



CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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

Thanksgiving Social

by Dave B., Audrey, Len, Jason, Peter

This Thanksgiving, the Clubhouse held a large virtual social. 40 people celebrated together. In the facility, we prepared 43 meals that were either picked up or delivered to members. The meals were catered by our Transitional Employment partner, Grand Leader Market and Deli, in San Bruno. They consisted of turkey, pumpkin pie, stuffing, mashed potatoes, gravy, cranberry sauce, a roll, and Martinelli's Apple Cider. Dave mentioned that the turkey was very tasty and tender. Many thanks to all who delivered these great meals to those who were unable to pick them up from our building.

During the Zoom meeting, we had special guests Julianna and Neil, founders of our Clubhouse, and our board member Jessica. They shared a few words of encouragement and gratitude. We also learned about the Wampanoag, indigenous people of America, and a more accurate depiction of the Thanksgiving story.

We finished our celebration by asking each other questions that were attached to each food bag. All in all, we had a wonderful time.

Halloween Social

by Agnes



Our Virtual Halloween Social was a success. We started off the festivities by playing the theme song from the Halloween movie. Then, we played the Thriller Video by Michael Jackson. Playing Bingo was a blast! 5 people won at Bingo-Amaal, Agnes, Yvette, Peter H., and Stanley P. There were 3 regular Bingo's and 3 blackout Bingo's. We watched Buggs Bunny being chased by a witch and a crazy doctor. 3 people dressed up.

Ken was Batman, Ellen was a cat, and Agnes was a Grandma. We virtually walked through a maze on The Haunted Queen Mary Ship. At the end we played Monster Mash and Day O. Along with Day O. we watched Beetle Juice and danced our way out of the social. Each person that signed up got a goodie bag with some craft kits, candy, and mad libs.



Young Adult Program Updates

In The Works by Priscilla, Rion, Steven, and Joanne

We have been working on a lot of different things this month to enhance our Young Adult Program. For starters, we welcomed a new member to the YAP by the name of Nicole. She is brand new to the clubhouse and we are very excited to welcome her into our community.

As far as the projects go, we have been steadily working to improve our attendance and create our YAP wall. This special area of the Career Development Section has been devoted to our Young Adult members. So far, we have added our social media information, and in the coming weeks we expect to receive member contributions such as artwork. We are also including a kanban board in one corner so everyone can see the YAP's progress on different tasks and projects!

In terms of different ways of connecting, we have begun hybrid meetings for YAP. We invite members to come into the building or to join us on Zoom on Tuesday mornings at 11 AM. For a long time, the Young Adults have been asking to meet in person, and we hope to see more and more Young Adults in the building as the weeks go by! Also, we are calling other Clubhouses around the country to get some insight on how they run their Young Adult Programs. With all the research that we have done, we have noticed that we are doing pretty well!

Lastly, we have been planning socials. Our next social is YAP Game Night, which will be on Thursday, December 23, on the Evening Chat Zoom at 5 PM. We welcome everyone to join us for some fun during the holiday season!

Cheap Thrills: Affordable Things to Do in the Bay

Are you looking for things to do, but you spent all your money on holiday presents? Look no further - here are some low-cost ideas for fun!

GOLDEN GATE PARK - This park has several special gardens that are free on certain days, such as the Botanical Garden, which is free to all on Thanksgiving, Christmas, and New Year's Day. Also, the DeYoung Museum is free every Saturday to all residents of the nine Bay Area counties!

MUSEUMS FOR ALL - People who have EBT and/or Medi-Cal can get free or reduced museum admission to many different museums in the United States! You can reserve up to four tickets at a time. Bring your benefits card to the museum! More information is available here: <https://museums4all.org/participating-museums/>

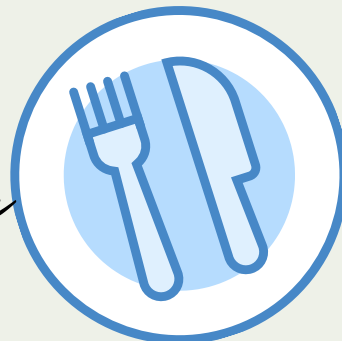
DISCOVERY & GO PROGRAM - Libraries in the Peninsula Library System, SF Public Library, Contra Costa Library System, and others offer free museum passes to people with library cards. You can reserve up to two passes at a time. More information is available here: <https://smcl.org/museum-passes/>

