



THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month features Standard 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 member's work. This month we celebrated Thanksgiving, ate delicious food from the Kitchen and are excited about our upcoming events!



Cowtown Kitchen: The Heart of the Clubhouse

One of my favorite things about the clubhouse is seeing our members learn new things. Maxine, Leslie and Donald spent hours in the kitchen to make our bellies smile.

What was your favorite experience about working in the kitchen today?

Maxine: "Everybody working together."

Leslie: "Great teamwork! I couldn't of done it without the help."

Donald: "Challenging at first, but after I learned how to cut the vegetables it was easy"



Leslie brought this yummy



Maxine, Leslie and Donald with the final lunch product. It smelled and tasted amazing!



Maxine cleaning out peppers to

Come join us for a \$1 hot lunch every Tuesday, Wednesday & Thursday at Noon!

Veteran's Day

We'd like to take a moment to recognize that Veteran's Day was November 11th.

Thank you to all servicemembers and their families, especially those in our Cowtown Clubhouse community, who served our country.

Veteran Interview with Larry W. By Tanya

Larry W. served 4 years. He enlisted at the age of 18. He entered the military in 1988 & served till 1992. He was stationed in Fort Benning, GA. Some of his duties were to keep track of the machinery, maintain the trash which he had learned how to do in ROTC. I asked if he liked to work outside in the Texas UNPREDICTABLE weather! His reply was YES as he was a "Track Commander" in the Army.

Larry is a new member and heard about Cowtown Clubhouse by word of mouth as he attended the Agape Dinner that Broadway Baptist Church serves to the community. Welcome Larry and thank you for your service!



"Thank you to all our members and volunteers for making our Thanksgiving party so much fun! There was loads of delicious food, Jenga towers falling and most importantly smiles all around. I love the unique nature of clubhouses being open on the day a holiday is observed. Hope to see you all again for Christmas!" -Isabel

"Thanksgiving is a time for family & friends. Although, if your son is 28 it's time to party with friends. I was alone which saddened me. Then I went to the clubhouse's thanksgiving which was a ball.

There were decorations, flowers, sparkling grape and apple juice. Good, no great, food and lots of it! The volunteers made enough for a doggie bag for everyone.

The volunteers, Isabel, Matt and Rick put on a show. " -Leslie

DON & **MATT'S** **CORNER**

Thoughts about giving 'thanks'

**I give thanks for a roof over my head
and the carpet for my feet.**

**I give thanks for the fridge & food inside
of it.**

**I give thanks for the lights and
everything else in my apartment.**

**I give thanks for the Clubhouse opening
their doors to members,**

**I give thanks for having a place to go for
a hot Thanksgiving Day meal.**

By Don

I give thanks for the challenges that make better.

**I give thanks for the people who teach me new ways
of thinking and doing things, especially the ones
who do it without knowing it.**

**I give thanks for the laughter and friendly smiles
that keep my spirits up.**

**I give thanks for the overabundance of
nourishment. I give thanks for the encouragement
to keep moving forward.**

**I give thanks for CLUBHOUSE for all these things
and others to bring out into the world**

By Matt

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