

# ARROWHEAD CLUBHOUSE SANDWICH



I am just so very **GRATEFUL** this very moment, to have a roof over my head, food to eat, clean clothes to wear, a warm bed to sleep in, drinkable running water, electricity... We take so much for granted, when there is so much to be **GRATEFUL** for.

Unknown

**Gratitude**  
**October 2022**

# My Mind to Me a Kingdom Is

My mind to me a kingdom is;  
Such present joys therein I find,  
That it excels all other bliss  
That earth affords  
or grows by kind:

Though much I want that most would  
have, Yet still my mind forbids to crave.  
No princely pomp, no wealthy store,  
No force to win the victory,  
No wily wit to salve a sore,  
No shape to feed a loving eye;  
To none of these I yield as thrall;  
For why? my mind doth serve for all.

I see how plenty surfeits oft,  
And hasty climbers soon do fall;  
I see that those which are aloft  
Mishap doth threaten most of all:

They get with toil, they keep with fear:  
Such cares my mind could never bear.  
Content I live, this is my stay;  
I seek no more than may suffice;  
I press to bear no haughty sway;  
Look, what I lack my mind supplies.

Lo, thus I triumph like a king,  
Content with that my mind doth bring.  
Some have too much, yet still do crave;

I little have, and seek no more.  
They are but poor, though much they  
have, And I am rich with little store; They  
poor, I rich; they beg, I give; They lack, I  
leave; they pine, I live.

I laugh not at another's loss,  
I grudge not at another's gain;  
No worldly waves my mind can toss;  
My state at one doth still remain:

I fear no foe, I fawn no friend;  
I loathe not life, nor dread my end.  
Some weigh their pleasure by their lust,  
Their wisdom by their rage of will; Their  
treasure is their only trust, A cloakèd  
craft their store of skill;

But all the pleasure that I find  
Is to maintain a quiet mind.  
My wealth is health and perfect ease,  
My conscience clear my chief defence;  
I neither seek by bribes to please,  
Nor by deceit to breed offence:

Thus do I live; thus will I die;  
Would all did so as well as I!

*By Sir Edward Dyer  
Poem submitted by Melanie*

## Disclaimer

The opinions expressed in these creative writings and artworks are opinions of their creators and do not necessarily reflect the opinion of Arrowhead Clubhouse or Sunshine Coast Community Services. Therefore, Arrowhead Clubhouse/SCCSS carries no responsibility for the opinion expressed therein. Arrowhead Clubhouse/SCCSS assumes no liability or responsibility for any inaccurate, delayed or incomplete information. Any form of reproduction of any content in this magazine without the permission of the author or artist is strictly prohibited.



Arrowhead Clubhouse, one of 36 services run by SCCSS, is a place where people living with mental illness can come to learn skills, get support and build relationships in a safe, stigma-free environment. <https://arrowclub.org/>

# What is Gratitude? 5 Ways to Be Thankful

By Paulina Cal y Mayor Galind

<https://www.betterup.com/blog/gratitude-definition-how-to-practice>

From the time we are little, we are asked to thank others when they give us a gift or extend a nice gesture. We learn to thank automatically and as a social rule. But, how many times do we extend thanks for the little good things that happen to us daily? Do we *really* know how to be grateful?

We have all heard or read many definitions of gratitude, but experiencing gratitude at its core requires a conscious effort. How many times do we say 'thank you' without taking a moment to actually *feel* thankful?

Gratitude is a conscious, positive emotion one can express when feeling thankful for something, whether tangible or intangible.

Gratitude implies much more than showing good manners. It's a practice that requires acknowledging someone else's gesture towards us or the things that are going well in our lives. It involves both a process of recognition of the positive and its outcome.



## Why is gratitude important?

Regularly practicing and expressing gratitude has many benefits, both short- and long-term.

Psychologists have highly researched gratitude and find it to be among the main focuses of positive psychology. Evidence suggests that people who consciously count their blessings tend to be happier and less depressed. But how?

## Gratitude changes our brains

Research has found that people who tend to be more grateful have more brain activity in the medial prefrontal cortex, the area associated with learning and decision making. This brain activity persisted a month later, suggesting that gratitude has long-lasting effects.

## Gratitude can overpower negative emotions

Feeling grateful boosts positive emotions like joy and compassion while encouraging us to look for and connect with what's good in life. This helps us switch our attention from toxic emotions, such as resentment and envy.

## Gratitude builds over time

A continued gratitude practice starts having long-lasting effects on mood and behavior, which can snowball over time.

