

THUNDERBIRD CLUBHOUSE



THE MONTHLY UPDATE FROM THE COMMUNITY
AT THUNDERBIRD CLUBHOUSE

SEPTEMBER 2021

Clubhouse Recap

By Ramsey and James

Welcome back to the Thunderbird Clubhouse monthly newsletter! COVID caused us to put a pause on our newsletter for awhile, but we are back and can't wait to share all of things we've been working on.

We reopened our doors after the COVID shut down in April. Since then, we have been safely welcoming members back into the Clubhouse as we get our units and programs up-and-running again.

Lots of exciting things have been happening. We hosted a COVID-19 vaccination clinic and a mobile dentist for members. Clubhouse has also revamped our education and employment program. In addition, active members and staff have continued to reach out to an average of 300 members per month.

On September 13, we hosted our most-successful Golf Tournament Fundraiser yet - raising over \$90,000! We cannot thank our donors, board members, staff and members enough for all of the hard work put into improving the future of our Clubhouse.

Upcoming Events

**9/22: Board
Game Night
@ 4pm**

**9/26: Picnic
at Scissortail
Park @ 11am**

**9/29: Video
Game Night
@ 4pm**

**10/2:
Shopping
Social
@ 11am**

**10/6:
Celebration
Dinner
@ 4:30 pm**

**10/16: Scary
Movie & Pizza
@ 6pm**

5 REASONS YOU SHOULD BIKE

1. It's a fun way to lose weight
2. It's a great way to build stamina (in case you need to out bike some zombies)
3. Good way to get some sun and a nice tan
4. Easy way to get out and see nature
5. The most cost-efficient and environmentally conscious way to travel



JOSIAH



JAMES



SOL



JOHN

CLUBHOUSE NUMBERS

of Active Members: 126

of Average Daily Attendance: 31

of Total Service Hours: 2,052

of Meals Served: 366

of Members Assisted with Housing: 50

(In August)

CLUBHOUSE TIMES TO REMEMBER

MEETING TIMES

Unit Meetings
9:15am & 1:15pm Monday-Friday

House Meeting
3:00pm every Wednesday

Philosophy Meeting
3:00pm every Thursday

Education & Employment Meeting
2:00pm every Tuesday

Inclusion, Diversity, Equity
& Accessibility Meeting
2:00pm every other Monday

Artist Collective
4pm every other Tuesday

(Take home after)

BANK HOURS

Monday-Friday
10:00am - 11:00am

Monday, Tuesday, Friday
2:00pm- 3:00pm

Wednesday & Thursday
2:00pm- 2:45pm

**WE NEED LOTS OF HELP AT
CLUBHOUSE - COME SEE US!
WE MISS YOU!**



MENU

Elvis Grilled
PB
Sandwich

Butter Chicken,
basmati rice,
Brussels
sprouts &
mango

Biscuits &
gravy, bacon,
scrambled
eggs, fruit
salad

Everything
bagel pasta,
pasta salad, &
peaches and
cream

Fish and
chips with
mushy peas

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ARTIST SPOTLIGHT

James Estes

My name is James Estes and I have been a member for almost 3 years. I love coming to Clubhouse because it gives me a place to use my skills and learn new things. I started making art after I joined the Artist Collective. I discovered creating things was a really fun and therapeutic hobby for me. Making new creations helps me relax and find creative ways to make things. My favorite medium to create art is acrylic paints.



Meet Our New Staff



Erica Woods joined the Clubhouse in Fall 2020. She is currently working towards a master degree at OU in order to become a licensed professional counselor. When she is able to get time for myself I love to read, listen to music, paint and play with her 4 year old Australian Shepherd/St. Bernard fur baby. Erica also engages with the Black Lives Matter chapter in OKC and finds great fulfillment in working towards social justice and reform in Oklahoma.

Trebor Harmon has worked with Thunderbird Clubhouse since July of 2020. He also has had jobs where he helped take care of people of all ages. His favorite job was at the JD McCarty Center where he helped children and adolescents with developmental disabilities. His hobbies include hanging out with his friends and spending time with his girlfriend, Shelby.



Amber Miller joined the Clubhouse community as an intern in 2020. She received her Bachelor of Social Work from the University of Oklahoma in May of 2020 and a Masters of Social Work in August 2021. During her bachelors work she served an internship at Homeless Alliance of OKC. She loves to read books, watch anime, and play dungeons and dragons with friends. You might have a tough time finding her around Clubhouse as she likes to shake up her hair color a lot!