



# Program Calendar

October–December 2017



Artwork by Sadeek Mustafah

# Welcome to the Fellowship Place Program Calendar!

*To serve adults living with serious mental illness by offering a full range of therapeutic support and rehabilitation services that promote independence, wellness, and a meaningful life.*

## Guidelines & General Information

### ❖ Contact Information

Main Phone Number: (203) 401-4227, Ext. 1110 for the Welcome Desk in the Clubhouse

Website: [www.fellowshipplace.org](http://www.fellowshipplace.org)

### ❖ Fellowship Place Clubhouse Hours

- Monday 9 AM–8 PM
- Tuesday–Friday 9 AM–5 PM
- Saturday, Sunday & Holidays\* 10 AM–1:30 PM
  - \*Holiday hours will occur on: Thursday, 11/23; Friday, 11/24; Monday, 12/25

### ❖ Smoke Free Campus

Fellowship Place is a smoke free campus. Members who smoke are required to smoke off campus, away from Fellowship Place Property (including residences) and must stay off of neighbors' property (including driveways, front lawns and porches). Members that have the desire to quit smoking are encouraged to attend the smoking cessation group.

### ❖ Healthy Meal Initiative

Fellowship provides our members with free daily meals to promote a healthy, balanced lifestyle and diet. Adhering to the reservation times, members can either sign up in person with staff in the Clubhouse or call to leave a voicemail with their name and meal reservation(s) on the **meal reservation line: (203) 401-3067**. Members without a reservation may purchase a meal for \$2.00 if food is available. Member donations are greatly appreciated to help with the cost of the healthy meal initiative.

#### Meal Serving Times & Reservations

- Monday–Friday
  - Breakfast is served at 9 AM. No reservation is required for Breakfast.
  - Lunch is served at 12 PM. Sign-up for Lunch is required by 10 AM daily.
  - Dinner is served on Mondays at 5 PM and Tuesday through Friday at 4 PM. Sign-up is required by 12 PM daily.
- Saturday, Sunday & Holidays
  - Lunch is served at 11:30 AM. No reservations are needed for weekends and holidays\*.
    - \*Holiday hours will occur on: Thursday, 11/23; Friday, 11/24; Monday, 12/25

### ❖ Welcome Desk

The Welcome Desk at Elm St. Reception is the first stop when entering Fellowship to sign in and obtain helpful information, such as the Daily Focus for the day's activities, Member Handbook, weekly menu, meal reservation information cards, this program calendar, Art Studio schedule, and the Beacon, our quarterly literary newsletter.

### ❖ Delayed Openings, Early Closings, & Cancellations

To check for any time changes due to snow storms and inclement weather, please call Fellowship Place's main number at (203) 401-4227.

# Upcoming Special Events

## ❖ **\*\*NEW\*\* Latin Dance Class**

**Thursdays from 10–10:45 AM in Hald 1**

Join dance instructor Kristie to learn to dance Salsa, Cha Cha, Merengue and Rumba. Dancing provides a creative release, genuine fun and an outstanding program for health and self improvement! Learn the basics to get you up on the dance floor. The class will only be available through December, so participate while it lasts!!

## ❖ **“Fall Together” - joining Social Programs across the State!**

**Friday, October 11 from 12–3 PM in the Clubhouse**

Social rehab programs across the state are getting together at Fellowship Place so members and staff can get to know each other! DJ Ted Pappas will be in the Clubhouse playing awesome music; everyone will be dancing, socializing and eating delicious food! There will be no lunch served, however, there will be plenty of snacks and desserts!!

## ❖ **City Wide Open Studios Art Show**

**Saturday, October 14 and Sunday, October 15 from 12-6 PM at the Armory**

The artists of the Fellowship Place ArtShip Group will be exhibiting their art during City Wide Open Studios at the Armory, located at 290 Goffe Street, New Haven. On Saturday 10/14 Judy T. will be taking a van of members to the show at 12pm. Please attend, bring your friends and family and enjoy a weekend of beautiful art and culture!

## ❖ **Annual Health Fair**

**Wednesday, November 15 from 9:30–11:30 AM in the Clubhouse**

F.P. will be hosting its Annual Health Fair! Representatives from many local organizations will be present to provide information and resources. Flu shots, as well as diabetes and blood pressure screenings, will be provided free of charge!