## Gratitude can help combat depression

A study showed that a single thoughtful appreciation leads to an

immediate 10 percent increase in happiness and a 35 percent reduction in depressive symptoms. When it becomes a habit, it can help prevent anxiety and depression.

### **Gratitude boosts our optimism**

According to research by Dr. Robert A. Emmons and Dr. Michael E. McCullough, people who write a few sentences each week focusing on gratitude felt more optimistic.

### **It improves our health**

Besides reducing and countering negative emotions, practicing gratitude is linked to other healthy behaviors, such as working out. Research has also associated gratitude with more robust immune systems, fewer aches and pains, lower blood pressure, and a deeper, more restoring sleep.



### **It leads to stronger relationships and communities**

Through gratitude, we increase our capacity for forgiveness, become more likely to help others, and develop compassion for others. Gratitude can make team members feel more satisfied and fulfilled, possibly reducing the likelihood of burnout.

### **It can lead to positive actions**

Whether expressing thankfulness or boosting our motivation to help others, a grateful attitude has been shown to increase our likelihood to spread the encouragement and joy it generates in

us. Research suggests gratitude may also play a role in motivating individuals to engage in positive behaviors leading to self-improvement.

This can positively affect us on two levels. First, when we have a grateful mindset, we tend to involve ourselves in other practices that improve our well-being, such as meditation, sports, and recognizing our strengths. Second, it moves us to be kinder, more thoughtful, and more altruistic.

### **What are the two stages of gratitude?**

We have discussed the benefits of gratitude and the importance of making it an active practice. It sounds great, but we know that it can feel less natural to practice gratitude amid our hectic lives or while feeling under pressure. To cultivate this attitude, it helps to break it down into two stages: affirmation of goodness, and figuring out where that goodness comes from. Only then can we identify specific actions to include gratitude in our routines.

#### **1. Acknowledging the goodness in our lives, even when things are feeling a little off**

It is a fact that our brain tends to focus on what's wrong, but why is that? Survival. We need to be able to identify the things that need to be fixed to reach solutions. Nonetheless, we need to gain perspective and allow ourselves to rest and enjoy what is going right.

Tim Desmond proposes an exercise in his book *How to Stay Human in a F\*cked Up World* where he invites us to take a daily moment to visualize everything good in our lives in the present moment. As we do this

practice, we start to identify the good things and a natural feeling of joy and gratitude. At this point, we accept and admire the many aspects that make life worth living and our role in choosing many of them.

## **2. Recognizing that some of the sources of this goodness lie outside the self**

Once we have identified the beauty in our present, we can actively access the second stage of gratitude: recognizing the good that comes from the outer world. As we start to experience this joy and gratefulness, we reach a point where recognizing and thanking the people around us, nature, a religious figure, or even our luck, is a necessary and natural second step.

Gratitude allows us to recognize our connection to the rest of humanity and acknowledge others' roles in our lives. This practice triggers stronger relationships between partners, families, friends, and colleagues as it leads us to an active recognition of our interdependence, regardless of whether it leads us to a specific action or not.

### **Is gratitude an emotion or a feeling?**

We can feel, be, and act grateful. So the easy answer is that gratitude is both an emotion *and* a feeling. As with other emotions, gratitude can also become a trait. When it describes someone who is always grateful, it becomes an adjective, which means that the person is often feeling and expressing this state.

As a state, gratitude is experienced as a complex emotion, which implies that it involves our thoughts of gratefulness. For instance, "What a

nice gesture," or "I am so lucky to have someone like you."

And finally, emotion can also be experienced as a feeling. Feelings tend to be a less complicated form of state. The big difference depends on the author, but a way of seeing it would be as a less intense and more momentary state.



### **Five ways to practice gratitude**

Like any skill, gratitude can be learned and strengthened. Here are some tips on how to practice gratitude.

1. **Each day, think of three things you're thankful for.** Make it a daily habit to visualize what's good in your life. This can directly impact your mood throughout the day, as well as your sleep quality. In fact, therapists often suggest this as one of the first exercises when initiating a treatment against depression. To make it more powerful, it is advised to devote at least ten minutes to this practice, rather than quickly coming up with them. Writing them down is a great way to finish your exercise, and it is useful to come back and read them at the end of the week.
2. **Start a gratitude journal.** Journaling can be an excellent self-therapy technique. When you write, you use different

parts of your brain and access memories and emotions from a new perspective. A gratitude journal has been proven to activate brain areas that are related to morality and positive emotions. People who could find purpose and feel grateful for the good things to come out of a challenging situation show higher resilience, forgiveness, and detachment. And reading your own words of gratefulness can help you feel better when struggling to be positive.



