

WELCOME TO SIDE BY SIDE BRAIN INJURY CLUBHOUSE!

FORM 6

***WEEK AT A GLANCE**

THE WORK ORDERED DAY

The work ordered day begins at 9:15 and ends at 3:00 p.m. You should plan to be at the Clubhouse around 9:00 so that we can begin work at 9:15. If you'll be late or won't attend on your scheduled day, be sure to call us at 770-469-9355 and let us know.

As a member of Side by Side, you will have a locker to put your belongings in. Bring special utensils or other equipment that help you be independent and store them in your box.

LUNCH SCHEDULE

Lunch is planned and prepared by the Kitchen Unit and served around noon. In order to prepare the right amount of food, before 10am each day someone will ask you to sign up for lunch. If you enjoy **coffee or tea**, they are available for 25¢ per cup in the mornings. **Snacks** are available for 25¢-50¢ when a member volunteers to run the snack bar. **Breakfast** is available on Fridays between 8:00-9:00am for 30¢ per item.

Day	Available	Includes	Cost
Mon-Thur	Regular Meal OR Large Salad	Entrée, side dish, salad, vegetable, dessert, & drink OR Large salad, dessert, & drink	\$2.00
Friday	Leftovers	1 entrée or 1 sandwich, 1 side dish, 1 vegetable and dessert <i>as available</i> , & drink <i>Also, you may purchase meals at a local restaurant & return to the Clubhouse to eat if you are able to travel in the community alone OR bring your own lunch</i>	\$2.00

MEETING SCHEDULE

Meeting type	Day(s)	Time
Unit meetings (get tasks for the work day & important info about what's going on).	Daily	9:15 (M, W, Th) 9:45 (Tu, F)
Program meetings (everyone meets together to make decisions about the clubhouse).	Tuesday & Friday	9:15 a.m.
Spanish/English (members share skills with each other)	Monday	1:45-2:45
Work Career Class (members learn and share return to work skills)	Monday	2:00-2:45
Computer Basic (we learn Basic skills for using a computer)	Tuesday	1:45-2:45
Yoga (We learn to stretch using different yoga positions and breathing techniques to help us relax.)	Wednesday	1:45-2:45
Art Group (members create different kind of art)	Thursday	2:00-2:45
Gardening Group (members work on planning and maintaining plants outside)	Thursday	2:00-2:45
Walking (We walk in the neighborhood, heading toward Stone Mountain and back)	Friday	2:00-2:30
Adjustment Group (We meet and talk about our experiences and support each other)	Friday	2:00-2:45