

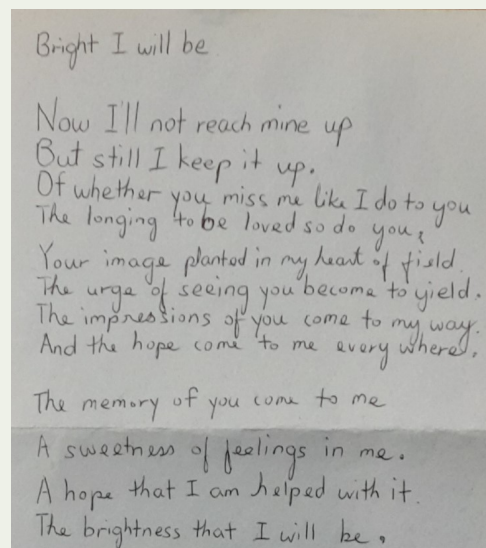
CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

210 Industrial Road Ste. 102 San Carlos 650 539 3345 info@californiaclubhouse.org

New Member Spotlight: Yii Ling W.

Clubhouse has been welcoming many new members in the last few months. We took some time to catch up with one of our newest members, Yii Ling. We were able to catch up with her during the work ordered day to ask her some questions about where she sees herself in the clubhouse and what she wants to accomplish.



Hi Yii Ling! How did you find out about California Clubhouse?

I was given the Clubhouse phone number by my counselor at Redwood House so I called and everyone has been very nice. This is a very nice place.

Great! So what are you looking forward to with California Clubhouse?

I am excited to learn new skills and hang out in the Clubhouse community. I would also like to teach some art classes every once in a while.

Oh, what kind of art do you do?

Fine art. I completed my degree in art at College of San Mateo in 2006. I enjoy oil pastels and watercolors. Oil pastel is very messy. I like watercolor more and it is easier to learn. I have even taught elementary school students to use watercolor. Usually, I will draw something for the kids to paint, but if that is too restrictive we will do some abstract art. I will probably teach abstract art during a lesson with the clubhouse.

MEMBER SPOTLIGHT

If you'd like to be featured
in a member spotlight e-mail
info@californiaclubhouse.org

Coming Back into Clubhouse

by David S.



My name is David S. I joined California Clubhouse in 2016 looking to meet new people and engage in activities with them as well as find employment. I was, on average, attending twice a week and found it to be very helpful. It made me feel good knowing I had a new community to go to for socialization and meeting new people. I started working as a dishwasher for a senior residence facility. I worked this job five days a week and this left me little time to attend the Clubhouse. Eventually, I left my position at the senior residence facility in the height of the first wave of the pandemic in 2020. This left me feeling terrible. I was depressed with no place to go, like many of our members at the time. The clubhouse did the best it could with the resources it had in providing online programming at the time, but unfortunately virtual programming alone was not enough to meet all the needs at that moment. Thankfully, the clubhouse was able to reopen its facility for in-person programming mid-2021 and I reached out to them shortly thereafter. Since the clubhouse had to implement many new safety protocols for COVID-19, I received a tour, orientation, and was welcomed back with all the information and updates I needed. It has been great to get involved again with the Career Development Program and learn new skills for online programs like Zoom in our Virtual Center, another new addition from adapting to the pandemic. Overall, the changes made to the clubhouse have been positive and friendly. This is a good place where we can feel safe, socialize, and progress towards our goals. I'm glad that the clubhouse is open because it gives me structure with a sense of purpose throughout the day. I am confident other members would say the same.

Career Development Updates

Our Transitional Employment is in a transitional phase! Our TE position at Grand Leader is on pause for now and we plan to open it back up in January. Meanwhile, we are preparing a new TE position at Kensington Place, a memory care facility in Redwood City. The position will be for a dining room server. It will last for 6-9 months. Both of these TE positions are excellent opportunities to build your work skills while being supported by the Clubhouse. Members who are interested in either position can contact us at info@californiaclubhouse.org. Don't miss out on these opportunities!



Job Club

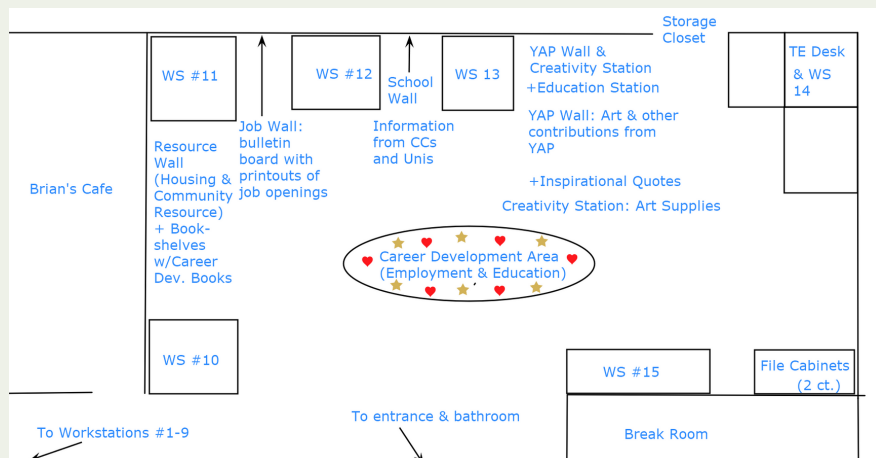
EVERY WED. @ 1:30PM
VIA ZOOM: 436 740 900



Young Adult Program Updates



For the last few weeks, the YAP and other members of the Clubhouse have been hard at work developing our Career Development Area. This part of Clubhouse used to be the Hospitality Unit base, while Education and Employment took up a small section in the corner of the unit. Now, we have made the area more spacious, organized, and user-friendly! Our community can easily find resources for housing, community services, education, and employment. We've got a Job Board, a Resource Board, and an Education Board, as well as literature displays and signs to help everyone find what they need. Also, for the first time, we have designed a YAP Wall to display artwork and other contributions by our Young Adult Program. Thank you to the many helping hands and minds that have created this area!



