



Program Calendar

October-December 2018



Artwork by Demetrius H.

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

❖ 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 11/22/2018, Friday 11/23/18, & Tuesday 12/25/2018
 - Fellowship Place will be open for a half day (9 AM-1 PM) on Monday 12/24/2018 and Monday 12/31/2018

❖ 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 11/22/2018, Friday 11/23/18, & Tuesday 12/25/2018
 - The agency will be closed at 1pm on Monday 12/24/18 and Monday 12/31/18

❖ 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*** Current Events Group**

Fridays from 1–2 PM in the Clubhouse

Join Social Rehab Interns, Nadine R. and Luke M. to discuss what is going on in the wonderful world around us. Plan your weekend with upcoming events in the New Haven Community

❖ *****NEW*** Tell Your Story**

Tuesdays from 1:30-2:30 PM in Hald 2

Join Social Rehab Intern Luke G. for an open forum in which stories can be shared and listened to in a safe space. The purpose of this group is to talk freely about a time in your life that you would like others to know about and feel supported. We will host a story Grand Slam in early December.

❖ *****NEW*** Finding Your Purpose**

Mondays from 12:30-1:30 PM in Hald 2

Join Social Rehab Intern Nadine R. in a group to talk about what it means to have a purpose in this beautiful ever changing life we live. She will discuss what is important to you, what you care about and how to develop your purpose in the world. In the group, we will introduce the skills of Relapse Prevention, touch on some cognitive and behavioral techniques and discussion of your lived experience.

❖ **National Hispanic Month**

September 15th – October 15th

Join Fellowship Place in celebrating National Hispanic Heritage Month! On Wednesdays, the kitchen will be preparing a selected Hispanic dish and members of the Hispanic community will be sharing information about their culture and country of origin.

❖ **LGBT History Month**

During the month of October, we will be celebrating LGBT History Month at Fellowship Place. This year, 31 LGBT Icons have been chosen to be recognized for each of the 31 days in October. Each day, information will be shared recognizing each of these Icons for all they have done to support the LGBT community. To learn more about this, reach out to Recovery Advisor Samantha, and feel free to attend the Safe Space group. All are welcomed. 89

- **LGBT Movie Matinee** – On **Thursday October 12th at 1:30pm in McDowell**, Safe Space will be watching an LGBT related movie in honor of LGBT History Month. All members are welcome to join in this movie showing, and to learn more about why this particular day is very important in LGBT History.
- **SPIRIT DAY** – On this day, each year, millions wear purple as a sign of support for LGBT youth and to speak out against bullying. Take the pledge to go purple! On **Thursday, October 18th**, everyone please wear the color purple. There will be an optional group photo taken on this day with all members and staff who choose to wear purple in support of the LGBT community.

❖ **Biggest Loser Wrap up Session**

Friday October 5th at 9:30AM in the Clubhouse

If you were a participant in the Biggest Loser Challenge, please join group leaders and Charlotte S. for a wrap up session. We will have snacks and a great discussion as to how this experience was for you!

❖ **Bowling @ Amity Lanes**

Thursday, October 18th from 1-3 PM

Upcoming Special Events

Join Katelyn T. and have a friendly game of bowling!!

❖ Halloween Social Club Dance

Friday, October 19th from 12-3 PM in the Clubhouse

Clubhouses from around the state will be at Fellowship Place to celebrate Halloween! Come dressed in your best Halloween costume and hopefully you can win the costume contest!

❖ City Wide Open Studio

Friday, October 26th- Sunday October 28th @ Yale West Campus

Artist from Fellowship Place will be hosting an exhibit at the Yale West Campus. Come to the art show and support your peers as they express themselves through art with a beautiful display in the community!

❖ Coping with the Winter Blues

Friday, November 17th @ 11:30 AM in the Clubhouse

Social Rehab Interns, Nadine R. and Luke 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.

❖ Annual Health Fair!

Wednesday, November 14th from 9:30-11:30 AM in the Clubhouse

Please join us to learn about health programs & resources in your community that can help improve your health and quality of life.

