

THUNDERBIRD CLUBHOUSE



THE MONTHLY NEWSLETTER FROM THE COMMUNITY AT
THUNDERBIRD CLUBHOUSE

FEB. 2020, ISSUE 4

CLUBHOUSE RECAP

WRITTEN BY THE COMMUNICATION UNIT

After kicking off the New Year, Clubhouse held a Super Bowl watch party, a karaoke social, and celebrated Love Your Clubhouse Day.

Clubhouse staff and members volunteered to help with the Point in Time Count, which provides a count of sheltered and unsheltered homeless persons on a single day.

Clubhouse also introduced two new Transitional Employment opportunities at Midway Deli and Walden Cleaners.

We are also happy to announce that we have been selected as a client for The Oklahoma Group (TOG). TOG is a group of OU students who provide pro-bono professional consulting services to non-profits.

We are preparing for our upcoming Art Show on March 13 and our Perfect Pairing Fundraiser on April 17. Be on the look out on social media for more info about these events!

UPCOMING EVENTS

MARCH:

Wednesday 4th -
Celebration Dinner @ Rudy's
@ 4:30pm \$5 (T/H After)

Friday 6th - OU Softball
Game @ 2:00pm \$5
(T/H after)

Friday 13th - Artist Collective
Art Show @ Resonator @
6pm (T/H after)

Tuesday 17th - St. Patty's
Green Potluck @ Clubhouse
@ 12pm
(bring your favorite green
dish)

Thursday 19th - Create @
Clubhouse @ 5-7pm (T/H
after)

Friday 20th - Talent Show @
Clubhouse @ 2:00 (T/H after)

Sunday 29th - Games @
Clubhouse @ 3pm (P/U
2pm-3pm)

WHY WE LOVE CLUBHOUSE

STEVEN
H.

I love Clubhouse because it encourages me to be better! It's really nice to have a place to meet friends and like-minded people. The unit work makes me feel productive.

The socials are nice because we've built up a relationship with each other and get to do things that wouldn't be fun to do alone. Sometimes when you've got a mental health diagnosis, it feels like you're always taking, but with Clubhouse's support, you are able to give back.

I love Clubhouse because it's a place that I feel a part of, and they make me feel like I'm a part of a family. It feels good to be part of a community, and I like that feeling. I am learning, and Clubhouse is teaching me how to use the computer, communicate better, prepare meals, and help other members with their goals.

DAWN
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ARTIST SPOTLIGHT

Mike Cordial

Art is fascinating. I have enjoyed the feelings I have had for my own works with each passing year. I am always trying to learn more about art. I continue experimenting with new styles and subjects, so I can enjoy new feelings. Sometimes I wonder if my art is going to look okay, but when I am finished I am happy with the results. I have been able to learn several techniques in printmaking. I studied intaglio etchings mostly. I did a study in Oceanography in college. I did some woodcuts and linoleum cuts in Jr. High, and I have a few other reliefs that I did as well. I do shock myself sometimes, but there is something required if I am going to remain free.



Mike Cordial is a long-standing member of Thunderbird Clubhouse. His artwork, along with many other original works created by members of Artist Collective, will be showcased in our 2nd Friday Art Walk show in March. Check out these pieces and more at the show!





**THUNDERBIRD
CLUBHOUSE**

**ARTIST
COLLECTIVE
FUNDRAISER**

**MARCH 13TH, 2020 6-9 PM
RESONATOR INSTITUTE
325 E MAIN ST. NORMAN, OK 73069**

A collective of artwork created
by artists from Thunderbird Clubhouse.



THUNDERBIRD
CLUBHOUSE



March



2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Chef Special 2	Breakfast Sandwiches 3	Dorito Chili Pie 4	Bacon Cheeseburgers 5	Roast Beef Sandwiches 6	
	Chef Special 9	Great Northern Beans w/ side of fruity Jello 10	Fish Foil Packets 11	Sloppy Joes 12	Panini Sandwiches 13	
	Chef Special 16	Green Potluck (bring your favorite green dish) 17	Biscuits & Gravy w/ eggs 18	Vegetarian Lasagna 19	Black Eyed Peas w/ cornbread & bacon 20	
	Chef Special 23	Meatloaf w/ mashed potatoes 24	Shake & Bake Chicken 25	Vegetarian Spaghetti 26	Rice Bowls 27	
	Chef Special 30	Chicken Enchiladas 31				

Notes: Vegetarian Day |

