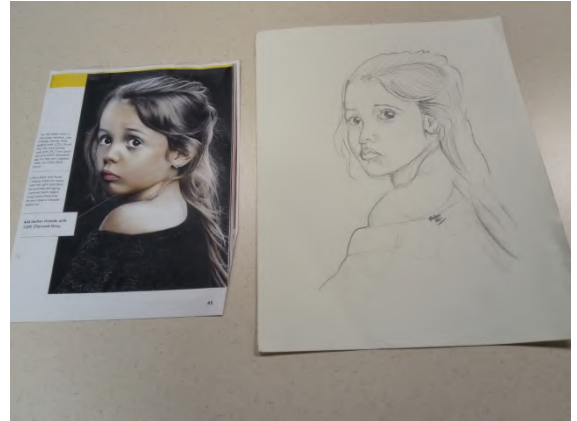


Support A Fellow Clubhouse Member!

Sevella has been drawing for over 15 years pencil drawings. She has an art certificate from Art Instruction Schools located in Minneapolis, MN. "I majored in art in High School but chose another field of work. I decided to brush up on my art skills and now I draw for fun and also to make a little money for myself"! If you're interested in a drawing they're only \$5.00 when you come into the Clubhouse. "I'll be more than happy during the lunch hour to draw a picture for you! Just bring me a photo or a picture from your cell phone. It's just that simple. You don't even have to pay me until you approve of the picture"! Thanks for your support!



Van Rides at Clubhouse



Exciting news! Starting Monday, August 3rd, the Clubhouse will go back to providing van rides for members who need transportation here. We also have been approved by the board to increase our max attendance from 10 to 15 members. We will allow 3 members in the blue van and 5 members in the white van to encourage social distancing. Before folks can ride, we will be doing temperature checks and asking if anyone has any COVID-19 symptoms like fever, body aches, and loss of sense of taste and smell. We will also be deep cleaning both vans every day to keep everyone safe. Masks will be required to ride, just as they

are at the clubhouse. Please be sure to call before 5 pm the day before (Friday before for Monday) to see if there is room on the van. If you do not sign up ahead of time, we won't be able to let you ride, so please remember to reserve your spot!

New Concrete Floor

On the week of August 17-21, the Clubhouse will not be open due to the carpet being torn out. The carpet is old and in poor condition. It will be taken out of the main clerical area, the dining room, snack shop/pantry, and the former fitness area. We will be checking the concrete floor underneath. If the floor is in good condition, it will be painted with a clear coat. While we will not be meeting physically, we will still be having meetings via Zoom.



Some Thoughts on 4th of July



"I LIKE THE 4TH OF JULY BECAUSE I FEEL GOOD ABOUT MY COUNTRY ! THE FREEDOM WE HAVE AND BRAVE SOLDIERS AND FOUNDING FATHERS THAT HAVE MADE IT SO GREAT. I AM SO SORRY IT IS FALLING APART. I LIKE LOOKING AT THE BEGINNING OF THIS COUNTRY, NOT THE END". – Tim



July 4th Cookout

On Saturday, July 4th, we had a cookout at the Clubhouse. We were a small group, with five members and two staff, but we enjoyed ourselves. Members prepared the ingredients to barbecue. We had plenty of hot dogs and hamburgers. We talked while eating and listening to the radio, and then we played a few rounds of checkers. Overall, it was a good day.



5 Fun Facts About the Human Body

Did you know.....

- Babies are born with 300 bones, adults have 206.
- Eyelashes last about 150 days before they fall out.
- A sneeze blows air out of your nose at 100 miles per hour.
- Children have more taste buds than adults.
- Your eyeballs are actually a part of your brain.



How to Protect Yourself and Others from COVID-19

At the Circle City Clubhouse in order to protect members and staff from COVID-19, we are following the recommendations made by the Center for Disease Control (CDC). Whether you are in a van going to the Circle City Clubhouse, in the building, or going back home, we expect both members and staff to follow the CDC guidelines and recommendations.

In order to protect yourself and others, the Center for Disease Control recommended the followings:

Wash your hands often.

Wash you hands often with soap and water for at least 20 seconds, especially when you have been in a public place, or after blowing your nose, coughing or sneezing. It is very important to wash: before and after eating or preparing food, before and after touching your face, after using the restroom, after leaving a public place, after blowing your nose, coughing, or sneezing, after handling your cloth face covering, after caring for someone sick, and after touching animals or pets.

Avoid close contact

Avoid close contact with people. Maintain 6 feet of distance or 2 arms lengths between yourself and other people.

Use face mask.

Everyone should wear a mask that will cover both mouth and nose. Cloth cover is meant to protect other people in case you are infected. Everyone should wear a cloth cover in public settings and when around people who don't live in your household.

Cover coughs and sneezes.

Always cover your mouth with tissue and nose or with inside your elbow when you cough or sneeze and do not spit. Throw used tissues in the trash. Immediately wash your hands with soap for at least 20 seconds. If soap and water are not available, clean your hands with hand sanitizers that contain at least 60 percent of alcohol.

Clean and disinfect

Clean and disinfect frequently touched surfaces daily. This include computers, tables, doorknobs, light switches, telephones, keyboards, **etc.**

Monitor your health daily.

Monitor your health by alert for symptoms, watch for fever, cough, shortness of breath, or other symptoms that associated with Coronavirus 2019 (COVID-2019).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		AUGUST 2020			Closed	Closed	
3 9:15 am Morning Meeting 1:15 pm Afternoon Meeting 3:00 pm Program Meeting	4 9:15 am Morning Meeting 1:15pm Afternoon Meeting 2:00pm Employment / Education Meeting		5 9:15 am Morning Meeting 1:30pm House Meeting 5-7pm Greatimes Social Rec w/ Evan (\$5.50)	6 9:15 am Morning Meeting 1:1:30 am Speaker's Bureau 1:15pm Daily Meeting	7 9:15 am Morning Meeting 1:15pm Daily Meeting	8 Closed	9 3-5pm Basketball viewing Soc Rec w/ Pat @ Clubhouse (\$5 for pizza)
10 9:15 am Morning Meeting 1:15 pm Afternoon Meeting 3:00 pm Program Meeting	11 9:15 am Morning Meeting 1:15pm Afternoon Meeting 2:00pm Employment / Education Meeting		12 9:15 am Morning Meeting 1:30pm House Meeting	13 9:15 am Morning Meeting 1:1:30 am Speaker's Bureau 1:15pm Daily Meeting 2:00pm Social Rec Meeting	14 9:15 am Morning Meeting 1:15pm Daily Meeting	15 Closed	16 Closed
17 9:15 am Morning Meeting 1:15 pm Afternoon Meeting 3:00 pm Program Meeting	18 9:15 am Morning Meeting 1:15pm Afternoon Meeting 2:00pm Employment / Education Meeting		19 9:15 am Morning Meeting 1:30pm House Meeting	20 9:15 am Morning Meeting 1:1:30 am Speaker's Bureau 1:15pm Daily Meeting	21 9:15 am Morning Meeting 1:15pm Daily Meeting 5-7 pm Karaoke Soc Rec w/ Marissa @ Clubhouse	22 Closed	23 Closed
24 9:15 am Morning Meeting 1:15 pm Afternoon Meeting 3:00 pm Program Meeting	25 9:15 am Morning Meeting 1:15pm Afternoon Meeting 2:00pm Employment / Education Meeting 5-7pm Water Games w/ Lyndsey@ Clubhouse		26	27	28	29 Closed	30 Closed