

THUNDERBIRD CLUBHOUSE



THE MONTHLY NEWSLETTER FROM THE COMMUNITY AT
THUNDERBIRD CLUBHOUSE

JAN. 2020, ISSUE 3

CLUBHOUSE RECAP

WRITTEN BY THE COMMUNICATION UNIT

December was full of fun and holiday cheer for Clubhouse members. From our Holiday Party on Dec. 6, to the Dirty Santa game on Dec. 18, to the New Year's Eve gathering on Dec. 31, everyone enjoyed the food, fun, and friendship.

Also in December, we gave a presentation to CIT officers with the City of Norman Police Department, teaching them about Clubhouse. We were also invited to Drug Court to share a testimonial about how Clubhouse can impact and support members' recovery.

December also marks the 19th anniversary of Thunderbird being a free-standing Clubhouse! We are proud of everything we have accomplished and look forward to what lies ahead.

UPCOMING EVENTS

FEBRUARY:

Sunday 2nd - Super Bowl Party & Potluck @ Clubhouse @ TBA

Wednesday 5th - Celebration Dinner @ Rudy's @ 4:30 pm @ \$5

Saturday 8th - Valentine's Day Party @ 5 pm (P/U 4 pm - 5 pm)

Thursday 13th - Create @ Clubhouse (Art Social) @ 5 pm - 7 pm (TH After)

Friday 14th - Valentine's Day Dinner @ 5:30 pm (T/H After)

Sunday 23rd - Pie 5 Pizza and 5 Below Store @ 11 am (P/U 10 am - 11 am)

20 CLUBHOUSE 20 GOALS

WRITTEN BY CHUCK MILLER AND ASHLEY SHOWALTER

Create Young Adult Program

Thunderbird Clubhouse has important goals for the coming year, and we are excited to be working with The Oklahoma Group, a student consultant group at OU, to achieve them. As we enter 2020, we look forward to expanding our outreach programs, and the opportunities available to our members. We recently recognized a need to reach out to more young adults in the community, and also to enhance our education program. We believe that a focus on these goals can help us increase our membership among 18-25 year olds. Our new Young Adult Committee is developing plans to create an innovative and vibrant workspace within clubhouse. We are also exploring the needs of young adults to better understand how Clubhouse can benefit them.

Enhance Education Program

We also plan to expand our employment opportunities for members by reaching out to more employers in the community. The Oklahoma Group will be assisting us with a detailed plan for reaching this goal.

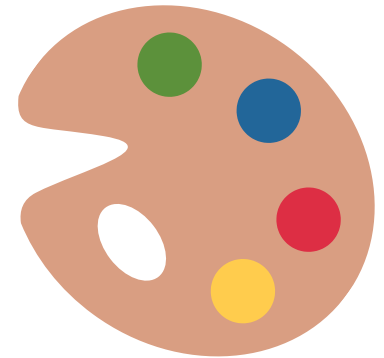
Expand Employment Opportunities

We are excited for a new year of new experiences at Thunderbird Clubhouse and look forward to welcoming new members into our organization.



**SAVE
THE
DATE**

ART
SHOW



**MARCH 13TH
2020**

Thunderbird Clubhouse is excited to announce that our Artist Collective program will be having an art show at Norman's 2nd Friday Art Walk. Join us for an evening of art on March 13th at Resonator Institute (325 E. Main Street) from 6-9pm. Art will be for sale and the proceeds will go back into our artist collective budget to help fund future art projects and grants for art supplies to our members.

Are you a Thunderbird Clubhouse member interested in submitting art work for the show? Let Artist Collective know ASAP! All artwork must be completed and delivered to Clubhouse by Feb. 28th, 2020.



OUR NEW YEAR'S RESOLUTIONS



LEANNE B.
BUDGET
BETTER



SKY C.
CREATE
MORE



ALEX H.
THINK
POSTIVE
THOUGHTS



RAMSEY P.
COOK
MORE



DEBBIE A.
LOSE
WEIGHT



JAMES P.
FIND A
JOB



MARCY C.
START
KETO DIET



DANIELLE J.
WAKE UP
EARLY








ASHLEY S.
TACKLE
DEBT



February

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|--|----------|
| |  Chefs Special 3 | Eggs and Potatoes  4 | Spaghetti and meatballs with carrots 5 | Michelle's tator tot casserole 6 | Hot dogs, tator tots, baked beans, and carrot sticks 7 | |
| |  Chef Special 10 | Chicken cordon bleu 11 | Crispy tacos Broccoli and cheese 12 | French bread pizza 13 | Grilled cheese and broccoli and cheese soup  14 | |
| |  Chef Special 17 | Kathy's moms Salisbury steak, mashed pot, w/green beans and corn 18 |  Avocado toast w/tomatoes, French fries, and applesauce 19 | Hamburgers, French fries, green beans 20 | Black bean nachos 21 | |
| |  Chef Special 24 | Chicken noodle soup and crackers 25 | Chila Quilles Refried beans 26 | Michelle's stew and cornbread 27 | Caesar salad with cheese French bread  28 | |

