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Elliot House - Weekly Times

June 3, 2019 – June 8, 2019

Health & Wellness

Dealing with Stress

- ⇒ **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- ⇒ **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- ⇒ **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

Employment Update:

P.A.I.D. Job Club

(**P**resent Situation - **A**vailable Resources - **I**nitiative - **D**ream Jobs)

Please join us for job club on Tuesday, June 4th at it's usual time from 2:00 to 3:00 pm.

Thank you to everyone who participated in our Employment and Education Celebration.

This weeks Clubhouse Standard:

15

The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse.

The Clubhouse focuses on strengths, talents, and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.

Mon-3rd	Tues-4th	Wed-5th	Thu-6th	Fri-7th	Sat-8th
Chef salad w/ grilled chicken	Meat loaf w/ sweet peas	Lunch: Accreditation Celebration Party Dinner: Lamb ribs w/ roasted potatoes	Turkey shepherds pie	Tuna salad sandwiches with fries	French toast and bacon

What's happening at the Club

Mon. June 3rd - BBQ Fundraising Meeting 2:30 to 3:00 PM

Tues. June 4th - DRA Meeting - 12:15 pm - Job Club - 2:00 pm to 3:00 pm
 E News Publication Meeting - 3:30 to 4:00 pm

Wed. June 5th - Forum from 1:00 to 2:00 pm and Menu Planning right after at 2:00 to 2:30 pm

Thurs. June 6th - Health & Wellness Meeting 2:00 to 3:00 pm

Friday. June 7th - Publication Meeting 11:00 to 11:30 am - Softball from 1:00 to 3:00 pm

Sat. June 8th - Open 11:00 to 3:00 pm

Frannie's Funnies

Q. What did the mother chimney say to the baby chimney



A. Go to sweep



Kristen H. - 06/06

Kathleen F. - 06/07

Joshua H. - 06/09

It's an Accreditation Party!

Wednesday, June 5

Noon - 1 pm

Lunch will be **FREE**

Come

CELEBRATE

all the hard work

members and staff did for our accreditation visit.