❖ Mammography Van

DATE & TIME IS TBD

The Yale Mammography Van will be here to provide free mammograms to women over the age of 40. Getting a mammogram on a yearly basis will help to minimize your risk of breast cancer and could potentially help to detect a problem! If you are interested, please see Wanda G. in the Clubhouse.

❖ Ornament Making

November 19th 10:30-11:30 in the Art Studio

Join Taylor C. in the Art Studio for Club Art with the activity of Ornament Making to celebrate the holiday season! The Ornaments can be hung on the Holiday Tree on December 7th!

❖ Thanksgiving Luncheon

Tuesday, November 20th at 12:00 PM in the Clubhouse

Join us to celebrate Thanksgiving with the agency's annual luncheon filled with a great feast and fun. The Fellowship Band, The Ships will be performing along with the dancers of the Latin Dance Class!!!

❖ Karaoke Competition

Wednesday, November 28th @ 10 AM in the Clubhouse

Come help us cheer on our Fellowship Place Karaoke Competitors, and enjoy their awesome performance. If you would like to join in on the competition, please sign-up on the sign-up sheet located on the Bulletin Board.

❖ Holiday Tree Decorating

Friday, December 7th @ 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

Friday, December 21st at 12:00 PM in the Clubhouse

Come and celebrate Fellowship Place style at our annual agency wide party celebrating the holiday you observe. It will be an afternoon sure to be filled with good food and friends. The Fellowship Place Band will perform and of course Santa will be making an appearance from the North Pole with lots of gifts!

Upcoming Special Events

❖ Day Dance Party!

Select Fridays from 2-4 PM in the Clubhouse → 10/26, 11/30, 12/28

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!

❖ Latin Dance Class

Thursdays @ 10AM in McDowell

Join Kristie Entwistle and your fellow members for Latin Dance Class! Learn the Merengue, Cha Cha, Rumba, Salsa and Line Dances. Dancing has become more of a social necessity; it provides creative release, genuine fun and an outstanding for health and self improvement.

❖ Anxiety Support Group

1st Monday of every month from 4:00-4:30 PM in Hald 2 → 10/1, 11/05, 12/3

Join, long time member Judy M. for the anxiety support group. Gain peer support and some tools that can help you deal with anxiety and daily stressors.

❖ Mindfulness & Meditation

Wednesdays from 10:30-11:15 in Hald 2

This amazing group has returned with a new leader, Will C. Join the newest member of the Social Rehab Team in the Mindfulness and Meditation Group to learn the amazing strength of mindfulness as well as the healing powers of meditation.

❖ Meatless Monday

2nd & 4th Monday of every month from 11:15–11:45 AM in the Clubhouse → 10/08, 10/22, 11/12, 11/26, 12/10, 12/24

Join Kitchen Coordinator, Alan T. and Program Director, Charlotte S. 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 2nd serving of a meal.

❖ Consumer Council

3rd Monday of every month from 3:30–4:30 PM in Hald 1 → 10/15, 11/19, 12/17

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.

❖ Smoking Cessation Check-Ins

Tuesdays in Katelyn Trauger's Office

Fellowship Place is now a smoke free campus!! If you would like to cut down or quit smoking, please see Katelyn Trauger for individualized smoking cessation support.

❖ Grieving Group

Select Mondays from 3:30-4:40 PM in McDowell → 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19

Join Pam P. for grieving group to discuss then many emotions related grief, memories, life experiences and to gain strength and understanding through connection with peers.

❖ Zumba

1st Tuesdays of every month from 10–11 AM in Hald 1 → 10/2, 11/6, 12/4

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

Upcoming Special Events

❖ Get Moving!

Thursdays from 1-1:30PM in the Clubhouse

Join Will C. for light aerobic exercise and stretching to increase your heart rate and get your blood pumping!

❖ Member of the Month

2nd and 4th Tuesday of every month during Community Meeting @ 11 AM in the Clubhouse → 10/09, 10/23, 11/13, 11/27, 12/11

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 band leader Seth Thulin of Musical Intervention 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

1st Wednesday of every month from 11 AM–12 PM in the Clubhouse → 10/03, 11/07, 12/5

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.

