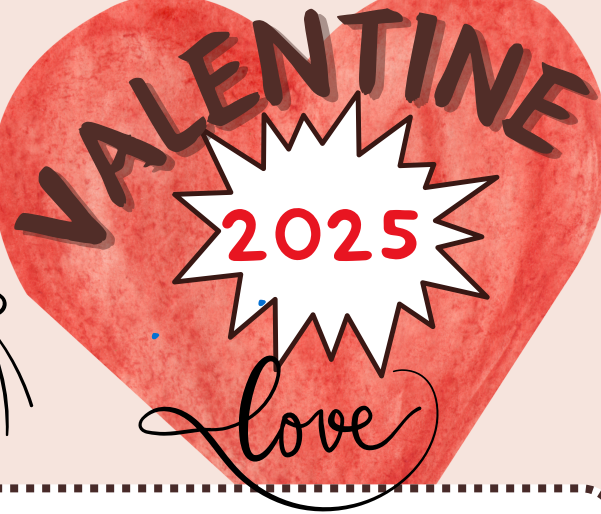


# CLUBHOUSE NEWS



"IF YOU WANT TO MAKE A PERMANENT CHANGE , STOP FOCUSING ON THE SIZE OF YOUR PROBLEMS, AND START FOCUSING ON THE SIZE OF YOU.."

-T.HARV EKER

## FEBUARY BIRTHDAYS

21ST - VINCENT PONDER  
22ND - DENNIS ROWE  
23RD - RUBEN HERNANDEZ

\*\*\*\*\*

SPECIAL BIRTHDAY SHOUT OUT TO  
\*RON BONNER\*  
JANUARY 18TH



## SPOTLIGHT BARBARA JORDAN



FREINDLY , ENCOURGING , LOVING...

THREE WORDS THAT OUR OWN BARBARA JORDAN SAYS THAT DECRIBE WHO SHE IS.....

THIS APRIL 1ST WILL BE HER 3 YEAR ANNIVERSERY HERE AT THE CLUB HOUSE.

THANK YOU FOR ALL YOU DO. BARBARA CANT WALK TWO STEPS WITHOUT SOLVING ANOTHER PROBLEM.

SHE SAYS THIS YEARS CHRISTMAS PARTY HAS BEEN THE BEST HIGHLIGHT IN HER THREE YEARS,AND LOVES THAT THE CLUBHOUSE IS GROWING!!!

WE JUST WOULDN T BE THE SAME WITH OUT HER.BARBARA YOU ARE THE ONE THAT MAKES COWTOWN CLUBHOUSE ROCK!!!!

## EVENTS



## COWTOWN CLUBHOUSE

\*FEB. 6TH...MAKING VALENTINES BOXES

AS WELL VALENTINES

\*FEB. 11TH... BOWLING 2-4 PM

COST IS 9\$

\*FEB. 12TH... HOUSEMEETING 1PM

\*FEB. 13TH...DREAM CATCHERS 2-4

\*FEB. 14TH... VALENTINE PARTY

\*FEB. 20TH...MOVIE DAY /

POPCORN

\*FEB. 27TH... BIRTHDAY CELEBRATION



VISIT THE CLUBHOUSE ONLINE



FACEBOOK PAGE

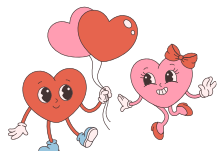
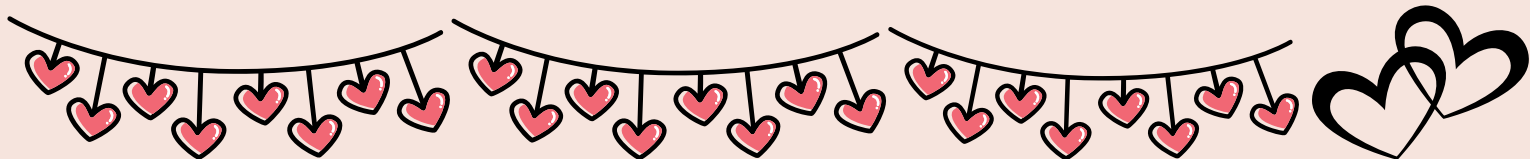
COWTOWNCLUBHOUSE

## REMINDER

CLUBHOUSE WILL BE  
CLOSED ON MONDAY

FEB.17TH FOR  
PRESIDENTS DAY.

COWTOWNCLUBHOUSE.ORG



CONGRATULATIONS TO  
BILL YOUNGBLOOD, WHO  
WITH THE HELP OF  
COURTNEY, AMY, &  
JEFF.... FOUND HIS LONG  
LOST HALF SISTER.  
"I WAS ABLE TO TALK TO  
HER ON THE PHONE ON  
THE 27TH OF LAST  
MONTH.  
IM SO HAPPY AND  
EXCITED, I LOOK  
FORWARD TO A  
RELATIONSHIP WITH HER  
IN THE FUTURE." SAYS  
BILL.