## ❖ **Coping with the Winter Blues**

**Tuesday, November 14 @ 2 PM in the Clubhouse**

Katelyn T. and MSW Intern Alexis G. will be speaking about dealing with the winter blues. If you are feeling down, sad or sluggish during this very chilly time of year, come to the clubhouse to listen to some tips and tricks about how to deal with managing big feelings during this holiday season.

## ❖ **Thanksgiving Luncheon**

**Tuesday, November 21 @ 12 PM in the Clubhouse**

Join us to celebrate Thanksgiving with an agency-wide luncheon filled with a great feast and fun! The Fellowship Place Band will perform.

## ❖ **Holiday Tree Decorating**

**Friday, December 8 @ 12:30 PM in the Clubhouse**

Clubhouse members and staff are invited to decorate the Fellowship Place Holiday Tree to celebrate the holiday season!

## ❖ **Holiday Luncheon**

**Thursday, December 21 @ 12 PM in the Clubhouse**

Come and celebrate Fellowship Place-style at an agency-wide party celebrating the holiday you observe. It will be an afternoon sure to be filled with great food and friends. The Fellowship Place Band will perform and a jolly visitor will be making an appearance!

## ❖ **Meatless Monday**

**2<sup>nd</sup> & 4<sup>th</sup> Monday of every month from 11:15–11:45 AM in the Clubhouse → 11/13, 11/27 & 12/11**

Join Kitchen Coordinator, Alan Thayer, and Program Director, Charlotte Sabovic, for a smoothie demonstration and a discussion on healthy eating. Try the delicious smoothie, learn about the ingredients, and earn an Alan Dollar for a 2<sup>nd</sup> serving of a meal.

## ❖ **Consumer Council**

**3<sup>rd</sup> Monday of every month from 3:30–4:30 PM in Hald 1 → 10/16, 11/20 & 12/18**

# Upcoming Special Events

Join Executive Director Mary Guerrero for an open conversation about how to improve services and member participation at Fellowship. Join us by signing up on the Clubhouse bulletin board!

## ❖ Young Adult Group

**Mondays, Wednesdays & Fridays; see monthly Young Adult Services (YAS) schedule for details**

The Young Adult Program offers a unique space for young people ages 18 –25 with mental illness to gather, socialize, and learn the skills necessary to be successful in adulthood. To join and get a copy of the YAS schedule, please see Samantha Cohen or Kevin Torzillo in the Clubhouse.

## ❖ \*\*\*NEW\*\*\* Smoking Cessation Group

**Tuesdays from 10:30–11 AM in Hald 1**

Fellowship Place is now a smoke free campus!! If you would like to cut down or quit smoking, please join Katelyn Trauger and members to discuss tips, tricks and the health benefits of being a non smoking member!

## ❖ Zumba

**Select Tuesdays from 10–11 AM in the Clubhouse → 10/3, 11/7 & 12/5**

Come join a Zumba Instructor in a fun workout in an effort to make your body healthy!

## ❖ Member of the Month

**2<sup>nd</sup> Community Meeting (4<sup>th</sup> Tuesday) of every month @ 11 AM in the Clubhouse → 10/24, 11/28 & 12/26**

The Member of the Month is a member chosen by the Social Program staff for accomplishing a big goal, membership anniversary, general helpful behavior in the Clubhouse, or obtaining employment, housing, or education. If you are interested in becoming member of the month, or nominating someone, please speak with your Recovery Advisor and so we can celebrate positive accomplishments!

## ❖ Music in the Moment Group

**Wednesdays from 9:30–10:30 AM in Hald 1**

Join new band leader Seth Thulin to create and practice original pieces of music! If you are interested in playing music, writing music, or singing, please join this amazing band that has the pleasure of performing at F.P. events!

## ❖ Infinity Music Therapy

**1<sup>st</sup> Wednesday of every month from 11 AM–12 PM in the Clubhouse → 10/4, 11/1 & 12/6**

The therapist at Infinity Music Therapy believes in a creative and innovative approach to therapy that reaches beyond the therapeutic use of instruments and song to include other sensory based mediums, visual aids, and more to encourage active participation and growth.

## ❖ In-House Art Shows

**Select Wednesdays @ 1 PM in the Art Studio → 10/1, 11/15**

View the art of a featured Fellowship artist! Snacks and refreshments will be provided.