3. **Thank someone new every week.** There are many people around us, and we are all connected somehow. How often do we take the time to express gratitude more consciously or thoughtfully? Sure, we say thank you every time the clerk at our local shop gives us our purchase, or we thank our partner for setting the table, but do we take the time to make it meaningful? Give yourself the purpose of choosing someone new each week and learn how to express gratitude

differently. This could mean adopting a more conscious non-verbal communication (like eye contact and a smile), writing a thoughtful message acknowledging others' behavior and its positive effects on you, or saying thank you with a nice gift or service gesture (like a shoulder massage). Be creative!

4. **Meditate.** When it comes to gratitude, meditation can take us as deep as it gets. Different guided meditations, such as love and kindness, allow us to widen our perspective of life and our connection to ourselves and other beings. It promotes acceptance, detachment, forgiveness, and thus, gratitude. We can also take this moment to imagine a specific situation we are grateful for and let the feeling grow and be stronger.
5. **Focus more on others' intentions.** When you receive a gift or a nice gesture from someone, consider how they intended to bring good into your life. Take a moment to visualize their willingness to help you, make you feel happy, or be there for you in a challenging moment.

### **Final thoughts on gratitude**

Gratitude is, without question, a great emotion to cultivate. Hopefully, we can make it a habit that translates into a trait. Don't forget that practice and patience are key ingredients to our purposes and intentions. Start your practice today.

# October 2022 – Libra Horoscope

## General

There can be mixed results in different walks of life for Libra natives during the month of October. In this period, married natives of this zodiac sign may confront challenges. Owing to the position of Rahu and Ketu in your Kundli, there can be misunderstandings over petty issues. At the same time, the month can be fruitful on a love front. You



may also plan to tie a knot with your lover and this period may prove to be the best time. In the context of health, the natives may experience mixed results. In the first half of the month, the health may remain in a good state while in the second half of the month, some minor health problems can bother you. Some religious or auspicious activity may take place in your house because of the aspect of Mars on the house of wealth and this will have a positive impact on your financial aspect. Read at length and know all the favourable and unfavourable events of your life.

## Career

From a career point of view, the month of October is expected to be splendid for the natives with the Libra zodiac sign. In this period, Moon, the ruling lord of your tenth house, the house of deeds, will transit in your seventh house i.e., Kalatra Bhava, with Rahu near the 10th of this month. Apart from this, Saturn will be placed in your fourth house, the house of happiness, in Capricorn and its aspect will be on the house of deeds. On account of this very position of planets, the employed natives may get good results. There are strong possibilities for promotion. Along with this, those natives who are in search of a job may meet success. The period is likely to be favourable for unemployed natives as they may have the opportunity of getting a job. In the first half of the month, Sun and Mercury will reside in your twelfth house, the house of expenses, and will form Budhaditya Yoga, as a result, those working in multinational companies or associated with any overseas business are likely to be benefitted. This period can be highly suitable for those associated with the import and export business. During this time, such business people may get a big contract and this may help them boost their career. In the latter half of the month, your self-confidence is likely to increase because of the transit of Sun, Venus, and Mercury in the first house. You may be seen taking a big decision from the career point of view and they may play a vital role in putting your life on the right track.

## **Finance**

So far finances are concerned, the month of October is likely to be full of ups and downs for Libra natives. In the first half of the month, Mars, the lord of the family, will reside in your eighth house, from where its aspect will be on your family house. Due to this, some auspicious functions may be held in your family. There is a possibility that you may have to spend a lot of money on such a pious occasion. However, in the second half of the month, Mars, the lord of the second house, will transit in your ninth house, the house of fate. On account of this, you may have monetary gains and your luck may tilt your way concerning the same. Apart from this, in the first half of the month, Mercury and Venus will stay in your twelfth house, the house of expenses. Due to this, you are likely to get profits from foreign sources. Those associated with the overseas business may have a good time from the financial point of view.

## **Health**

Healthwise, the month may give mixed results to the natives bearing the Libra zodiac sign. In this period, Jupiter, the ruling lord of your sixth house, the house of diseases, will reside in your sixth house in its own zodiac sign, due to this, your health may seem to be improving. Natives who have been suffering from prolonged diseases may be relieved. However, the aspect of Saturn will be on the sixth house, due to this, you may face some minor health issues. There is a possibility that your immunity may weaken. In such a scenario, the natives should be careful about the weather change and take due precautions. However, there are very less chances that you may get trapped by any major diseases, still, you need to keep your eating habits disciplined. At the same time, some improvement is likely to be observed in the health of an elder of the family, and this may make you relaxed. In the first half of the month, the conjunction of Sun, Venus, and Mercury is going to be formed in your twelfth house, from where its aspect will be on your sixth house, due to this, you can be blessed with good health. However, in the latter half of the month, the conjunction of Sun, Venus, and Mercury will be in your first house, where Ketu is already positioned. Due to this, you may have to face health-related issues. So, it is advisable for you to be cautious about your health.

