



THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month features Standard 1:


Membership is voluntary and without time limits.

Happy New Year! Welcome to The Cowtown Chronicle, Cowtown Clubhouse's monthly newsletter where we share with you our exciting news, upcoming events and show off members' work.

Upcoming February Events

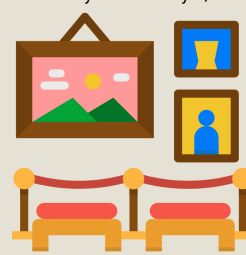
Cowtown Clubhouse Monthly Arts and Craft Social

On January 8th clubhouse members held and participated in a new monthly arts and craft focused social. For the initial project members painted small mini canvases that will be used to decorate the clubhouse's main activity room. Join us next week Wednesday February 9th for our next craft!



February Social

Date & Time:
12:00pm - 1:00pm
Friday February 4th



A Trip to the
Kimbell Art Museum

Speak to Isabel or Rick for more info.

Member Updates and Work

DON & MATT'S CORNER

Pros and Cons about working

• Don- Cowboys Pro Shop •

Pros

- Customers smiling when I greet them
- Getting paid every week
- Great employee discounts
- I have a supervisor who is very understanding about my disabilities

• Matt- Kroger Pick-Up •

Pros

- Get paid every week
- Discounts on groceries
- Tips from customers
- Friends with co-workers
- Working on the frontline during the pandemic
- Shopping for people who can't or won't go into the store
- Talking to the customers, giving a smile and connecting with laughs during their order
- Most supervisors are understanding about my disability

• Don- Cowboys Pro Shop •

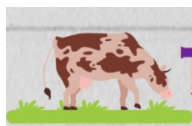
Cons

- No chairs in the front area
- Not enough hours
- Learning how to use the POS system of the cash register

• Matt- Kroger Pick-Up •

Cons

- Waking up early, sometimes 10 days in a row
- Many negative co-workers
- Some negative customers
- Some management don't understand some of my issues



THE GRAZING REPORTER

Question of the month: *How were your holidays?*

"Spent with went family at parent's house. I got a light saber for Christmas, Star Wars banner put on door and grand theft auto video game as a gift." - Christian (member)

"For Christmas, I got some greens from the store. New Year was good. I'm praying for a nice new place to live." - Maxine (member)

"I had a quiet Christmas. I have a service dog named Stinkers. It is a Chow-Weenie mix. -Karan (member)

"I had a good holiday in Colorado with family and friends. I played a lot with a new puppy Dark Star.
Matt F. (member)

"Had a lovely Christmas and New Year. I got clothes and a hoodie for Christmas. I spent time with mom and dad. I spent New Year with friends."
Johnny (member)

"I used the time to watch old movies. Received gift cards from Wal-Mart." - Matthew H. (member)

Fun Facts with Arthur:

Fun Facts with Arthur:

The diamond planet, also known as 55 Cancri E, is orbiting the sun forty light years away from the earth. This planet is made of one planet sized diamond. This planet is worth more than a billion American dollars. To be precise the planet is worth \$26.9 nonillion dollars! (we had to check that was real, it is)



Weather & Garden Update by Tanya

January is almost over, and it has been a crazy month, weather wise. The first day of winter was December 22nd it was 51° high with lows of 30° at night & has been up and down ALL month! The first day of the Fort Worth Stock Show was January 14th temps peaked to 70° □ □

Now is time to start planning our Spring Seasonal Plants □ ♣ Herbs □ and Veggies some will be by seed! □ □ I have been studying up on winter seed sowing and this will be FUN Project for interested members to participate in! The average temps have been 67° btw... WOW! That's UNSEASONABLE! * Winter finally came!!

Get to Know Cowtown!



Meet Maxine



Q: What Brought you to Clubhouse?

A: I came from Mental Health of America (MHA) with people who knew of the Clubhouse, because MHA services had ended.

Q: What are some things that make you Happy?

A: A nice and quiet place to move to.
I love to feel comfortable. Good food, cable/TV, coffee, and fried chicken

Q: What do you like best about Clubhouse?

A: I can relax and talk to people here. It keeps busy. I like to help keep this place clean.

Q: What would you do if you could change the world?

A: I'd make everybody rich. Everyone would have fun, sit and have tea.

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