

THE FRIENDSHIP CENTER NEWS

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August 2009

Join in the August Events!!

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Thought for the month:

If you take action in your life to use your strengths, skills and resources recovery is possible.

- **Crafts every Wednesday!** This month we are doing **Crafts**
- **Bingo on Mondays! 9:00 am** on the 3rd, 17th, 31st, and 1 pm on the 10th and 24th.
- **Clay Class on Thursday at 10:00 am** on the 6th and 20th.
- **Monthly Members Meeting on Tuesday the 11th at 11:00 a. m.** with **Ham and Cheese Sandwiches** after **ONLY for all who attended the meeting.**
- **Monthly Birthday party** will be at 12:00 on the 24th.
- Join us for the **August meals at 12:00** on the 8th, 11th, 17th, and 27th, 5 pm on the 20th.
- **Support Group— Every Tuesday @ 10:00 a.m.**

Kennedy Park Shelter

Thursday August 20th

3 pm— 9 pm

Dart Bus Leaves the F.C. @ 2:30 pm

Returns to the F.C. @ 9:00 pm

2 guests per member

Meal @ 5 pm

July Members Meeting Minutes

July 14, 2009 with 15 peers attended the meeting which Brian S. opened at 11:10 am. Brian went over the meals coming up the remainder of July and August. He encouraged members to attend the Food & Special Occasions Committee so that they can help choose and plan meals and activities.

Brian mentioned that the Empowerment Conference is coming up on August 4th, 5th, and 6th. W.R.A.P. training is going to start on October 20th for 6 sessions. A peer support said that W.R.A.P is a worthwhile program. It involves instructions when you find yourself challenged mentally. It can help you when you can't help yourself.

Our coming Okoboji trip was mentioned. We will go to a beach and to Arnolds Park by bus. The F.C. will supply our sandwiches. One member reminded us to bring our fishing poles. The Maritime Museum is also on our agenda.

Brian S. mentioned that guests under 18 can only stay for 15 minutes. This is also before and after a party that they may attend. A peer support brought up phone calls. A member can only talk on the phone for 5 minutes. It was decided that a peer support should answer the phone if possible but it is okay for a member to answer also. In September we will start pizza and movie on Saturdays, only once a month. It was mentioned that there is a big rush to get in line during meals so we will ask the members to approach the food line one table at a time from now on. Brian went over the budget which is in good shape. The meeting was ended at 11:50 am.

Happy "August" Birthdays



8/3 Roger T.
Dale C.
David S.
Joshua W.
8/5 Gayle O.
8/8 Larry B.

8/13 David B.
8/14 John L.
8/16 Roxanne E.
8/24 Connie N.
Tiffany T.
Andrew W.

Winners Circle

Bruce J./Marvin L./Alan M.
Amanda O./Brian S./Tom M.-2
Larry B.-3/Abe N.-3/Gary S.-3
Carol K.-4/Randy H.-5

Winner of Free Dues-
Abe N.

Bingo Winners

Mike B./Jim C./Nancy S.
Winner Bingo Dues-
Jim C.

Meals
Menu
For
August

Saturday Aug. 8th Noon Meal
Tuna & Noodle Casserole/Peas on the side

Angel Food Cake w/Strawberry glaze
Strawberry & Orange 2 liter of pop

Tuesday Aug. 11th Members Meeting
Grilled Ham & Cheese sandwiches
Bake Chips & Tomato Soup
Milk Rice Crispy Treats/S.F. Fudge sickles

Monday Aug. 17th Noon Meal
Robert C. BBQ Chicken
Mashed Potatoes & Corn
Robin D. Monkey Bread/S.F. Sherbet I.C.

Thursday Aug. 20 Kennedy Park 5 pm Meal
Hamburgers & Hotdogs/ Chips
Fruit Punch/S.F. Lemonade & Lemonade

Thursday Aug. 27th Noon Meal
Meatloaf - Cottage Cheese
Robin D. Spaghetti Salad
S.F. Jell-o w/Banana's & Milk

Thursday August 6th 1:30 pm
Helen Miller State Legislature is going to be at the F.C. to have a Art Works showing. We would like you to bring your Art Works to the F.C. It can be Clay Sculptures, Art pictures, Poems, etc. It could really help the F.C. if everybody shows up to help and show off your art work!

Thanks!
Peer Support

Writing

Aug. 4th Members Choice/Deb Gone
Aug. 11th write & chat Legislature Millers Visit
Aug. 18th writing game "Pick a Topic"
Aug. 25th write, read, and review works

Baking

Aug. 5th Deb Gone
Aug. 12th Rhubarb
Aug. 19th Peach Cobbler
Aug. 26th Kringla

Art

Aug. 6th Deb Gone
Aug. 13th Warm Up Draw Still Life Fruits and Veggies
Aug. 20th Perspective Items at a Distance and Close up
Aug. 27th Draw or Paint Items Perspective

