



THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month features Standard 32:

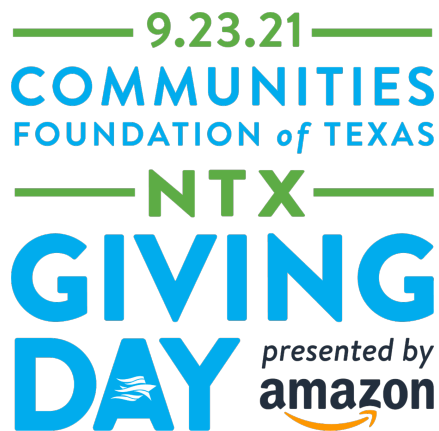
32: The Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.

Welcome to The Cowtown Chronicle, Cowtown Clubhouse's monthly newsletter where we share with you our exciting news, upcoming events and show off our members' work. This month consider donating on NTGD, see pictures from Bingo night and get to know members and volunteers.



We are open Tuesday-Thursday 9:00am - 3:00pm

Cowtown clubhouse is open 3 days a week and is welcoming visitors. Come join us for lunch and a tour!



NTGD is a social media event on September 23, 2021, to raise support for area nonprofit organizations in North Texas. If you would like to support Cowtown Clubhouse please click [here](#) to donate!

We are fortunate that the Morris Foundation will match all first time NTGD gifts to the Clubhouse that are made through a board member's "page" so each dollar you donate will result in a \$2 gift to Clubhouse! Check out Matt's story:

Hello, my name is Matt and I have been a member of Cowtown Clubhouse since the very beginning. The Clubhouse has led me to astonishing achievements that have truly enhanced my life. I never thought I would be a part of anything while going through the deepest darkest days of my life.

Though my struggle with mental illness continues, I'm now a part of something amazing. At Cowtown Clubhouse I play many roles including a founding member, board member and friend. I feel I play a vital part in all aspects of our clubhouse, while continuing to grow as an individual.

Through Cowtown's support I am proud to say that I have now gained my state certification as a Mental Health Peer Specialist. It was a time-consuming process, but the skills I have learned will help the services we provide to all members.

I enjoy being apart of the Clubhouse where all members have a valued voice and make

decisions that keep Clubhouse running day to day. I watch my fellow members take positive steps in their lives doing things they never thought was possible. Being part of their success is very rewarding to me.

The magic of the Clubhouse is how the community is made and watching it grow. I hope you choose to continue supporting our growing community by donating to Cowtown Clubhouse on North Texas Giving Day.

August Cowtown Socials



UPCOMING EVENTS

| | | |
|---------------------------|---|------------------------------|
| SEPTEMBER 15TH | Rangers Game RSVP by Sept. 1st | 7:00pm Globe Life Park |
| SEPTEMBER 21ST | Karaoke Join us for a fun social of singing & dancing | 3:00pm Cowtown Clubhouse |
| SEPTEMBER 30TH | September Birthday Celebrations Celebrate September birthdays with cake! | 12:00pm Cowtown Clubhouse |

Get to Know Cowtown...

DONALD'S INTERVIEW WITH NEW MEMBER, MARK

Q: What are your interests?

A: Furthering my Education.

Q: How did you hear about the Clubhouse?

A: From my Peer Specialists at MHMR

Q: What do you do in free time?

A: I spend time cooking and cleaning. I enjoy spending time and taking care of my two cats. Reading is also what I like to do.

Q: What goals do you want to achieve?

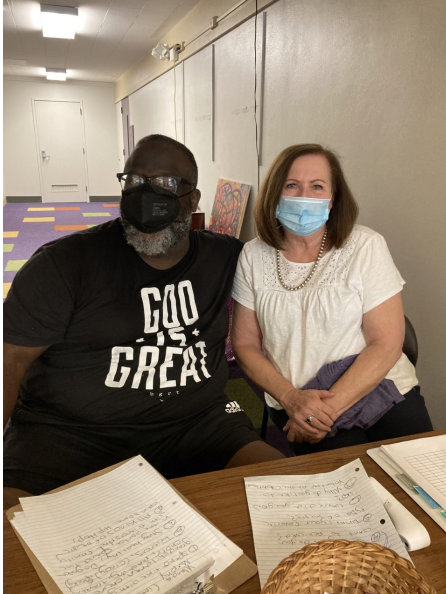
A: I want to increase my socialization and make new friends.

Q: What is your favorite type of music?

A: I like Classical music the best.

Q: Where did you grow up?

A: All over the Midwest. I lived in Indiana, Minnesota, and Ohio.



VOLUNTEER, WANDA

Q: What are your interests?

A: I love spending time with my grandchildren. Being involved with my church, and choir.

I Also like to travel. I enjoy reading as well.

Q: How did you hear about the Clubhouse?

A: My friends, who are involved with Cowtown.

Q: What goals do you want to achieve?

A: I want to stay healthy, do good in the world, and spend lots of time with family and friends.

Q: What type of music do you like?

A: I like all kinds of music. Even some hip-hop, classic rock, and choir music to name a few.

Q: Where did you grow up?

A: Brownwood, Texas

Q: Why do you like to volunteer at the Clubhouse

A: I love meeting all the members. I support the mission of Cowtown Clubhouse.

Pictured: Donald and Wanda

Tokyo 2020... I mean 2021 by Tanya

The Olympics were fascinating this year!!!

The FINAL MEDAL COUNT WAS ...

1. USA 113
2. China 88
3. Japan 58
4. Great Britain 65
5. ROC 71



The first modern Olympic Games started in 1896 with 14 nations. Since then it has grown to 205 nations with 11,656 athletes competing in 339 events in 33 sports (50 disciplines).

Of course, Gymnastics was my FAVORITE!! Simone Biles shocked ALL when she got the "TWISTIES", a mental health issue that many gymnasts experience. She was honest as she took a break so her Teammates could succeed. They were so good & stepped up to make up for the loss of Biles to bring in the WIN!!! And it worked!! 😊 Still LOVE this 24 yo, 5' 3" POWERHOUSE!!

Can't wait for the next Olympics!

[We're hiring a Part Time Staff Generalist- Click for details](#)

[Visit our website](#)

