

# THUNDERBIRD CLUBHOUSE



THE WEEKLY UPDATE FROM THE COMMUNITY AT  
THUNDERBIRD CLUBHOUSE

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MAY 11TH - MAY 15TH

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## WE WILL MISS YOU ERICA!

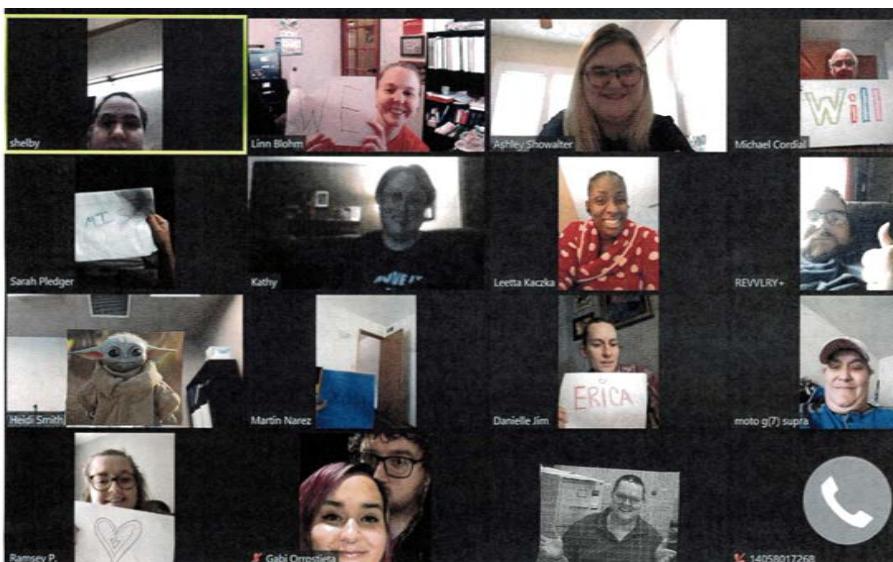
We will miss our staff member, Erica, as she heads off to her new job! Thanks for all of your hard work at Thunderbird Clubhouse and we can't wait to see you soon.

Here are some of the things we will miss most about Erica:

**Alex Harnack:** I will miss Erica's friendly attitude and how hard she worked to help me feel better.

**Chris Nott:** I will miss Erica's whip smart sense of humor and her scaring me in the bank (especially on the morning of October 2, 2019).

**Mike Cordial:** I will miss how considerate Erica is of other people's feelings. She can always make life a little better when you're feeling down.



# WHAT I'VE LEARNED FROM CLUBHOUSE

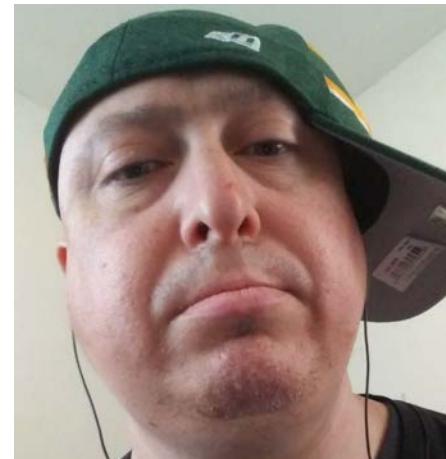
By Martin Narez

My name is Martin Narez and I have been a member of Thunderbird Clubhouse for three years. I am grateful for Clubhouse because it has made many important changes in my life. Before I joined Clubhouse, I just sat at home most of the day. When I learned about Clubhouse, I wanted to be involved. I wanted to help myself and get better. I became a member, and I realized that is what I want to do. I love the club and its culture, so I decided to go there every single day, and I did. I was comfortable. I had fun. I found a place where I belong.

I joined the culinary unit, because I wanted to learn how to cook. Seeing everyone working together in the kitchen made me want to work hard. I had friends to teach me how to be better at cooking. Even if I messed up, no one made a big deal about it because everyone makes mistakes sometimes. I felt better knowing that I had everyone supporting me. I enjoy the company of other members and staff. That's what's so special about this place. It's coming up and not being alone. It's working with other people. The Clubhouse kitchen feels like home to me because this is what I want to do and what I love to do.

Another important thing I learned from Clubhouse is not to be ashamed of taking medication. When I first started Clubhouse, I wasn't doing very well. I wasn't taking my pills and I was having a hard time with my mental health. I didn't want to need pills everyday to feel normal. I didn't want that to be my life. When I came to Clubhouse, I met a lot of other people and learned that many of them took pills everyday too. It helped me realize that it is ok to need medication in your life, and I started taking it again. Because of that I feel a lot better. If anyone feels that they need Clubhouse, it would help them. You have to make the effort to want to help yourself, but having so many people to support you makes all the difference.

It's been a rough year for us at Thunderbird. We lost a lot of friends last year, and now we are coping with the changes brought on by the virus. I miss the fun, the cooking, and the hanging with friends. I can't wait until the building reopens. It will be great to just get out, have fun and be normal. Even though there have been a lot of changes recently, I'm not going to worry about it. We can't let it stop us. We will get a chance to go again. I am grateful to Clubhouse and I have enjoyed every second of my time there. It's an amazing place to be.



# WEEKLY SCHEDULE

**MONDAY**

- 9:15 AM  
Unit Meeting via Zoom  
10:00 AM - 12:00 PM  
Remote WOD Activities  
12:00 PM  
Lunch chat via Zoom  
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  
12:00 PM  
Lunch chat via Zoom  
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  
12:00 PM  
Lunch chat via Zoom  
1:15 PM  
Unit Meeting via Zoom  
2:00 - 3:00 PM  
Book Club 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  
12:00 PM  
Lunch chat via Zoom  
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  
12:00 PM  
Lunch chat via Zoom  
1:15 PM  
Unit Meeting via Zoom  
2:00 PM  
Social Activity  
3:30 PM  
Wellness Activity via Zoom

**SUNDAY**

- 12:00 PM  
Lunch chat via Zoom  
6:00 PM  
Online Board Games  
12:00 PM  
Lunch chat via Zoom





# 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**

# RESOURCES

## 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**

## WARMLINE PHONE

CLUBHOUSE WILL HAVE A PHONE LINE AVAILABLE TO CALL FOR MEMBERS WHO ARE LONELY OR NEEDING SOMEONE TO TALK WITH

**WARMLINE PHONE NUMBER  
(405) 501-3309**

**AVAILABLE 4-8PM EVERYDAY**

## THE VIRTUE CENTER VIRTUAL EVENTS

WRITTEN BY RAMSEY PHELPS

**Monday:** Mindful Monday Meditation at 1 pm. Live on The Virtue Center Facebook page. Lasts approximately 20 minutes.

**Tuesday:** Trauma Informed Yoga (beginning next Tuesday May 19th) at 5:30 pm. Lasts approximately 1 hour. On Zoom: <https://thevirtuecenter.zoom.us/j/98466430667> or The Virtue Center Facebook Live.

**Wednesday May 20:** Norman Addicted. Lasts approximately 2 hours. Representatives will educate on generational addiction and a panel discussion. Live questions from viewers will be answered and community resources shared.  
On Zoom: <https://thevirtuecenter.zoom.us/j/92382297434> or The Virtue Center Facebook Live or YouTube Live.

**Friday:** Trauma Informed Yoga (beginning this Friday May 15th) at 8 am. Lasts approximately 1 hour. On Zoom: <https://thevirtuecenter.zoom.us/j/99703432496> or The Virtue Center Facebook Live.