## **Love/Marriage/Personal Relations**

So far the love and married life of Libra natives is concerned, the month may be pleasant. In this period, Saturn, the ruling lord of your fifth house, the house of love, will stay in your fourth house i.e. the twelfth position from its own house, as a result, the natives who are into love relationships may have a favourable time. The duration is highly suitable for those who wish to tie a knot. In this period, if the lovebirds plan to marry and place the proposal before their parents, there is every possibility that the parents may give a nod to it. At the same time, the month may be full of hurdles for married people of this zodiac sign. During this time, Rahu being positioned in Bharani Nakshatra will reside in your seventh house, the Kalatra house, at 20 degrees, due to this, there is a possibility of discord in your married life. Some conflicts may arise of trivial issues, owing to this, you may feel disheartened. Similarly, Ketu will be positioned



in the first house. In this regard, your ego may spur and you may have misunderstandings with your spouse. You are suggested that you should have control over your anger and try to understand them and cooperate as much as possible.

### **Family & Friends**

In terms of family, the natives may have full of pull and push in the month of October. In the first half of the month, Mars, the ruling lord of your second house, the house of family, will reside in your eighth house, from where its aspect will be on your family house. Owing to this very position of Mars, any auspicious occasion may take place in your house. Besides this, there is a possibility that some new entrant may step into your house and this may make the family atmosphere pleasant. This month, Mars being stationed in Mrigashira Nakshatra at 26 degrees will stay in your eighth house, owing to this pleasant atmosphere that may prevail in the family. In the latter half of the month, Mars will transit in your ninth house, the house of fate. During this time, there is a possibility of a conflict in your family over some issue. So, be cautious about your words while dealing with the conflict and have control over your anger, otherwise, the situation may worsen. Also, try to understand family members in a peaceful manner and cooperate with them patiently.

## **October's Recipe**

### **CRAZY CRUNCH**

3 cups popped popcorn

1-1/3 cups pecans

2/3 cups Almonds

1-1/3 cup sugar

1 Cup Margarine

1 Tsp vanilla

½ Cup Corn Syrup

Mix Popcorn, Pecans and Almonds on a cookie sheet. Combine Sugar, Vanilla margarine and syrup in a pan. Boil 10 to 15 minutes or to a light caramel colour. Pour over Popcorn Pecans and Almonds. Mix well and spread out to dry.

Once dried you can pour mix into jars and tie with ribbon to give away as a sweet gift.

## Spot The Difference



## Gratitude, Thankfulness & Blessings

### **Submission from Arrowhead Creative Director, Melanie:**

I just want to say that regarding religion, it is pretty hard to approach the topic of Gratitude without bumping into some religious sentiment. I feel that if I made an extra effort to avoid the topic I would be acting as prejudiced as if I specifically had written a sermon. Remember that although The Clubhouse Sandwich avoids being religious, we do have people of all kinds of beliefs in our Clubhouse and amongst our readers. A good rule of thumb is: Ignore what does not Apply. Also, this is not rocket science, have a laugh.

# Members (and staff) Survey:

## WHAT ARE YOU GRATEFUL FOR?

**Grandbabies**

-Jody

**Arrowhead**

-Marty

**Family**

-Rachel

**Getting  
though  
COVID**

-Niki

**My Health**

-Linda

**Being  
Alive**

-Kathy

**Brenda's  
Love**

-John

**Arrowhead**

-Gordie

**Family &  
Arrowhead**

-Pam

**My support  
system and a  
roof over my  
head.**

-Kelly

**Being Alive**

-Cassidy

**Having  
Cassidy & Niki  
in the Kitchen!**

-Wayne

**My job**

-Jill

**This  
magazine!**

-Ron



# Feeling Grateful

## Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

ANIMALS  
BED  
BIRTHDAY  
BOOKS  
CARS  
CHALLENGES  
DAD  
EARTH  
FAMILY  
FLOWERS  
GRANDPARENTS  
HEALTH  
HEARING  
HEART  
HOME  
ICE CREAM  
JOKES  
LAUGHTER  
LUNGS  
MOM  
MOON  
MUSIC  
NATURE  
OXYGEN  
POPCORN