# HISTORY

BY: RICARDO  
CORONADO JR.



## VALENTINE'S DAY

VALENTINE'S DAY. IS ANNUALLY CELEBRATED. ON  
FEBRUARY 14. ESTABLISHED BY POPE GELASIUS IN A.D.  
496. HONORING A HOLY ROMAN PRIEST. NAMED  
VALENTINE.

VALENTINE PERFORMED CHRISTIAN WEDDINGS.  
SOLDIERS WERE FORBIDDEN TO. BY ROMAN EMPEROR  
CLAUDIUS II. VALENTINE WAS IMPRISONED. HIS  
JAILER'S DAUGHTERS WAS BLIND. VALENTINE CURED  
HER. THEY BECAME FRIENDS.

ON THE EVENING OF VALENTINE'S EXECUTION. HE  
WROTE HER A NOTE. HE SIGNED IT "FROM YOUR  
VALENTINE." VALENTINE WAS MARTYRED IN 296.

A MEDIEVAL POET ESTABLISHED THE HOLIDAY'S  
ROMANTIC TRADITION. FOR VALENTINE'S GREAT  
SERVICES. HE WAS NAMED A SAINT.

## Happy Valentine's Day

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



LOVE  
CHOCOLATE  
CANDY  
VALENTINE  
FRIENDS

CUPID  
HUG  
FLOWERS  
HEART  
ROSES

FROM:



## MISSION STATEMENT

THE COWTOWN CLUBHOUSE IS A WELCOMING  
COMMUNITY THAT PROVIDES OPPORTUNITIES FOR  
MEMBERS LIVING WITH MENTAL ILLNESS TO BUILD  
RELATIONSHIPS WITH OTHERS AND DEVELOP SKILLS THAT  
ALLOW THEM TO LEAD MEANINGFUL AND PRODUCTIVE  
LIVES







# kitchen TALK

COWTOWNCLUBHOUSE  
RECIPES  
BY: AMY BOONE

Happy  
Valentine's  
Day

Valentine's Word Search

VALENTINE  
HEART  
KISS  
HUG  
LOVE

RED  
CANDY  
CARD  
CUPID  
FLOWERS

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| S | A | C | V | A | O | E | S | F |
| W | R | O | A | R | G | U | H | L |
| Y | E | N | L | S | D | I | T | O |
| D | D | H | E | A | R | T | A | W |
| N | L | N | N | D | A | Y | R | E |
| A | E | T | T | C | I | D | E | R |
| C | K | K | I | S | S | P | N | S |
| N | S | M | N | A | L | E | U | O |
| L | O | V | E | P | D | R | A | C |

free printable from Long Island Parent Source (www.LIParentSource.com)



10:21

Grandma's Kitchen · Follow

Chocolate Chip Cookie Dough Brownie Bombs

Ingredients:

- 1 box brownie mix plus ingredients listed on the box
- 1/2 cup unsalted butter, softened
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, packed
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 2 tablespoons milk
- 1 cup mini chocolate chips
- 8 oz chocolate candy coating

Directions:

Prepare Brownies:

Preheat oven and prepare brownie mix according to package instructions. Let brownies cool completely.

Make Cookie Dough:

In a mixing bowl, cream together butter, granulated sugar, and brown sugar until light and fluffy. Add vanilla extract.

Gradually mix in flour until combined. Add milk and mix until dough forms. Stir in mini chocolate chips.

Form Cookie Dough Balls:

Roll cookie dough into small balls and place on a baking sheet lined with parchment paper. Freeze for 30 minutes.

Assemble Brownie Bombs:

Once brownies are cooled, cut into small squares. Flatten each square and wrap around a cookie dough ball, sealing edges to form a bomb.

Dip in Chocolate:

Write a comment...

8:38

Tasty Haven · Follow

3-Ingredient Peanut Butter Oreo Cookie Balls

Ingredients:

- 1 package (15.25 oz) Oreo cookies (or similar sandwich cookies)
- 1 cup creamy peanut butter
- 1 1/2 cups chocolate chips (milk or dark chocolate, or white chocolate if preferred)

Instructions:

Crush the Oreos:

Place the Oreos in a food processor and pulse until they're finely crushed into crumbs. If you don't have a food processor, you can put the Oreos in a Ziploc bag and crush them with a rolling pin.

Mix with peanut butter:

In a large mixing bowl, combine the crushed Oreos with the peanut butter. Stir until everything is well mixed. The mixture will be thick and dough-like.

Shape the balls:

Roll the Oreo-peanut butter mixture into 1-inch balls and place them on a parchment-lined baking sheet or plate.

Dip in chocolate:

Melt the chocolate chips in a microwave-safe bowl. Microwave in 20-second intervals, stirring in between, until smooth and fully melted.

Dip each peanut butter Oreo ball into the melted chocolate, using a fork or spoon to fully coat them. Gently tap off any excess chocolate, then place the dipped balls back on the parchment-lined baking sheet.

