



**CIRCLE CITY
CLUBHOUSE**
RECOVERING LIFE TOGETHER

NEWSLETTER

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New Member Spotlight: John B.



What was life like before clubhouse?

Depression and Anxiety kept increasing.

How did you find out about clubhouse?

I got introduced to the Clubhouse by the two sisters that operate the boarding home I was in, and they brought me to the Clubhouse and gave me a tour. Ever since then, I became a member and have been a part of the Clubhouse family.

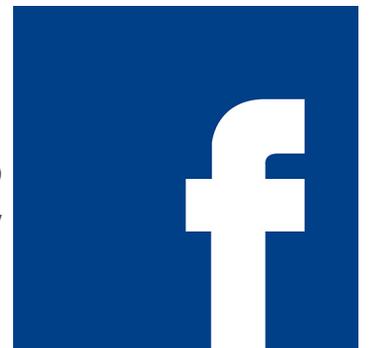
How does clubhouse help?

The Clubhouse helps with my depression and anxiety, that has been a challenge for me over the years. Also, the Clubhouse has a variety of things for me to do.

Facebook Update

We will now be doing a member testimony weekly on Facebook. This is a way for all individuals of the Clubhouse community to stay updated on what is going on at the Clubhouse. It will show how Clubhouse is helping members, and to show how the donations are being used. Also, it is a great way to get to know more about the members. It is a way to stay connected to the Clubhouse, if you are unable to attend.

Please watch for weekly updates, and feel free to comment and like our Facebook page. It is just another way for members to interact with each other.



Superbowl Party

Approximately 110 million people watched the Superbowl this year! We were no exception to the rule, so we joined in along with the rest of the country and had our own Superbowl Party here at the Clubhouse! Here are what some members had to say!

Chuck: We had a good time at the Superbowl Party. Good food and good friendship!

Dave: My team won!

Nathan: It was fun!

Austin: I enjoyed everything about the Superbowl Party except that the team I wanted to win lost.



Jim C.: I thought it was wonderful but the game was boring. We enjoyed eating Papa John's pizza!



Kroger Rewards Program

Hello clubhouse family. We are now enrolled in Kroger's Community Rewards Program. A portion of every purchase made with your card will be matched by Kroger and donated to help fund your local Central Indiana Clubhouse. If you would like to help us, just sign in to your account and then search for "Central Indiana Clubhouse" and click enroll. We would be very thankful if you would please follow this link: <https://www.kroger.com/topic/kroger-community-rewards-3>



Happy 4th Birthday, Clubhouse



Central Indiana Clubhouse began in December 2014 as a working group of 10 people, without even a Clubhouse building. The first Clubhouse work day meetings were held at Woodruff Baptist Church here in Indianapolis, IN once a week, for two months. Chuck, one of the founding members wanted a Clubhouse to start here in Indianapolis. He discovered how a Clubhouse could inspire people with severe mental illnesses, like himself, get their lives back to the best of their ability through self-help and self-taught skills generat-

ed by what we now know as a work-ordered day. Another one of the members named Nathan met Jay and Chuck also in 2014 and understood the many benefits that a Clubhouse could make here in Indianapolis as well. A couple, also in the group, got involved and helped us purchase the building that we are now in today. Through those humble beginnings, the Clubhouse slowly grew and along with other members, they changed the name to Circle City Clubhouse. By learning from other Clubhouses, Circle City Clubhouse grew and began developing its own by-laws that were motivated by the now thirty-seven standards from the International Clubhouses worldwide. We now have over 25 members daily of which you are a part! We are part of other Clubhouses in Indiana as part of the Indiana Clubhouse Coalition. We are also part of the worldwide Clubhouse International with 320 independent Clubhouses around the world. Thank you so much for being a part of something that benefits all of us individually as well as, a family. Let's keep growing



Jim C's favorite place to eat on a Saturday Moring

My favorite place to eat is Mc Donald's on a Saturday morning. I went there with an old friend who worked with me from St. Christopher's food pantry. Anyway, I had the Big Breakfast for \$4.99. The breakfast consisted of pancakes with syrup +butter, sausage, scrambled egg, and hash browns. I also had a iced coffee (mocha) for \$3.09. I was so thirsty I also had a large sprite/mixed with berry fountain drink for only \$1. My old friend Paul took me home. Maybe we could travel up to this 38th St. McDonald's for Easter.



Karaoke Night Social Rec



Karaoke night is a thing that we do sometimes, and it's something that everyone can participate in at clubhouse. Karaoke night is also a night where people can feel free to sing the songs of their choice. It's also an activity where members can get out of their homes.

Skyrim – an adventure in a foreign land

Our story begins with your character, who we will call Evan. Evan was attempting to cross the border into Morrowind from Skyrim. However, it didn't go well for Evan.

You see the province of Skyrim is under siege from a group of rebels known as the Stormcloaks. The Empire of Solitude is attempting to arrest the leader of the Stormcloaks named Ulfric Stormcloak.

Unfortunately, the point entry which Evan attempted to cross the border to Morrowind was also the point that the Imperials set up their ambush. When Ulfric's convoy rode by, Evan was just coming up.

The Empire loaded everyone on to horse drawn carts and bound their hands.

TO BE CONTINUED IN THE NEXT ISSUE...