Potato Fries	Challah Bread French Toast w/ Bacon

ELLIOT HOUSE

Mental Health Awareness Month

Trivia NIGHT?

WEDNESDAY, MAY 15

5:00 pm Dinner

5:30-6:30 pm TRIVIA Game

Come test your knowledge on mental health trivia. Prizes will be awarded.



Happy Birthday!

Patricia M. is celebrating her birthday on - 5/13

What's happening at the Club

Mon. May 13 - BBQ Fundraising Meeting 2:30 pm - 3:00 pm

Tues. May 14 - DRA Meeting - 12:15 pm
 Job Club - 2:00 pm - First Publication Meeting - 3:30 - 4:00 pm

Wed. May 15 - Forum 1:00--2:00 pm
 Menu Planning 2:00 - 2:30 pm
FREE DINNER - 5:00 pm - It's Trivia Game Night as well - 5:30 - 6:30 pm

Thurs. May 16 - Wellness Meeting 2:00 - 3:00 pm

Friday. May 17 - Second Publication Meeting 11:00 - 11:30 am - It's Softball season again, lets play 1:00-3:00 pm

Sat. May 18 - Open 11am-3pm



A Clubhouse International Accreditation Team from Indiana will visit Elliot House on Tues. May 14th and Wed. May 15th. Please come and meet the team. The preliminary results will be provided to the Clubhouse on Fri. May 17th at 10:30 am.

We're looking for as many members as possible to be at the Clubhouse on the above days to give a good showing !