

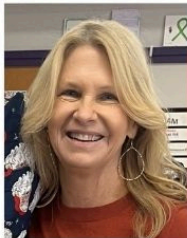
# COWTOWN ROCKS



## CLUBHOUSE NEWS

**JANUARY 2025  
EDITION**

**"SETTING GOALS IS THE FIRST STEP IN TURNING  
THE INVISIBLE INTO THE VISIBLE." - TONY ROBBINS**



### **SPOTLIGHT APRIL MITCHELL**

A BIG COWTOWN CLUBHOUSE "HOWDY"  
TO OUR NEW EXECUTIVE DIRECTOR, APRIL  
MITCHELL!!! SHE JOINED US IN DECEMBER  
2024 AND HAS HIT THE GROUND RUNNING.  
HER SMILE AND ENERGY, AS WELL AS HER  
VAST EXPERIENCE IN NON-PROFIT WORK  
HAS THE CLUBHOUSE MORE THAN EXCITED  
FOR THE FUTURE OF OUR CLUB!! THANK YOU  
SO MUCH FOR YOUR TIME, EFFORT, & ENERGY.  
WE SO LOOK FORWARD TO OUR FORWARD  
PROGRESS AND GROWTH.

### **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.

### **JANUARY BIRTHDAYS**

7TH - ESTERLEAN GILES  
10TH - COLTON KINNAMON  
11TH - WELDON GILES  
17TH - NACHO HERNANDEZ  
18TH - ANDREA LILLARD  
27TH - SOLOMON DAVIS

**\*\* B-DAY CELEBRATION ON THE 30TH \*\***

### **CLUBHOUSE ACTIVITIES**

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**\* JAN 16TH...MOVIE DAY**

**\* JAN 23RD...BINGO**

**ICE CREAM**

**\* JAN 24TH...STOCK SHOW**

**\* JAN 29TH... KNITTING**

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**COWTOWNCLUBHOUSE**



**COWTOWNCLUBHOUSE.ORG**