Employment Dinner & Student Soiree

NOVEMBER 29TH
RSVP BY NOVEMBER
24TH



Please note: *Members currently in school, working and/or actively looking for employment will receive a Grubhub gift card that they can use the night of the dinner when they RSVP.*

Thanksgiving Social

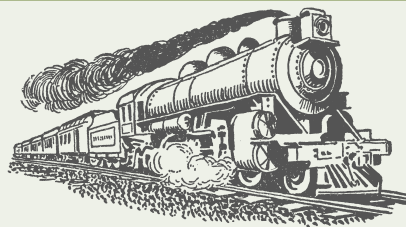
THURSDAY NOVEMBER 25TH 11AM - 2PM.
R.S.V.P. BY NOVEMBER 17TH.
DINNER PICKUPS ON NOVEMBER 24TH



Socials Updates

Murder Mystery

by Jason B.



The opening synopsis for the murder mystery night, called Murder on the Disoriented Express, takes place in 1938 when the war was looming. We were on one of the most luxurious trains in the world traveling with the rich and famous from Istanbul to Constantinople. Everything was fine on the Disoriented Express, until Werner Von Black was discovered dead. We spent the entire evening investigating the murder of Werner Von Black.

Cast:

- Jason- Sigmund Freud
- Ken & Alan- Ivan Ego
- Brenda N.- Dee Sypher
- Theresa- Heidi Evidence
- Jessica- Herr Cut
- Amy C.- Kiki de Legs
- Aaron- Ed Line
- Marcella- Lida Hosen
- Hansel- Jean Paul Gauteebear
- Agnes- Maria Vontrapped
- Audrey- Guard Inspector

The Murder Mystery was fun. For me, the Murder Mystery was interesting once we got the chaos of the game organized, and then it became more enjoyable. Aaron found the website for the Murder Mystery night called Red Herring. Feel free to check out their website.

Giants Watch Party

by Masako



Thanks for a wonderful social including pizza and fellow California Clubhouse members. We enjoyed watching the SF Giants play the San Diego Padres (Padres won that day!) at Mountain Mike's patio. We also enjoyed fountain drinks. There were plenty of masks, sanitizer, and space to eat for physical distancing. What fun it was to be around each other in-person in addition to on zoom. This was truly an unforgettable social gathering.

Wellness Works Updates

We partnered up with USF Nursing Students for their fall semester. They host Wellness Wind Down Hour every Tuesday and Thursday via Zoom. The partnership is equally beneficial. We get to work with nursing students and utilize their skills and talents. The nursing students get the opportunity to see a different side of mental health. We explored topics such as Emergency Preparedness, Morning and Nighttime Routines, and Brain Teasers. During the Brain Teasers Workshop, they showed us how to keep the brain active even when we are not fully utilizing it. Activities you can use to exercise the brain are Sudoku, Boggle, and Word Search. Amy particularly liked the Morning and Nighttime Routine. She said, "I learned about the importance of morning and nighttime routines. It's important to get up at the same time each day and go to bed at the same time every night. The nurses mentioned that it is important to drink a glass of water to replenish the water that we lose during the night." The nurses will be around until December, so check them out!

**Wellness Hour
Wind Down**

**Meet Nursing Students
Tues. & Thurs. 4-5pm
via Main Zoom**

November Socials

Thursday, Nov 11th
Veterans Day Social
(Virtual)
1pm - 3pm

Thursday, Nov 18th
Name That Tune Social
5pm-7pm
(Virtual)

Thursday, Nov 25th
Thanksgiving Lunch
5pm-7pm
(Virtual)
Registration Required

Sunday, Nov 28th
Thanksgiving Weekend
Social
5pm-7pm
(Virtual)

Monday, Nov 29th
**Employment Dinner/
Student Soiree**
4pm-6pm
(Virtual)
RSVP by 11/24

**Virtual Socials can be
found here**

Zoom ID: 808 111 324

Passcode: 210



Member Art

During Wellness Wind Down Hour, we used a new form of art therapy. We were able to color images virtually. The link provided to us allowed us to decide on an image and make it our own. It was nice to see everyone's colored art pieces.

Check out one of our creations below:



Link to coloring book here:

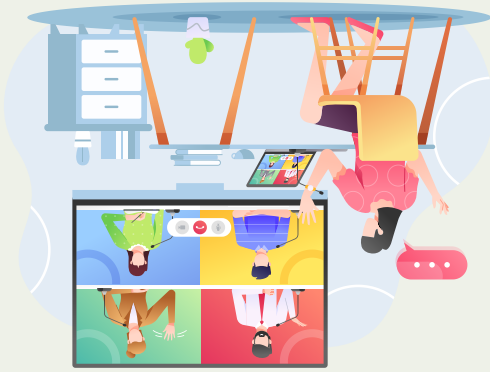
<https://artsandculture.google.com/experiment/art-coloring-book/1QGsh6vSfAQBgQ?hl=en>

Download your pictures and share with us!

IN-PERSON HOURS (REG. REQUIRED)
MONDAY, WED., FRIDAY 8:30AM - 5PM
VIRTUAL HOURS
MONDAY - FRIDAY 9:00 AM - 5PM

Our in-person and virtual program is up
and running!
Join us for the Work Ordered Day.

HYBRID PROGRAM



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