## ❖ Pool Tournament with CREST Program

**Last Wednesday of every month @ 1 PM in the Clubhouse → 10/25, 11/29 & 12/27**

The Social and CREST programs join for some friendly competition in pool!

## ❖ Food Film Series

**Select Wednesdays from 1:30–3:30 PM in Large McDowell → 10/11, 11/8, 12/13**

Would you like to be part of Fellowship Place's Healthy Eating Initiative? Come join us for our Food Film Series to learn about nutrition and creating a healthier lifestyle. Healthy snacks will be provided!

## ❖ Hearing Voices Support Group

**Thursdays from 10–11 AM in Hald 2**

Join Katelyn Trauger for open group discussion and guided instruction regarding shared stories and lived experiences of members in the program that experience auditory hallucinations or "voices". The purpose of the group is to talk freely

# Upcoming Special Events

about the voices you hear without judgment as well sharing and learning coping skills to better manage your symptoms!

## ❖ Food Stamp/SNAP Benefits Assistance

**1<sup>st</sup> Thursday of every month from 10 AM–12 PM in the Interview Office in the Clubhouse → 10/5, 11/2 & 12/7**

Fellowship Inn Manager Bailey Orell will be available for assistance applying for SNAP, completing SNAP redeterminations, and resolving SNAP-related problems. Sign-up sheet is posted on the Interview Office door (Interview Office is located next to the kitchen in the Clubhouse).

## ❖ Get Moving!

**Thursdays from 1–1:30 PM in the Clubhouse**

Join Kevin Torzillo for light aerobic exercises and stretching to increase your heart rate and get your blood pumping!

## ❖ Women Empowering Women

**Thursdays from 1–2 PM in McDowell**

Join Pamela Padgett in the women's self-care group where women will empower each other by promoting self-worth and confidence. Topics will include: women's health, fashion, advocating for yourself, healthy eating, and stress management. See Pamela for more information.

## ❖ Safe Space: An LGBT+ Support Group

**2<sup>nd</sup> and 4<sup>th</sup> Friday of every month from 11 AM–12 PM in Hald 2 → 10/13, 10/27, 11/10, 12/8, 12/22**

This group provides a safe, secure place for LGBT+ members to meet and socialize. Topics will vary each week and the group will be a member-run discussion facilitated by staff. See Samantha Cohen for more information.

## ❖ ArtShip

**Fridays from 1–2 PM in the Art Studio**

ArtShip is open to Fellowship Place members who are self-taught or experienced artists. The program aims to exhibit art in community venues with the mission of reducing stigma, promoting the arts, and creating opportunities for our artists to sell their work. To join, please see Kyle Barreuther in the Art Studio.

## ❖ Friday Afternoon Trips

**Select Friday of every month from 1–3 PM in the Clubhouse → 10/6: Pumpkin Patch at Jones Family Farm, 11/10: Movie Matinee @ North Haven Cinema, 12/8: Holiday Shopping @ West Haven Walmart**

Take a break and go on a Friday outing! Please sign your name on the sign-up sheet located on the group sign-up bulletin board! Please bring your own money for the trip. The amount of money to bring will be indicated on the sign-up sheet.

## ❖ Day Dance Party!

**Select Fridays from 2-4 PM in the Clubhouse → 10/13( 12-3PM), 11/10 & 12/22**

The Social Program will be hosting a daytime dance party due to many requests by members! Put on your dancing shoes, invite fellow members and let's have fun!

## ❖ CSN Rainbow Committee

**2<sup>nd</sup> Friday of every month from 3–4 PM in Hald 2 → To be determined**

The Community Services Network (CSN) Rainbow Committee is looking for members. If you are interested in joining the committee and helping to plan the committee celebrations, please see Alexis Greenwood.

# Current Learning Opportunities

## Career Development

### ❖ GED Classes

**Tuesdays & Thursdays from 1:30–3:30 PM in Hald 1**

# Current Learning Opportunities

## Career Development

See Sandi Sibilio, Director of Career Development Services, for more information.

### ❖ Computer Classes

To be determined upon interest r; please see your Recovery Advisor or Sandi Sibilio, Director Of Career Development, to express interest

Classes to be offered include Computer Basics (no prior experience required), Microsoft Word Basics, and Internet & E-mail Basics.