L	E	R	D	I	D	N	V	I	K	B	S	T	E	A	C	H	E	R
X	Q	I	A	C	C	D	V	G	P	S	R	E	W	O	L	F	V	S
T	Q	Q	D	E	S	J	Q	E	S	L	A	O	R	G	U	Q	T	Z
A	R	Y	G	C	R	B	G	T	Z	T	C	O	J	U	Z	C	E	C
S	T	N	E	R	A	P	D	N	A	R	G	X	N	H	T	S	F	M
T	W	M	A	E	T	J	N	N	E	I	S	Y	P	Z	R	A	K	S
E	O	A	R	A	S	M	I	O	A	D	I	G	W	G	Y	A	N	E
H	B	S	T	M	X	M	C	T	O	I	V	E	A	N	Q	O	I	G
C	S	I	H	Z	A	B	Z	V	R	M	K	N	N	I	V	B	L	N
U	B	Z	Z	L	Z	N	O	I	T	A	C	A	V	D	Q	O	H	E
O	H	P	S	U	N	S	H	I	N	E	E	Y	N	A	L	Q	H	L
T	G	O	F	B	I	R	T	H	D	A	Y	H	X	E	K	T	U	L
D	E	P	Q	C	P	X	P	T	Y	K	H	E	A	R	I	N	G	A
X	X	C	T	H	G	I	S	L	F	A	M	I	L	Y	G	B	F	H
S	K	O	O	B	W	C	M	A	E	H	Z	U	G	S	V	B	E	C
X	F	R	Q	V	H	U	V	E	I	G	H	J	R	D	M	Q	U	D
D	G	N	S	O	S	I	N	H	V	T	M	S	F	S	E	O	H	S
S	Z	E	O	I	L	L	E	M	S	E	K	O	J	F	I	J	M	B
Z	Z	L	C	L	A	U	G	H	T	E	R	H	Z	P	H	L	A	A

RAIN  
READING  
SCHOOL  
SHOES  
SIGHT  
SMELL

STARS  
SUNSHINE  
TASTE  
TEACHER  
TOUCH  
VACATION



## Quotes on Gratitude

*"The essence of all beautiful art, all great art, is gratitude."*

-Friedrich Nietzsche

*"Everything we do should be a result of our gratitude for what God has done for us."*

-Lauryn Hill

**"A GREAT MANY MEN'S GRATITUDE IS NOTHING BUT A SECRET DESIRE TO HOOK IN MORE VALUABLE KINDNESSES HEREAFTER."**

-Francois de La Rochefoucauld

**"To give thanks in solitude is enough. Thanksgiving has wings and goes where it must go. Your prayer knows much more about it than you do."**

-Victor Hugo

**"Thank God we're living in a country where the sky's the limit, the stores are open late and you can shop in bed thanks to television."**

-Joan Rivers

**"The first thing I do when I start my day is, I get down on my hands and knees and give thanks to God. Whenever I go outside of my house, the first thing I do is stop at the church."**

-Mark Wahlberg

*"I am thankful for laughter, except when milk comes out of my nose."*

-Woody Allen

*"Be thankful for what you have you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."*

-Oprah Winfrey

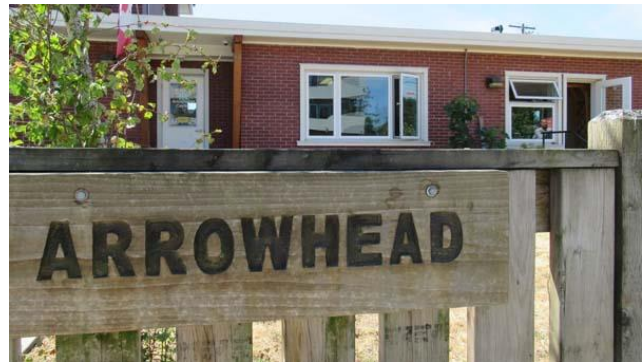
## Art Sale Preparations

We are going to have an Art Sale in December. If you want to make prints, and/or frame them of your Art or Photography please come to Art Thursday mornings, or talk to Melanie. We will be setting up the Art printer upstairs this month and if you want to print in time for the sale it's time now.

Please go through any of your Art (paintings, watercolours, colouring, sketches, photos) and start selecting items you would like to use. Also, we are making cards for the sale in Art Group, and at least one Craft undecided so far. A chance to make a little Christmas money, and put some money back into the Art Program.

## Decisions in Your Clubhouse – Get Involved!

The philosophy regarding decision making in the Clubhouse relates to two Clubhouse International Standards. Standard 11 states – “Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.”



