Goodwill

Good Days

A Day Services Publication

March 2017

Community Opportunities Club West

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This program has been accredited by CARF.

Staffings
Lisa L. – 3/28 at 1:00 p.m.

Quote of the Month
"Anyone who thinks gardening begins in the spring and ends in the fall is missing the best part of the whole year; for gardening begins in January with the dream."
-Josephine Nuese

Happy Birthdays
Steve E. – 3/8
Jose V. – 3/28

Reminder
Please let the staff know of any changes with your participant. This will help with maintaining accurate information in their files.

Contacts
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This Month
This month we are going to check out a few new places: an Irish store, Noodles & Company and Chuck E Cheese. The members that choose the Chuck E Cheese outing will need to bring extra money if they want to play any games. Thirty (30) tokens will cost $10.00. Of course this month is quite filled with Irish-themed activities like learning about Ireland, leprechauns, Irish music and making Irish soda bread. This month there will be discussions on a variety of health issues: food pyramid, effects of caffeine, and kidney health - to name a few. Of course one of the "lunch at the club" meals will be corned beef and cabbage in celebration of Saint Patrick's Day. So if your member doesn't like that meal, please send in their regular bag lunch. On March 21 Kathy obtained some dancers from the Fred Astaire Studio to perform for us in the afternoon. This will be quite fun. Some of the Club members have asked to learn more about the solar system, Johann Sebastian Bach, Norway, Ireland and how to use coupons.

Welcome Back Retread Studio
We are excited to have Kathy Gomez back this month with her Retread Studio. The Club members do enjoy spending time with Kathy and creating some recycled art. Kathy comes to the center twice a month.

Club Rules
The staff and Club members have created a set of Club rules. We encourage the members to show respect to each other. This can be as simple as not calling personal phones constantly. Staff encourage members to not trade items. We ask the Club members to not loan each other money. This can cause animosity with fellow members, if they are not paid back. So this month we will be discussing the rules and making adjustments.

Cindy the Volunteer
Cindy has been leading our Club members in learning some basic chair yoga exercises and other health classes each Wednesday. The participants enjoy learning things with her.

Happy St. Patrick's Day!
Leslie, Jill and Kathy

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lunch at the Club Cooking Class Banana Cream Pie Growing Old Gracefully Blarney Stone Project	**2** March Madness Bracket History of Leprechauns The Sport of Curling What does Privacy Mean?	**3** History of Coffee How Many Shamrocks Work on April's Calendar Learn about Ireland
6 JoAnn Crafts – Bring $ Dental Care Word Jumble Food Pyramid National Owl Day	**7** Chuck E Cheese – Bring $15 The 7 Wonders of the World Make Bug Hotels	**8** Ethel's for Lunch Retread Studio Proofreading Day History of Irish Music Guess the Green Game	**9** Waukesha West: Peter Pan Play Effects of Caffeine Healthy Kidneys Interfaith Cards	**10** Dollar Tree – Bring $ Daylight Saving Time Irish Music and Dance Connecting with Families
13 Wal-Mart – Bring $ Four Leaf Clover Craft Identify the Scent Mad Libs Interfaith Prep	**14** Noodles and Company – Bring $15 Crayon Letters Make Irish Soda Bread National Potato Day	**15** Lunch at the Club – Corned Beef and Cabbage St. Pat's Bingo The Art of Patience Decorate Vases	**16** Irish Store – Bring $ Freedom of Information Act Spiritual Awareness Book Club	**17** Touch of Glaze – Bring $15 St. Patrick's Day Shamrock Shakes More Irish Music
20 First Day of Spring The Art of Dance Let's Get Outdoors Irish Poetry The Planter Boxes	**21** Essential Oils and Their Benefits Relaxation Techniques Johann Sebastian Bach Fred Astaire Dancers	**22** Golden Gate Restaurant – Bring $12 History of Fortune Cookies Learn about the Solar System	**23** Steaming Cup – Bring $7 Retread Studio Learn about Apostle Islands	**24** Waukesha Library Start to Build a Bookshelf Glamor Day Horticultural Therapy
27 65th Anniversary of "Singing in the Rain" Quirky Country Music Song Titles Day	**28** Irish Store – Bring $ Spelling Bee Flower of the Month Make a Daffodil Board Games	**29** Southridge Mall – Bring $ Tornado Safety American Red Cross Karaoke	**30** Walk at Frame Park How to Prepare for Spring Weather Learn about Norway	**31** Oconomowoc Goodwill Store – Bring $ Learn about Arthritis Foundation Humorous Art

Classes **Outings** **Therapy** **Special Events Open to Public**