### ❖ Volunteering in the Community

See Peer Specialist Judy Trussell for information about community volunteering or to join the following groups:

- o Dan Cosgrove Animal Shelter Volunteer Group

**Tuesdays from 9:30–11:30 AM, meeting in the Clubhouse**

Help feed, clean cages, and play with shelter cats at the Dan Cosgrove Animal Shelter.

- o Yale Sustainable Agriculture Volunteer Group

**Fridays from 12:30–2:30 PM, meeting in the Clubhouse**

Plant, weed, and do other gardening with Yale students once per week, weather permitting.

- o Miss Kendra's List Volunteer Group

**2<sup>nd</sup> and 4<sup>th</sup> Monday of the Month from 3–5 PM**

This volunteer group acts as pen pals to write letters to New Haven Public School children. The group meets once a month at Fellowship Place. See your staff advisor to sign up.

## Weekly Program Schedule

Activity/Group	Time	Location	Facilitator(s)
<b>MONDAY</b> Hours: 9 AM–8 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Poetry Group	9:30–10:30	Hald 2	Nubia & Annie
Club Art	10:30–11:30	Art Studio	Kyle B.
Meatless Monday Presentation (2 <sup>nd</sup> & 4 <sup>th</sup> Mon./mo.: 11/13, 11/27, 12/11)	11:15–11:45	Clubhouse	Alan T.
Lunch	12–12:30	Clubhouse	Social Program Staff
Relapse Prevention	12:30–1:30	Fellowship Inn	Nick R.
Building Healthy Relationships	1–2	Hald 1	Katelyn T.
Pool	1–3	Clubhouse	Social Program Staff
Open Computer Lab	1–4	CLC	Social Program Staff
Young Adult Group	1–4	See Schedule	Samantha C. & Kevin T.
Healthy Eating	2:30–3:30	McDowell	Aleta G.
Consumer Council (3 <sup>rd</sup> Mon./mo.: 10/16, 11/20, 12/18)	3:30–4:30	Hald 1	Executive Director Mary Guerrera
Grieving Group (10/2–10/16, 11/20–12/18)	3:30–4:30	McDowell	Pamela P.
Dinner	5–5:30	Clubhouse	Social Program Staff
Monday Evening Social (schedule below)	5:30–7:30	Clubhouse	Social Program Staff
<b>TUESDAY</b> Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff

# Weekly Program Schedule

<b>Activity/Group</b>	<b>Time</b>	<b>Location</b>	<b>Facilitator(s)</b>
Dan Cosgrove Animal Shelter Volunteer Group	9:30–11:30	Clubhouse	See Judy T. to sign up
Tobacco Cessation Support Group	10:30–11	Hald 1	Katelyn T.
Peer Support	10–11	Hald 2	Aleta G.
Community Meeting (2 <sup>nd</sup> & 4 <sup>th</sup> Tues./mo.:10/10, 10/24, 11/14, 11/27, 12/12, 12/26)	11–12	Clubhouse	Social Program Staff
Lunch	12–12:30	Clubhouse	Social Program Staff
Ping Pong	1–3	Clubhouse	Social Program Staff
Hispanic Peer Support	1–3:30	Offsite	Wanda G.
Open Computer Lab	1–4	CLC	Social Program Staff
Relaxation Group	1:15–2	Art Studio	Doreen A.
Vegetarian Cooking	2–3	McDowell	Heather M.
Writers' Group	3–4	McDowell	Alexis G.
Dinner	4–4:30	Clubhouse	Social Program Staff
<b>WEDNESDAY</b> Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Music in the Moment	9:30–10:30	Hald 1	Seth T.
Keep the Promise (3 <sup>rd</sup> Wed./mo.)	9–12	See Joseph T.	Joseph T.
Double Trouble	9:30–10:30	McDowell	Member-run
Infinity Music Therapy (1 <sup>st</sup> Wed./mo.: 10/18, 11/15, 12/20)	11–12	Clubhouse	Infinity Music Therapist
Dealing with Difficult Emotions	11–12	Hald 1	Pamela P.
Lunch	12–12:30	Clubhouse	Social Program Staff
Pool	1–3	Clubhouse	Social Program Staff
Open Computer Lab	1–4	CLC	Social Program Staff
Food Film Series (10/11, 11/8, 12/13)	1:30–3:30	McDowell	Alan T.
Young Adult Group	1–4	See Schedule	Samantha C.
Recovery through Art	2–3	Art Studio	Kyle B.
Dinner	4–4:30	Clubhouse	Social Program Staff
<b>THURSDAY</b> Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Coffee and Conversation	9:30-10:30	Clubhouse	Harry & Tyler
Nursing Consultation	9–11	CLC	APRN Phil
Latin Dance Lessons	10-10:45	Hald 1	Kristie E.
Hearing Voices Support Group	10–11	Hald 2	Katelyn T.
Food Stamp/SNAP Benefits Assistance (1 <sup>st</sup> Thurs./mo.:10/5, 11/2, 12/7)	10–12	Interview Office	Bailey O.
Recovery through Music	11–11:30	Art Studio	Kyle B.
Men's Group	11–11:45	Hald 2	Joseph T.
Lunch	12–12:30	Clubhouse	Social Program Staff
Get Moving! Exercise Group	1–1:30	Clubhouse	Kevin T.
Women Empowering Women	1–2	McDowell	Pamela P.
Book Club	1–2:30	Hald 2	Rina N.
Ping Pong	1–3	Clubhouse	Social Program Staff
Hispanic Peer Support	1–4	Offsite	Wanda G.