❖ Pool Tournament with CREST Program

Last Monday of every month @ 1 PM in the Clubhouse → 10/29, 11/26, 12/31

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

❖ Older Adult Group

Wednesdays from 3–4 PM in McDowell

Join Wanda G. in a support group for older adults (55 and over) to discuss topics related to aging including thoughts and feelings, stressors, positive aspects, stigma, things you have learned, and planning for what's to come.

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

❖ Safe Space: An LGBT+ Support Group

2nd and 4th Friday of every month from 11 AM–12 PM in Hald 2 → 10/12, 10/26, 11/9, 12/14, 12/28

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 Taylor C. in the Art Studio.

❖ In-House Art Shows

Upcoming Special Events

Select Fridays @ 1 PM in the Art Studio → 11/9 K. Mallozzi, 12/14 Holiday Art Show
View the art of a featured Fellowship artist! Snacks and refreshments will be provided.

Current Learning Opportunities

Career Development

❖ GED Classes

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

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

❖ Volunteering in the Community

Give back to the Community and improve your Resume

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

○ Downtown Evening Soup Kitchen

Thursdays from 1:30-3:00 PM, meeting in the Clubhouse

If you are interested in giving back to the community, please join! (In good weather we will be walking and in cold/bad weather there will be transportation provided)

○ 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.

○ Yale Sustainable Agriculture Volunteer Group

Wednesdays from 1–2:15 PM, meeting in the Clubhouse

The group plants, weeds, and does other gardening with Yale students once per week, weather permitting.

○ Miss Kendra's List Volunteer Group

2nd and 4th Monday of the Month from 3–5 PM

Volunteers write letters and are pen pals with New Haven Public School children. See your staff advisor to sign up.

Weekly Program Schedule

Activity/Group	Time	Location	Facilitator(s)
MONDAY Hours: 9 AM–8 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Club Art	10:30–11:30	Art Studio	Taylor C.
Open Studio	11:30-12	Art Studio	Taylor C.
Meatless Monday Presentation (2 nd & 4 th Mon./mo.: 10/08, 10/22, 11/12, 11/26, 12/10, 12/24)	11:15–11:45	Clubhouse	Alan T.
Lunch	12–12:30	Clubhouse	Social Program Staff
Find Your Purpose	12:30–1:30	Hald 2	Nadine 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

Weekly Program Schedule

Activity/Group	Time	Location	Facilitator(s)
Young Adult Group	1-4	See Schedule	Samantha C. & Will C.
Healthy Eating	2:30-3:30	McDowell	Aleta G.
Consumer Council (3 rd Mon./mo.: 10/15, 11/19, 12/17)	3:30-4:30	Hald 1	Executive Director Mary G.
Open Studio	3-4	Art Studio	Taylor C.
Anxiety Support Group (1 st Mon./mo.: 10/1, 11/15, 12/3)	4-4:30	Hald 2	Judy M.
Grieving Group (10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19)	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
TUESDAY Hours: 9 AM-5 PM			
Breakfast	9-9:30	Clubhouse	Social Program Staff
Dan Cosgrove Animal Shelter Volunteer Group	9:30-11:30	Clubhouse	See Judy T.
Tobacco Cessation Support Group	10:30-11	Hald 1	Katelyn T.
Open Studio	10:30-12	Art Studio	Taylor C.
Peer Support	10-11	Hald 2	Aleta G.
Community Meeting (2 nd & 4 th Tues./mo.: 10/09, 10/23, 11/13, 11/27, 12/11)	11-12	Clubhouse	Social Program Staff
Lunch	12-12:30	Clubhouse	Social Program Staff
Tell Your Story	1:30-2:30	Hald 2	Luke G.
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.
Open Studio	2-4	Art Studio	Taylor C.
Writers' Group	3-4	Hald 2	Samantha C.
Dinner	4-4:30	Clubhouse	Social Program Staff
WEDNESDAY 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 rd Wed./mo.: 10/17, 11/21, 12/19)	9-1	See Joseph T.	Joseph T.
Double Trouble	9:30-10:30	McDowell	Member-run
Open Studio	10:30-12	Art Studio	Taylor C.
Mindfulness and Meditation	10:30-11:15	Hald 2	Will C.
Infinity Music Therapy (1 st Wed./mo.: 10/03, 11/07, 12/5)	11-12	Clubhouse	Infinity Music Therapist
Dealing with Difficult Emotions	11-12	Hald 1	Pamela P.
Lunch	12-12:30	Clubhouse	Social Program Staff
Yale Sustainable Agriculture Volunteer Group	1-2:15	See Judy T.	Judy 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.