Standard 37 states – “The Clubhouse holds open forums and has procedures which enable members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.”

It is felt at Arrowhead that involvement of members in all levels of decision making is vital to the success of the Clubhouse and its members. This creates ownership and control. This is what makes the Clubhouse unique and important. It is the role of the Project Lead to maximize the number of ‘open forums and procedures which enable members and staff to actively participate in decision making’. If however, a decision made conflicts with the principles of Clubhouse International, SCCSS policy and procedure, or health and safety regulations then the Project Lead will overturn that decision and clearly explain why.

## **DECISIONS MAKING MEETING**

**Wednesdays – 1PM**

This meeting is held in the Main Room around the large table.

The facilitator starts with a short land acknowledgment (introduced in 2022) then proceeds to run through the agenda (items have to be added to the board in the dining room 24hrs in advance).

The facilitator helps the meeting to reach consensus around the topics under discussion. People raise their hands to show the facilitator they would like to speak next. The facilitator makes sure all get to be heard. The facilitator will request for someone to take minutes before the meeting begins. These minutes are stored in the Members Decision Making Meeting file. A quorum of 4 members are needed at the meeting for decisions to be binding.

If an agenda item to be addressed is a potentially controversial one, the item should be added a week before so others can see it is due to be discussed. The meeting/facilitator can always decide to carry the item over to the following week if more voices need to be heard before a decision is made.

## **PEER SUPPORT AND WELLNESS**

**Mondays – 1PM**

PSW meets once a week on Mondays for approximately 30 minutes. The group has two primary areas of focus, Peer Support (“members helping members”) and personal Wellness, which focuses on the emotional and physical health of the individual. Often the things we plan promote both. Our group meetings are times to create and plan positive, healthy and inclusive opportunities both onsite and outside the Clubhouse where members can support and bond with one another. This could be a group outing such as Kayaking or a visit to the art gallery or a movie day at the clubhouse. Any positive social interaction where members rely on one another. The PSW group also schedules one-on-one, closed-door meetings where members chat with their peers, discussing life challenges, successes and other more personal information.

Along with peer support, the group discusses ways to assist members in their emotional and physical wellness as well as ways the Clubhouse can be a more welcoming space. Ideas are shared as the group plans things like professional speaker workshops on mental health, weekly yoga classes or the setting up of new fun groups and classes.

## **GARDEN AND MAINTENANCE MEETINGS**

### **Tuesdays – 1PM**

Every Tuesday at 1 PM sharp we have the Garden and Maintenance meeting. These meetings revolve around anything to do with the garden and general upkeep of Arrowhead Clubhouse. This is the time to have your voice heard about things such as:

What do we plant in the vegetable garden this year?

The Clubhouse is due for a paint job, what color do we use or stick with plain white?

Do we budget for painting the fence?

Do we raise Alpacas?

This is by far the most entertaining meeting of the bunch (ok we all say that!), so come and join us!

## **KITCHEN**

### **Thursdays – 1PM**

Every Thursday at 1pm we hold our Kitchen and Maintenance Meeting. At this time we plan the menu for the coming week. We decide both what we will cook and who will prepare it (both a staff and member each day). We monitor the finances of the previous week (\$80 per day) to ensure we remain on budget. Lastly we explore any maintenance requirements throughout the Arrowhead kitchen and make a plan to follow up on these requests. If you love food – this is the unit for you!





## **ART AND ENTERTAINMENT**

### **Wednesdays – 11am**

The Art and Entertainment Group meets sporadically on Wednesday mornings. It is the newest Unit, just started Spring 2022, but it has the most projects! We have two Big things we are responsible for, and for this year (at least until next Spring) they are all we are focusing on. They are 1) The Clubhouse Sandwich - Arrowhead's monthly magazine (which until this June was a weekly newsletter) and 2) The Art Program.

I will try to give a brief overview of what we do and how You can Help!

**Magazine** - Every month we pick a theme and get Art, Creative Writing, Articles, Puzzles all together and print out copies of our magazine, and also post it on our website. We have some regular features, a lot of ideas for new articles, and a Severe Need for More Members to participate. The good thing about helping with the magazine is it is very new so anyone who has a good idea, or a feature they would like to add to the magazine, we would be glad to have your input. We have an editorial team who would love to have others contribute material for the magazine. The one thing we really want to add is Videos on our on-line Edition but we need people to contribute. Whether you just want to submit some Art, or Creative Writing occasionally, or if you have a column you would like to submit regularly (hint, hint, the cooking column, health and wellness, a comic strip, advice column, editorial, local events reporter or Clubhouse events photographer are some of the things we have discussed but PLEASE FEEL WELCOME TO JOIN US WITH YOUR OWN IDEAS), We need you!

