

# THUNDERBIRD CLUBHOUSE



THE MONTHLY UPDATE FROM THE COMMUNITY  
AT THUNDERBIRD CLUBHOUSE

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AUGUST 2020

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## CLUBHOUSE RECAP

NEW WEBSITE - Thunderbird Clubhouse's newly-renovated website is up and running. Visit

**[www.https://thunderbirdclubhouse.org](https://thunderbirdclubhouse.org)** to check it out!

On Aug. 19, Thunderbird Clubhouse staff and members participated in a virtual Zoom meeting with Putnam Clubhouse in Concord, California.

The virtual camping event on Aug. 22 was a great success. Members participating via Zoom told ghost stories, shared camping experiences, and enjoyed making their own s'mores, with materials provided by Clubhouse.

### **LABOR DAY IN-PERSON SOCIAL**

If you can make it to Clubhouse on Monday, Sept. 7, join us from 11 a.m. until 1 p.m. in the backyard for pizza, pop, and friends!



# CLUBHOUSE STATISTICS

## JULY 2020

Support	Count	Hours
Employment Support	29	24.25
Grocery Delivery	72	36.75
Health & Wellness Activity	21	12
Housing Support	122	49.75
Lunch Delivery	908	1135
Other Delivery	54	27.75
Reach Out Call	1019	267.25
Reach Out Face to Face	145	73.25
Reach Out Internet	87	25
Unit Meeting AM	81	57.5
Unit Meeting PM	116	83.75
Virtual Social	50	42
WOD Activity	141	133.25
<u>Total</u>	<u>2845</u>	<u>1967.5</u>



Thunderbird Clubhouse would like to extend a HUGE THANK YOU to Dirk and Stephanie O'Hara with Valir PACE for their generous donation during this difficult time. Your support goes a long way in helping us provide our members opportunities for socialization, wellness, and community.



# My IDA Experience

## By Mike Cordial

I'm writing about a benefit we members enjoy at Clubhouse: The Individual Development Account program has been available every year for the past seven years, for all members who want to participate. I have been lucky to have the chance to participate every year. I don't know how much I have earned in total, but every year, in July, I have

received \$480, to pay off credit cards or pay for glasses I was prescribed. It's been one of my favorite challenges since its inception. I have made my payment every month, which I have to include in my budget. Then I wait for 12 months to reap the benefits. Exciting!



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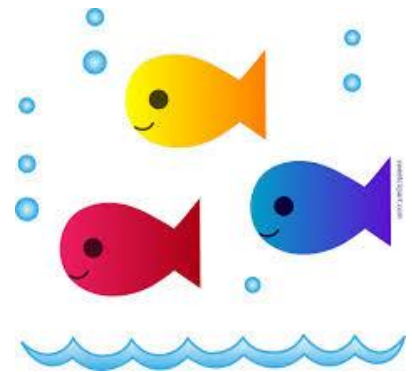
Individual Development Accounts (IDAs) are matching savings accounts for members where the member deposits a specific amount of money per month and Clubhouse matches that amount with a 2:1 ratio. At the end of twelve months, the member walks away with a large sum of money to help them with their financial goals and to keep them from going into debt or using predatory lending options. This past year, we have started offering two options in the IDA program. A new member to the program is able to put in an amount each month, and Clubhouse will match that amount at a 2:1 ratio. Returning program members are challenged to deposit \$20 per month. Clubhouse will only match that amount at a 1:1 ratio. We also include financial planning and knowledge as part of this program so members can make the most of their already limited budgets.



# RIDDLES



- 1.) Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
- 2.) Two fathers and two sons went fishing one day. They were there the whole day and only caught 3 fish. One father said, that is enough for all of us, we will have one each. How can this be possible?
- 3.) Why is 6 afraid of 7?
- 4.) Jimmy's mother had three children. The first was called April, the second was called May. What was the name of the third?



(Answers on second page following.)

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*Join us for the  
Garden Committee Meeting*



**WEDNESDAY, SEPT 2ND @ 2PM**

**MEET ON ZOOM**

# **Virtual Social**

Thursday, September 3rd at 2 p.m.

Come tour the Egyptian pyramids. Learn what tools were used to build them. Who built the pyramids?



**Join us via Zoom, meeting  
ID: 5390027589**



# ANSWERS



- 1.) There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.
- 2.) There was the father, his son, and his son's son. This equals 2 fathers and 2 sons for a total of 3!
- 3.) Because 7 ate 9 (7, 8, 9).
- 4.) Jimmy.

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## Tai Chi

JOIN US IN THE  
BACKYARD OF CLUBHOUSE

Come one,  
come all!



Tuesday & Thursday @ 3:30pm

# WEEKLY SCHEDULE

## MONDAY

9:15 AM

Unit Meeting via Zoom

10:00 AM - 12:00 PM

Remote WOD Activities

1:15 PM

Unit Meeting via Zoom

2:00 PM - 3:30 PM

Remote WOD Activities

3:30 PM

Guided Meditation via Zoom

## WEDNESDAY

9:15 AM

Unit Meeting via Zoom

10:00 AM - 12:00 PM

Remote WOD Activities

1:15 PM

Unit Meeting via Zoom

2:00 PM - 3:30 PM

Remote WOD Activities

3:30 PM

Guided Meditation via Zoom

## FRIDAY

9:15 AM

Unit Meeting via Zoom

10:00 AM - 12:00 PM

Remote WOD Activities

1:15 PM

Unit Meeting via Zoom

3:30 PM

Guided Meditation via Zoom

## TUESDAY

9:15 AM

Unit Meeting via Zoom

10:00 AM - 12:00 PM

Remote WOD Activities

1:15 PM

Unit Meeting via Zoom

2:00 PM

Social Activity

3:30 PM

Wellness Activity via Zoom

## THURSDAY

9:15 AM

Unit Meeting via Zoom

10:00 AM - 12:00 PM

Remote WOD Activities

1:15 PM

Unit Meeting via Zoom

2:00 PM

Social Activity

3:30 PM

Wellness Activity via Zoom

## SATURDAY

6:00 PM

Online Board Games





# HOW TO JOIN OUR ZOOM MEETINGS

1. Call this number to enter our meeting:

**1 (346) - 248 -7799**

2. Enter our meeting ID:

**5390027589#**

3. Enter #

**OR**

1. Download the Zoom App

2. Enter our meeting ID:

**5390027589#**

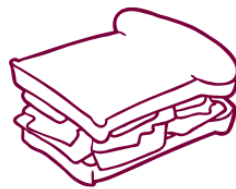
**THUNDERBIRD CLUBHOUSE**

# DID YOU KNOW?

Thunderbird Clubhouse has been providing lunches and food boxes for members during this time of COVID. Check out the stats below of how many meals we have been able to provide!

**March: 330 lunches and 41 food boxes**  
**April: 1,211 lunches and 99 food boxes**  
**May: 1,214 lunches and 39 food boxes**  
**June: 1,117 lunches and 65 food boxes**  
**July: 908 lunches and 72 food boxes**

## FOR THOSE IN NEED OF FOOD



CLUBHOUSE IS DELIVERING FREE  
LUNCHES AND FOOD KITS TO  
MEMBERS WHO REQUEST THEM

**CALL US BEFORE 9AM TO  
REQUEST A FREE LUNCH:  
(405) 321-7331**