Chill:

Refrigerate the balls for about 30 minutes to set

Write a comment...

Grandma's best recipe... · Follow

Homemade Chocolate Chip Cookies

Ingredients:

- 3 eggs
- 1 c sugar
- 1 c packed brown sugar
- 3 stick real butter
- 3 c flour
- 2 tsp vanilla extract
- walnut pieces i use.. up to you.
- 1 1/2 tsp baking soda
- 4 c semi-sweet chocolate chips
- 3/4 tsp salt

Directions:

Heat oven 375..In large bowl mix butter and both sugars till they are creamy.

Add eggs and vanilla and beat till light and fluffy.

Mix flour, salt and baking soda. Then gradually add flour mixture.

Then add chips and nuts. I use a small cookie scoop.Cook 8- to ten minutes. untill lightly brown.

Write a comment...



# CLUBHOUSE ART



X♥XX♥



FUNNIES  
X♥XX♥



WHAT DID THE STAMP SAY TO THE  
ENVELOPE ON VALENTINE'S DAY?

"I'M STUCK ON YOU."



WHY IS LETTUCE THE MOST  
LOVING VEGETABLE?

BECAUSE IT'S ALL HEART.



WHAT DID ONE LIGHT  
BULB SAY TO THE OTHER?

"I LOVE YOU A WATT!"



ART BY : BIG BEN

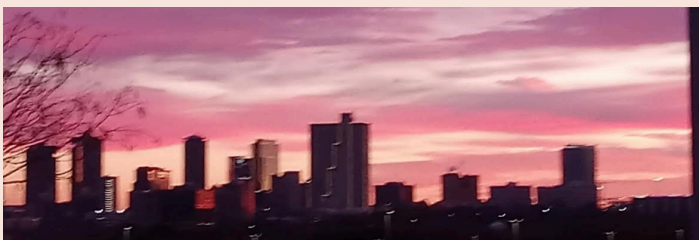
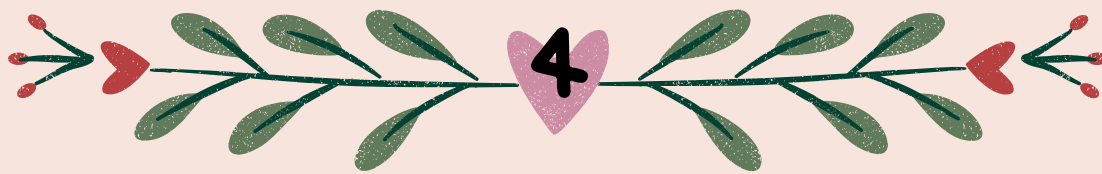
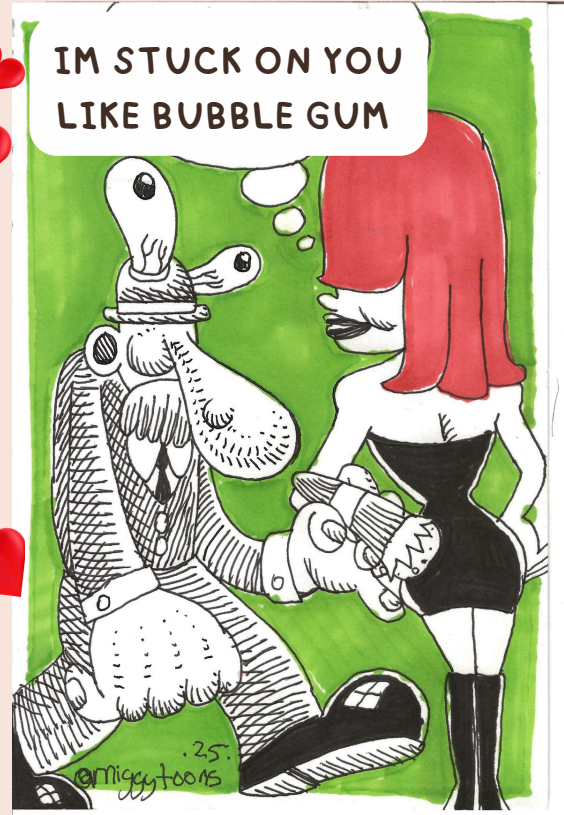


PHOTO BY: JOHN JURE







# COWTOWN CLUBHOUSE



THANKS



HELLO TO ALL  
JUST WANTED TO SAY THANK  
YALL FOR ALL THE INPUT TO  
THIS FEBUARY ISSUE OF THE  
NEWS LETTER.  
AND IVE GOT A NEW EMAIL FOR  
THINGS YALL WOULD LIKE TO  
ADD IN THE FUTURE.  
♡♡♡♡♡♡♡♡♡♡  
YOUR FELLOW MEMBER

NACHO



“EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU  
CAN USE TO CHANGE THE WORLD” !!....

CTOWNHOUSENEWS@GMAIL.COM