# Weekly Program Schedule

<u>Activity/Group</u>	<u>Time</u>	<u>Location</u>	<u>Facilitator(s)</u>
Open Computer Lab	1–4	CLC	Social Program Staff
Theme Art Group	2–3	Art Studio	Paige & Emma
Dinner	4–4:30	Clubhouse	Social Program Staff
<b>FRIDAY</b> Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Coffee and Conversation	9:30-10:30	Clubhouse	Luca and Lilla
Bingo	10:30–11:30	Clubhouse	Aleta G.
Safe Space (2 <sup>nd</sup> & 4 <sup>th</sup> Fri./mo.: 10/13, 10/27, 11/10, 12/8, 12/22)	11–12	Hald 2	Samantha C.
Lunch	12–12:30	Clubhouse	Social Program Staff
Pool	12:30–2	Clubhouse	Social Program Staff
Yale Sustainable Agriculture Volunteer Group	12:30–2:30	See Judy T.	Judy T.
ArtShip	1–2	Art Studio	Kyle B.
Open Computer Lab	1–4	CLC	Social Program Staff
Young Adult Group	1–4	See Schedule	Kevin T.
Movie Matinee	2–4	Clubhouse	Social Program Staff
CSN Rainbow Committee (2 <sup>nd</sup> Fri./mo.: TBD)	3–4	Hald 2	Alexis G.
Dinner	4–4:30	Clubhouse	Social Program Staff
<b>WEEKENDS &amp; HOLIDAYS</b> Hours: 10 AM–1:30 PM Holiday hours will occur on: Independence Day, Tuesday, July 4 & Labor Day, Monday, Sept. 4 For Clubhouse access, dial 1252 on the call box keypad at the Elm Street Gate.			
Drop-in/Pool (Sat.)	10–1:30	Clubhouse	Social Program Staff
Drop-in/Movie (Sun.)	10–1:30	Clubhouse	Social Program Staff
Lunch (Sat., Sun. & Holidays)	11:30–12	Clubhouse	Social Program Staff

## Monday Evening Social Calendar

### **Mondays @ 5:30 PM in the Clubhouse**

Relax and enjoy good company, performances, presentations & entertainment!

#### **October**

- 10/2 Fashion Show with the Valley Social Club
- 10/9 Pumpkin Decorating
- 10/16 Game Night & Ice Cream Social
- 10/23 Movie: “Boo! A Madea Halloween”
- 10/30 Halloween Dance & Costume Contest

#### **November**

- 11/6 Karaoke & Talent Show
- 11/13 Yoga Therapy
- 11/20 Fellowship Place Prom
- 11/27 Arts & Crafts

#### **December**

- 12/4 Yale Magic Group
- 12/11 Karaoke & Talent Show
- 12/18 End of the Year Dance
- 12/25 NO PROGRAMMING (Christmas Day; weekend/holiday hours: 10 AM–1:30 PM)