

The Gathering Place

PENGUIN PAGES

March 2019

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The Gathering Place (TGP) is a clubhouse for adults dealing with the difficulties of mental illness. Memberships are always free of charge, which enables TGP to reach any qualified adult under the care of a psychiatrist who needs support and services.

Our mission is to provide a supportive environment for adults with severe and persistent mental illnesses, focusing on strengths rather than limitations, in order to facilitate life choices and more independent living, all in an atmosphere of anonymity.

The World Health Organization.

Wellness: A state of complete physical, mental and social ...well-being, and not merely the absence of disease or illness.

Physical wellness: recognizing the need for physical activity, healthy food and sleep.

Intellectual wellness: recognizing creative abilities, and finding ways to expand knowledge and skills.

The February Fitness Frenzy Challenge was a total HIT!

February was National Heart Health Awareness month. TGP launched a fun way for members to get involved here at the clubhouse. All members were invited to participate in completing as many laps on the Zen Walk trail or as many minutes on the cardio machines in the gym throughout all of February.

TGP had 47 members participate in the fun! Those 47 members completed a grand total of 1,128 laps which is the same as 188 miles. That mileage is roughly similar to the distance between Houston and San Antonio! Wow!

The staff is INCREDIBLY proud of this collective effort. We would love to do more activities like this in the future- maybe with 100% participation! Stay tuned.

Please also know that your opportunities to do Zen Walk never stops! There is designated time for a group walk and time in the gym every day. Even though your progress won't necessarily be documented, we hope everyone feels encouraged to have ownership over health and fitness goals as well as become more involved at TGP with friends!

Now, let's make March active and healthy, too!

Here are the members that were awarded certificates and ribbons for their hard work:

1st place: James Johnson- 135 laps

2nd place: Bernard Joshua- 101 laps

3rd place: April Whittaker- 92 laps

These members are also being awarded new athletic shoes to reimburse for the mileage they dedicated to this challenge!

4th place: Greg Hensley- 80 laps

5th place: Kwasi Brown- 79 laps

6th place: Sarah Stallings- 72 laps

7th place: Keenan Marshall- 66 laps

8th place: Dave Riley- 63 laps

Most Consistent: Derrick Hunter

Most Dedicated: Barbara West

Please help us in congratulating these members for a job well done! We also recognize and celebrate all of the other 37 members that participated and made this challenge come to life! Great job, everyone!



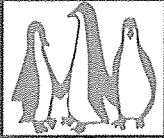
Hey, my name is James Patrick J Jr. I am proud to say I have been with The Gathering Place family for a while now. The best thing I have to say is I love the love in this place so much to do and so much to learn. One of the greatest things I have learned while being here is to overcome. To never give up. One example is when I recently held first place in the February Fitness Frenzy. But we all are champs, because we are all family in the Gathering Place.



Hello my name is April Whittaker, I was so delighted when they announced that I had won third place in the fitness frenzy challenge, the competition was strong, but I was determined to finish at a high level. This was one of my greatest challenges. Now I will continue to exercise.

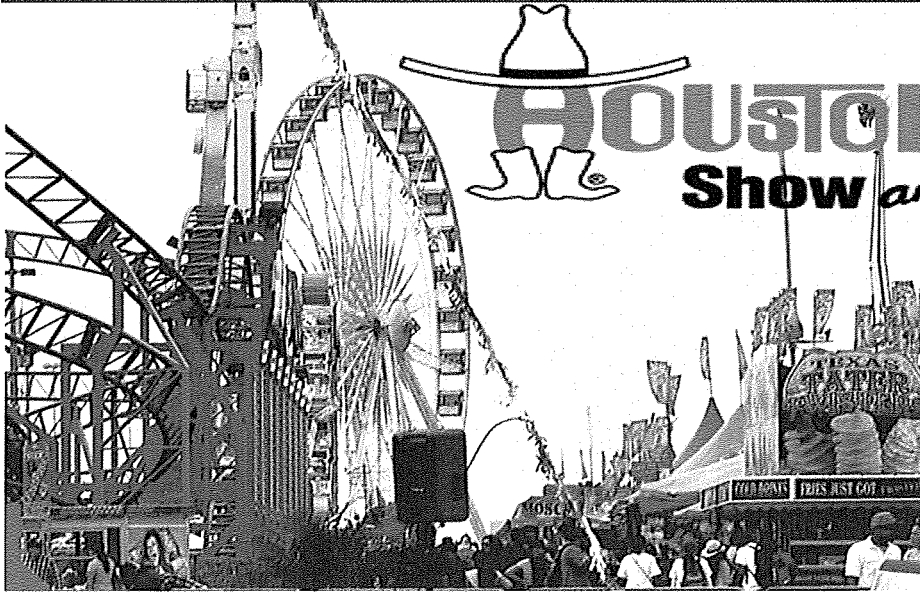


Hello my name is Bernard Joshua, that day when they announced the winners of the fitness frenzy challenge, I was helping my sister move. So I was very surprised when I returned back to (TGP) from the weekend. Finding out that I had won.



Attention TGP Members

March 13th, 2019



PLEASE NOTE:

Please schedule your Rides

for pick up...

After : 3:00 pm &

Just bring your money for...

Food & Rides

Please! RSVP Contact: Bobby Hopkins

Support Specialist Phone:

713-275-5728

Bracketology

Is the process of predicting the field of college basketball during the NCAA Basketball Tournament.

One must keep in mind that it is named the "bracket" for a reason. It consist of 68 teams from all the major conferences and some at large bids (teams that have won their respective conferences) Everyone is fighting to stay alive in this tournament field. You either win or go home. The bigger schools are trying to avoid the upset and the smaller schools are looking for the upset.

There's a selection committee that select what teams are going to be in this tournament. The committee decides where the teams are going to be playing. When making there selections strength of scheduled comes into play. You have the East, West, South, and the Midwest. Each one of them is compiled with 16 teams in the field. The last 4 teams will play on Tuesday and Wednesday, playing there way into the field of 64. When picking your teams be aware of the "upset". One wrong move can

either make you or break you. Everyone wants to be the Cinderella story of the tournament.

Go into your bracket with caution and don't be afraid to pick the upset. Every team in the tournament will be on upset alert. MARCH MADNESS IS NOW AMONGST US. Who will survive the first 2 days of the tournament?

