



**CIRCLE CITY
CLUBHOUSE**
RECOVERING LIFE TOGETHER

NEWSLETTER

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18

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Member Spotlight– Shamika K.

What happened before you came to Clubhouse? I was homeless.

How has the Clubhouse helped you? It keeps my time occupied.

How did you hear about the Clubhouse? There were two people in my position that mentioned it to me. I appreciate the groups and help from the team and I hope this gives me a new life experience by me going here.

Here is a poem I wrote:

Rice don't

Rice ice

Rice shake

Rice cakes

Rice krispies

Mi lama love Christmas

Treats in the morning



New Van Driver and New Transportation Schedule

The Clubhouse is excited to welcome the new van driver, Dyland Longs. We will be making changes to the van run to allow for a more engaged work ordered day. We changed the time of first morning van run from 8 AM to 7:30 AM and second morning 8:30 AM to 8AM. The 3:30 PM van run will be moved to 4:00 PM. 4 PM van run will be moved to 4:30 PM. If you need a ride from Clubhouse, you will need to call the front desk before the end of the previous day. We will not be able to accommodate same day transportation requests. We continue to encourage members to find other ways to get to Clubhouse. The new van run schedule is yet to be determined. Stay tuned for more information.

NAMI PARTY

The NAMI Christmas celebration was a huge success! Here are what those who attended had to say:

Bill-Good gifts and nice people

Chuck-There was good food, friends and bingo.

John J.-There were friendly people, good food and I had a good time.

Dave S.-I had a great time and saw some of my friends.



Mike-I liked the party and saw Jim.

Erika-I liked the food and won in bingo.

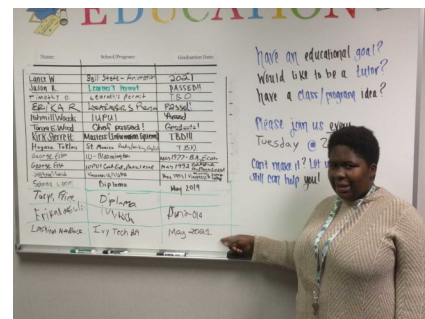
Althea-NAMI Party was great! Thank you for the presents!

Scott-The NAMI Party was cool and I enjoyed myself and I won a gift of socks at Bingo.

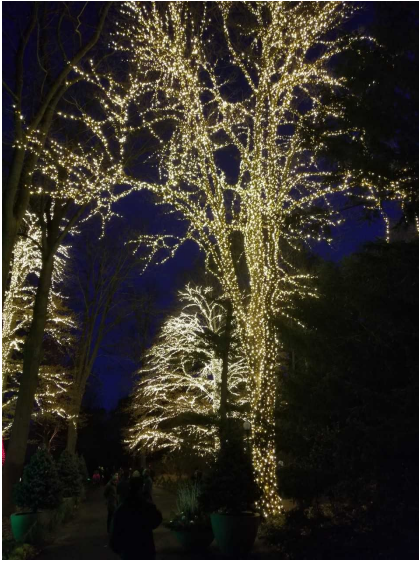
Celebrating Member's Education and Volunteer Opportunity



Circle City Clubhouse would like to send up praises for our members pursuing new education opportunities. David is looking to start Culinary classes at Second Helpings soon. Merry is looking to begin volunteering at Second Helpings as well. Lashina has been accepted and will begin classes at Ivy Tech in May. Congratulations to all of you and to anyone else taking the next steps in their vocational journey.



Winter Lights at Newfields



Enjoying art is always a person's own perception. Whether it be a painting of abstract, renaissance, Pop art by Andy Warhol, or the Mona Lisa by Da Vinci, everybody has something to say. The same is true about the IMS Newfields Lights. Here are some comments about the IMS lights in our Clubhouse Members eyes:

Jennie: The lights were beautiful, especially the ones done to the Nutcracker music!

Mike: The Eli Lilly House was beautiful!

Scott: The Christmas lights at Newfields were awesome and I hope we can go again next year!

Nathan: I loved the pretty lights and enjoyed walking around looking at them!



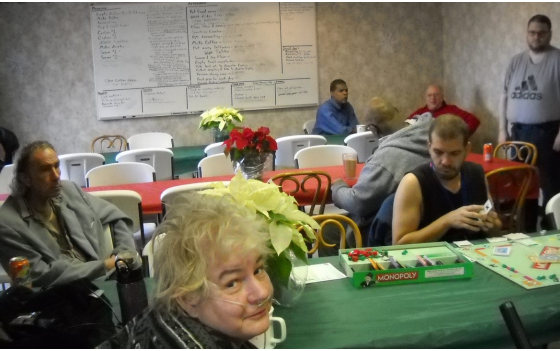
Why I like reading, Timothy O.

I like reading because it stimulates my mind. It gives me a number of things to talk about in conversation. It also gives me a number of things to think about when I'm just sitting and thinking. It stimulates my mind in the form of constructive ideas and seems to expand my mind into different aspects of articulation. It just keeps my mind moving when I'm sitting in those dull times.

Books take me to places I don't normally go to and creates a vacation when I can't afford to actually travel away from my home town. Crossword puzzles, a form of reading, also seem to expand my vocabulary, as it boggles my mind to think in patterns in which I would not normally think. Based on all of this, it helps me overcome depression, by keeping me too busy to get depressed, at least, avoiding deep states of depression. This is not to say that the problems I face each day cannot be mind-boggling, because those can and will cause depression, but as I said reading can pull me out of it and helps me avoid depression.



Christmas Party



Here are some opinions of the Christmas Party. Althea: Good food, happy times. I had fun. I got to talk with some people I met before and it turned out very nice.

Peter: We had a good time. Games were played as food was being prepared. We had a lot of great help and lovely decorations. The food was delicious and the company was friendly and fun. I think everyone enjoyed themselves.

John J: The Christmas party was nice. I like socializing with others. My favorite part was the food. The dressing was the best part. I hope there is turkey next year.

Cynthia: It was ok. The food and meeting people were the best parts. At least I wasn't at home by myself.

Lindsay: I loved spending time with everyone and enjoying tasty food!

David B: I thought it was enjoyable. The food was well prepared and very good. There were a lot of people there and it was fun. The food was the highlight. It seemed like an enjoyable atmosphere, even though I left early.



Thank You!

Thank you to all the individuals and groups who have supported us this year! It has been a great year at Circle City Clubhouse. We look forward to your continued support next year and in the future. Your support helps us continue to offer our members the unique experience of working together toward recovery and fighting stigma associated with mental illness.

Happy New Year

2019