



NEWSLETTER APRIL 2023



We apologize for this edition being out a bit late, but the Phoenix Clubhouse has been very busy lately, making all kinds of awesome changes.

We are excited to about the new kitchen, we have been cooking a lot! The new FireBird Café is all painted and ready to start being put together as well.

We have served a few meals already, and the members that have been cooking in the kitchen have been making some seriously awesome meals! If you want to join in the kitchen, you must first get your food handler's card. There is no cost for you to obtain it, as the Clubhouse is happy and willing to pay for it.

We have a donation box and ask for a \$1.50 donation at lunchtime. If you don't have the \$1.50, that is okay – there are usually left overs or frozen lunches you can pick from.

We have a member who has been working on menus and planning meals using some of our donated food from Cascadia Cares. So far it has been working wonderful!

Groups:

Writers Unite is a new group where it's safe to share your writing or to gather for companionship. All genres are welcome. We

are changing hours to 12:00 to 1:00 on Monday.



If you haven't noticed, some of the days lately have been warming up! Outside groups such as Trash Panda and Pics n Walking sticks will begin again soon, if weather is permitting. We will be resuming our Pics n Walking sticks group that takes photos in our local community. We have a couple digital cameras if you don't have a smart phone. You may use one if you would like to join in on this group.

We all vote at the end of the month to select the best shot taken. The winners will be compiled at the end of the year to that we can make a 12-page calendar that could be sold to staff of Cascade and community members as a way of fundraising money for the Clubhouse. The Pics n Walking stick group meets at 11-12 every Thursday, and we hope to see you there!

Our Trash Panda group goes out into the local community to pick up trash and garbage. We have a long trash grabber tong for picking up what we find. This group gives back to the community and honors the support we have in the community. It also advertises what the Clubhouse does, and the good we like to give back to our community. Trash Panda group meets on 2-3pm every Friday. Hope to see you then!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2	3	4
				Pics & Walking S group 11-12:00pm	Trash Panda Grp 12-1:00pm Strive Class	<i>Movie 9:30-12pm</i> <i>Hot lunch 11am</i>
5	6	7	8	9	10	11
	Outreach 11am-12pm 12-1 Creative Writing Meditation 1pm-2pm	Steering Meeting 11am-12pm Music Group 12- 1pm Gel Pen W/Jen 1- 2	Cascadia Cares Food 11am Supported Empl. 11am-1pm	Pics & Walking Sticks group 11- 12:00pm	Trash Panda Grp 12-1:00pm Strive Class 2:00-3:30pm	<i>Movie 9:30-12pm</i> <i>Hot lunch 11am</i>
12	13	14	15	16	17	18
	Outreach 11am-12pm 12-1 Creative Writing Meditation 1pm-2pm	Steering Meeting 11am-12pm Music Group 12- 1pm Admin Meeting 3-4pm (Every other 1-2)	Cascadia Cares Food 11am Supported Empl. 11am-1pm Social Hours 5:00-7:00	Pics & Walking Sticks group 11- 12:00pm	Trash Panda Grp. 12-1:00pm Strive Class 2:00-3:30pm	<i>Movie 9:30-12pm</i> <i>Hot lunch 11am</i>
19	20	21	22	23	24	25
	Outreach 11am-12pm 12-1 Creative Writing Meditation 1pm-2pm	Steering Meeting 11am-12pm Music Group 12- 1pm Gel Pen W/ Jen 1-2	Cascadia Cares Food 11am Supported Empl. 11am-1pm Show and	Pics & Walking Sticks group 11- 12:00pm	Trash Panda Grp. 12-1:00pm Strive Class 2:00-3:30pm	<i>Movie 9:30- 12pm</i> <i>Hot Lunch 11am</i>
26	27	28	29	30		
	Outreach Calls 11am-12pm 12-1 Creative writing Meditation 1pm-2pm	Steering Meeting 11am-12pm Music Group 12- 1pm Admin Meeting	Cascadia Cares Supported Empl 11am-1pm Social Hours 5: Free store open	Pics & Walking Sticks group 11- 12:00pm	.	

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