Weekly Program Schedule

Activity/Group	Time	Location	Facilitator(s)
Recovery through Art	2-3	Art Studio	Taylor C.
Open Studio	3-4	Art Studio	Taylor C.
Older Adults Group	3-4	McDowell	Wanda G.
Dinner	4-4:30	Clubhouse	Social Program Staff
THURSDAY Hours: 9 AM-5 PM			
Breakfast	9-9:30	Clubhouse	Social Program Staff
Nursing Consultation	10:45-11:30	CLC	APRN Phil
Latin Dance Class	10-10:45	McDowell	Kristie E.
Hearing Voices Support Group	10-11	Hald 2	Katelyn T.
Open Studio	10:30-11	Art Studio	Taylor C.
Recovery through Music	11-11:30	Art Studio	Taylor C.
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	Will C.
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
Open Studio	2-4	Art Studio	Taylor C.
Hispanic Peer Support	1-4	Offsite	Wanda G.
Open Computer Lab	1-4	CLC	Social Program Staff
Dinner	4-4:30	Clubhouse	Social Program Staff
FRIDAY Hours: 9 AM-5 PM			
Breakfast	9-9:30	Clubhouse	Social Program Staff
Bingo	10:30-11:30	Clubhouse	Aleta G.
Open Studio	10:30-12	Art Studio	Taylor C.
Safe Space (2 nd & 4 th Fri./mo.: 10/12, 10/26, 11/9, 12/14, 12/28)	11-12	Hald 2	Samantha C.
Lunch	12-12:30	Clubhouse	Social Program Staff
Pool	12:30-2	Clubhouse	Social Program Staff
Current Events Group	1-2	Clubhouse	Nadine R. & Luke M.
ArtShip	1-2	Art Studio	Taylor C.
Open Studio	2-4	Art Studio	Taylor C.
Day Dance Party! (Last Fri./mo.: 10/26, 11/30, 12/28)	2-4	Clubhouse	Social Prog. Staff
Open Computer Lab	1-4	CLC	Social Program Staff
Young Adult Group	1-4	See Schedule	Will C.
Movie Matinee	1:30-4	Clubhouse	Social Program Staff
Dinner	4-4:30	Clubhouse	Social Program Staff
WEEKENDS & HOLIDAYS Hours: 10 AM-1:30 PM Holiday hours will occur on: Thursday 11/22/18, Friday 11/23/18 & Tuesday 12/25/18 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

- 10/01 Zane's Photo Collection Slide Show
- 10/08 Breakthru Band Performance
- 10/15 Aiping Tai Chi Center- Tai Chi demo and learning session
- 10/22 Pumpkin Decorating Night with snacks
- 10/29 Halloween Dance & Costume Contest with refreshments

November

- 11/05 Ice Cream Social & Games
- 11/12 Aiping Tai Chi Center- Tai Chi demo and learning session
- 11/19 Fall Dance with refreshments
- 11/26 Arts & Crafts (Women from First United Methodist Church)

December

- 12/03 Karaoke / Talent Show / Prizes
- 12/10 Yoga Therapy
- 12/17 Aiping Tai Chi Center- Tai Chi demo and learning session
- 12/24 Christmas Eve – NO EVENING SOCIAL
- 12/31 New Year's Eve – NO EVENING SOCIAL