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.*



*Employment
Dinner &
Student Soiree*

DECEMBER 27TH
RSVP BY DECEMBER
22ND

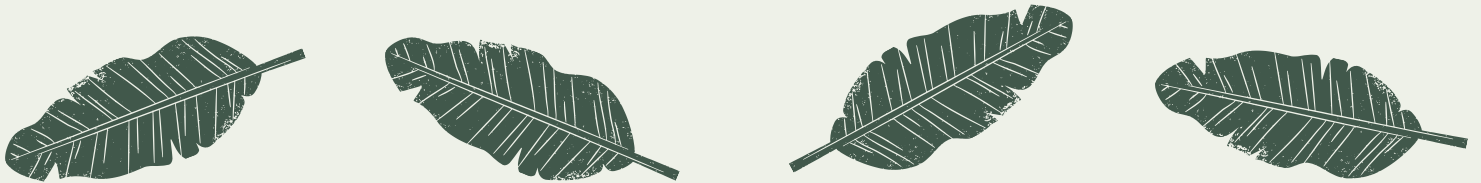
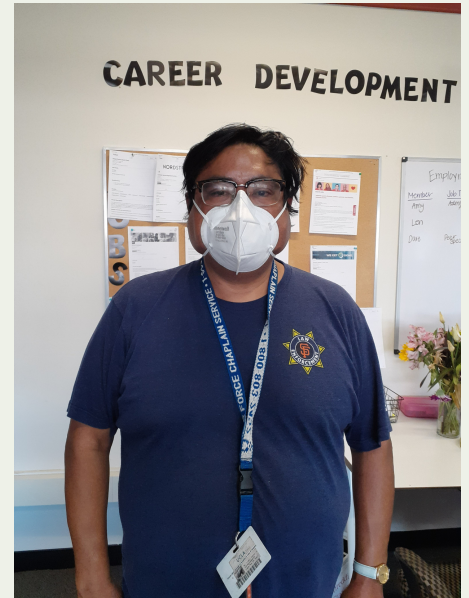


Career Development Updates

Transitioning to Work

by Hansel

I started my job as a paraprofessional for the TRACE program of Sequoia High School. TRACE is an alternative school for students who have earned certificates of completion from high school and are in the process of learning independent living skills. I attribute my ease in transition back to work being an active member of the California Clubhouse. Prior to joining the Clubhouse, my day consisted of waking up eating three meals a day and walking aimlessly around downtown San Mateo without money. By engaging in the work order day of the California Clubhouse, I developed structure, purpose, a reason to get up and feel productive. This habit has transferred to my work day at the TRACE program at Sequoia High School. I encourage and hope to inspire you my fellow clubhouse members to stay the course and be faithful to the 37 International Standards so you may one day be gainfully employed.



Transitional Employment Updates

Joanne, Masako, Steven, Audrey

California Clubhouse is partnering with two businesses to provide transitional employment opportunities to members of our community. Transitional Employment or TE is a program in which staff act as placement managers to work with members who are trying to reenter the workforce. Through this program, the member gets support and on-the-job training as well as 100% absence coverage by placement managers. This provides a part-time, low-pressure environment to help members regain their confidence to return to work with recent job experience.



Job Club

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



Attitude of Gratitude

This November California Clubhouse hosted a Lunch and Learn titled Attitude of Gratitude. It was planned and lead by Dave, Masako, Rion and Steven. In the presentation we discussed how gratitude can reframe our mindset. It can lead to healthy communication and more meaningful relationships by giving us more joy to spread amongst others. Heres how Dave practices Gratitude: "Everyday I keep a Gratitude Journal. I like to write down what happens during the day and everything I am grateful for - Dave".

Masako has recently undergone surgery which would be rough on anybody but she is able to keep head up and maintain an Attitude of Gratitude, Masako has this to say on this subject:

"Thank you for your life saving care and support, especially during a recent complex ankle surgery. California clubhouse members graciously supported me which was over and beyond as the VA still has a no visitor policy. i was especially touched when Monica offered to deliver a iphone charging cord. also, welcome to new staff and members. peace, Masako"

Through Gratitude we can achieve deeper connections with ourself, each other, and the world.

"I am grateful for Coke Zero and being privileged for every breath I'm allowed on this planet"

Masako



"Grateful for my friends and my new job"

LOLA



"Im grateful for my brother, and all that he has done for me. I couldn't do it without him."

ALAN

Im just thankful for having a family and friends that I can turn to."

Yinon



December Socials



Member Art

Ohio Blue Tip



This is an art piece created by
our member Dave B. on July,
1976

Thursday, Dec 2

Dragons Den Escape Room

Social

(Virtual)

5pm - 7pm

Thursday, Dec 9th

Arts & Crafts Social

5pm-7pm

(Virtual)

Saturday, Dec 18th

Gingerbread Man Cookie

Decorating Social

1pm-4pm

(In-Person)

Registration Required

Thursday, Dec. 23

Virtual Game Night

5pm-7pm

Saturday, Dec. 25

Christmas Day Social

To be announced

Monday, Dec. 27

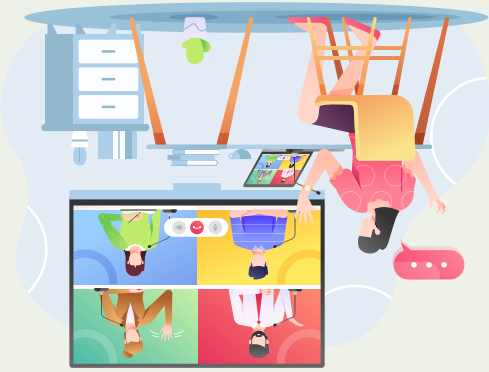
Employment Dinner/
Student Soiree

4pm-6pm

**Virtual Socials can be
found here**

Zoom ID: 808 111 324

Passcode: 210



MONDAY - FRIDAY 9:00 AM - 5PM

VIRTUAL HOURS

MONDAY, WED, FRIDAY 8:30AM - 5PM

IN-PERSON HOURS (REG. REQUIRED)

Join us for the Work Ordered Day.
and running!

Our in-person and virtual program is up

HYBRID PROGRAM



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