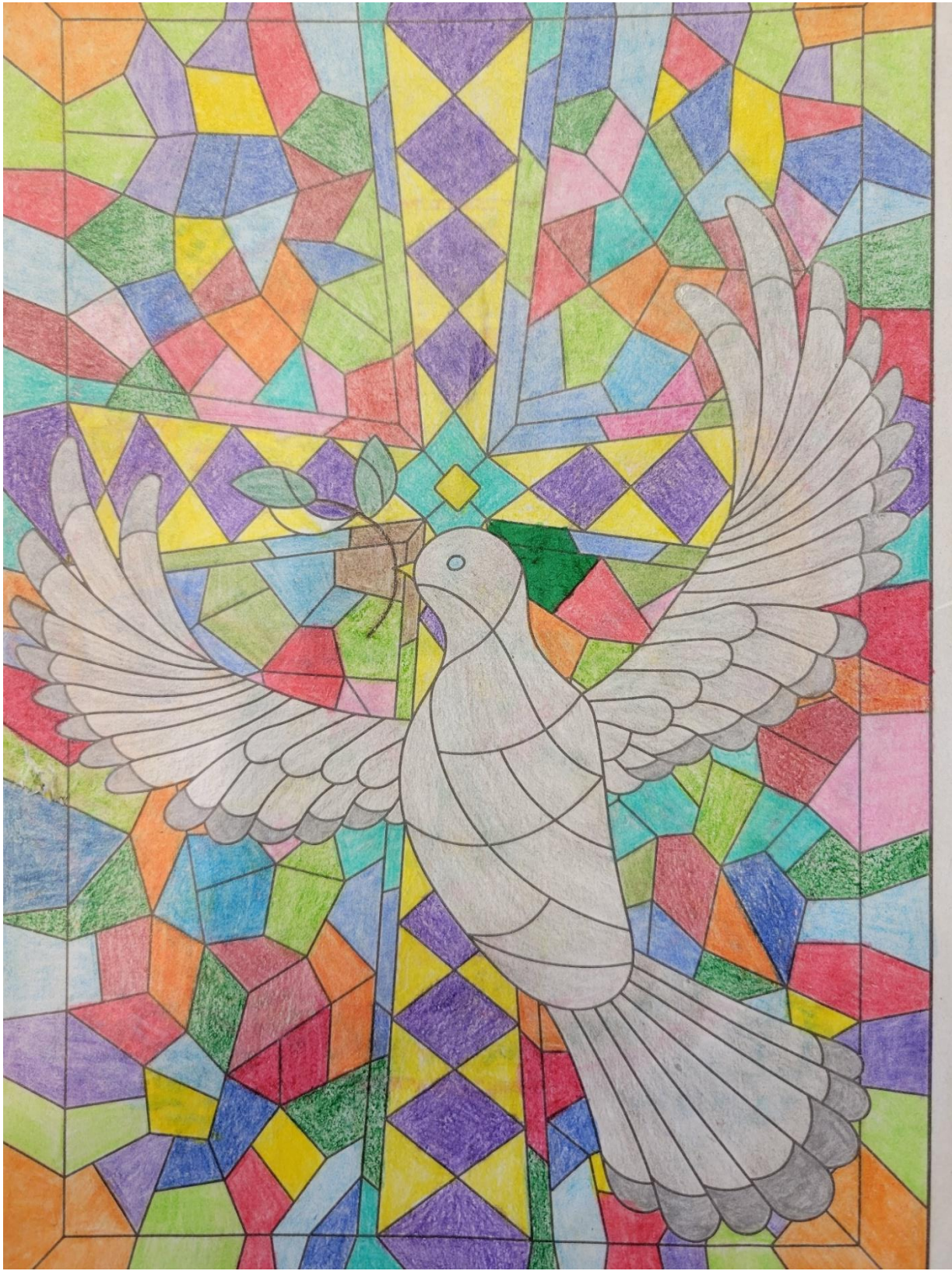
**The Art Program** – Melanie take a lead on the Art Program, she is our Creative Director. This is a very huge project that got lost in the pandemic and is just starting to be organized. We have Art Program once a week, on Thursday mornings. On that day we work on planned activities. We also provide supplies for use in the Clubhouse for your own projects and interests. We also have supplies that members can take home. We buy some items for the Art Program, and to distribute, but we also get a lot of donations. PLEASE ASK ME FOR SUPPLIES IF YOU HAVE A PROJECT YOU WOULD LIKE TO DO! Or if you just want to browse what we have to get an idea, just ask!

