



California Clubhouse is a membership-based social/vocational community where adults living with persistent mental illness come to rebuild their lives.

California Clubhouse Newsletter Vol. 5

December 2015

### Just the Facts!



In November 2015, California Clubhouse has **grown to 47 members** with 8 new members joining this month! We had a total of **201 member visits** which accumulated to **884.37 hours** of work time. More than anything our average daily attendance has grown to **9.6 members a day**. We receive a lot of calls from our members and inquiries about our program on a daily basis and perform tours to prospective members, family members and community partners! We are growing faster and faster each month and we continue to need your support!

### Clubhouse Events: Thanksgiving Party! By Gregg H.



This was an exciting day for us. We had a total of 31 people with 15 members. For me, it started at 12:45pm. There was lots of fun and plenty of pre-turkey chit-chat among the members and guests. There was a variety of people there and people brought their dogs too. The pre-turkey hors-d'oeuvres were delish with chips and spinach dip, as well as slices of quiche, cheese and vegetables. We even enjoyed homemade cinnamon rolls that morning! I had a mango water sold at our Clubhouse Wellness Bar for only a dollar and it tasted good and was zero calories.



The turkey was fashionably late, but was succulent and not overdone or dry. The mashed potatoes were to die for as were the yams and salad with ranch dressing. There was a pleasant ambiance to the conference room where we ate. Overall, it was a wonderful gathering of friends, family and community. Our first Clubhouse Thanksgiving is sure to be one to remember!

### Member Testimonials

"On joining, I was pleasantly surprised to find the friendly people and the encouraging environment. I felt that I could **flourish and grow** and still believe that. It is nice that this is a **no-judgement environment**. This is the best organization in the area, in my opinion... The California Clubhouse will be **my go to place for feeling better and getting better.**" – G. H.



"I am so happy to have found the California Clubhouse. Afternoons were very hard for me. I mostly watched TV and missed human contact. Now I have somewhere to go **where people are super friendly**. It makes me feel good **to do meaningful work** and contribute to our community. I am very grateful for the Clubhouse. Coming here has **helped my depression tremendously!**" – J. M.

"It has good hours, 8:30 -5 Monday-Friday. It gives me direction with **meaningful work and good people**. Open holidays to celebrate when everything else is closed." – L. P.

"The Clubhouse is like **extra help when I am having problems**. This is another program for people with disabilities and it **is very good for me.**" – R. D.

## Special Events for December



**December 10** – Holiday Craft Making and Gift Wrapping Social (4 pm to 7 pm)

**December 17** – World Holiday Party (1 pm to 7 pm)

**December 25** – Christmas Brunch (9 am to 1 pm)

**December 31** – Pre-New Year's Party (9 am to 3 pm)



\*Events are subject to change. Members interested in joining our social events should check in to the Clubhouse regularly for the most recent updates!

### Membership Info

**California Clubhouse** is a **free** and **voluntary** program for adults 18 and older living in San Mateo County who suffer from severe mental illness. We are currently located at 2205 Palm Avenue, San Mateo, CA 94403. For more information, please contact us at 650-539-3345 or email us at [info@californiaclubhouse.org](mailto:info@californiaclubhouse.org).

## *California Clubhouse Wish List*

*Want to support a great cause? California Clubhouse needs your help!*  
Here are some items that the Clubhouse needs for its day-to-day functions:

1. New Pots and Pans
2. Precision NuWave® Revolutionary Portable Induction Cooktop
3. Wireless Mouse for Computers
4. Vitamixer®
5. Drinking Glasses 8-10 oz
6. Video Camera
7. HDMI Cable with USB Port
8. Commercial Vacuum Cleaner
9. Van
10. Art Supplies
11. Copy Machine
12. New/Gently Used Holiday Decorations



**California Clubhouse is a not-for-profit, tax-exempt organization and your donations are tax deductible**

### Donation Info

**California Clubhouse** is a non-profit organization. Every contribution, large and small, helps California Clubhouse continue our mission to create opportunities for people living with mental illness to be respected members of society by providing rehabilitation programs that facilitate their recovery. For donations please contact Erica Horn at 650-539-3345 or <http://californiaclubhouse.org/donations/>



### Contact Information

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