Also, this Fall and Winter we will be working with an inkjet printer, which will be a learning experience for all of us. Some of the things we will be doing is making prints of our Art work and framing them, learning to decoupage on tiles and other surfaces, making posters, and learning some different graphic Art programs and ideas. We will be having an Art Sale in December and it's not too early to start making things to sell. Please come to Art and Entertainment meeting Wednesdays to learn more about it.

# Member Artwork



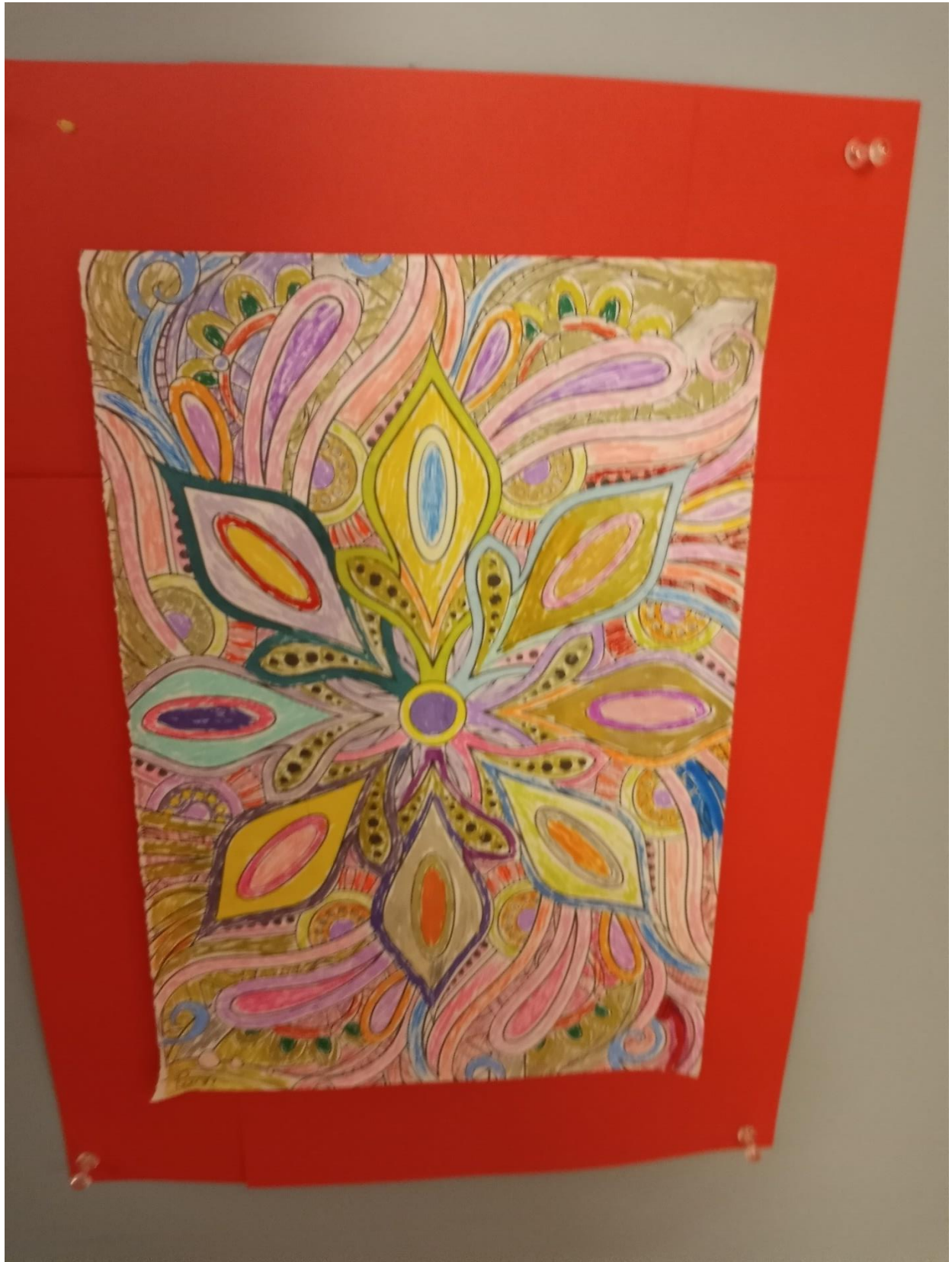
By Nan



By Phil



By Debbie



By Pam