



# The Gathering Place

## PENGUIN PAGES

June 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 storms have finally cleared up and the longer days of summer are fast approaching. With the sun rising earlier and setting later, there is more time to explore Greater Houston by foot and by bicycle. I plan to take regular trips around town visiting local juice spots and cafes by bike-sharing. Not only will I shed some pounds riding and walking, I will quench my thirst and hunger with so many fruit smoothies and bowls. Fresh fruits and vegetables are the foundation of a healthy diet, especially during middle age. What can be easier to do than to mix them all up into a tasty drink or dish? Without added sugar, of course!



Speaking of exercise, this year I will start training for the Aramco Houston Half Marathon in June rather than August. I didn't train consistently or manage what time I had last season, so I would like to give myself two more months to adjust to a better regimen. I hope to improve my half marathon time next January. If all goes well, I may even sign up for the Chevron Houston Marathon instead. It is great to greet all the spectators who show

him within myself. I see the drive, the competitive spirit, and the willingness to be the best at everything I do. So I want to say thank you Dad for instilling these characteristics in me. I had you for 3yrs but it feels like you are still here. I know you watch over me and everyone else in the family. I wanted to take this time and wish you a "HAPPY FATHER'S DAY". You may be gone but your legacy lives on. Older people that knew of you are still talking about you today. The way you carried yourself and the way you looked after your family. You are one classy dude.

Happy Fathers Day!!! Most of us know what its like to grow up with a "father". To have someone show you how to play baseball, ride a bike, or even someone to have a man -to- man talk with would be such a great feeling. I lost my dad when I was 3yrs old and I never got to experience any of the things mentioned above. You left us with our mother but mom couldn't teach us how to be a man (even though she did her best). But I think I turned out okay. I remember the first time I started playing sports and hearing from my uncles, aunts, and other relatives talk about how good my dad was at playing sports. It made me feel some sort of way. I would listen to my mom talk about the Sunday afternoon softball games or the hunting trips he would go on during the weekends. For someone who can't remember a man that everyone continues to talk about makes me feels good and very proud to call him my father. I can see the characteristics that everyone talked about in

up along the course to cheer on race participants. There is so much support from the community as runners and walkers make their way to the finish.

Summer is a season of change for me, with unanticipated events unfolding nearly every year since 1997. 22 years later, and I still feel uneasy once the weather starts warming up; however, I have matured greatly during past two decades, so it is easier to take things in stride. Looking back, some events have been positive: going off to college, visiting Taiwan and Australia, getting my undergraduate degree, and joining running clubs. Looking ahead, I hope to work full-time and meet a life partner.

Shortly before the longest day of the year, the Summer Solstice on June 21, I will head to California to attend my youngest brother's wedding. I am so happy that he has met the woman with whom he will spend the rest of his life with. I wish the best for the happy couple and hope they will share many milestones and memories into old age.

HAPPY FATHERS' DAY

The GHOST

.Father Day

To all the Fathers' on Father's Day, I want wish to you a blessed day. I hope you receive all the hugs and smiles you deserve on this day. This love goes back from the beginning with members and friends. Not just on special days but every day. May God Bless ...You all and your families as well... Amen By: Donna T



My dad is truly the most loving and supportive man. He has been there for me in so many ways. Always helping me giving me good sound advice and very wise. I love my dad and feel very fortunate to have him. Happy Father's Day everyone I hope your day is special.

By: Rebecca D.

Them St. Julien's

Happy Father's Day to all the daddy's in our family. Between my brothers, nephews, uncles and brother-in-law, they are the best. They take care of their children, nieces, nephews, spouses and siblings in every way. They are there for us through thick and thin and we are so proud to have them in our lives. Luv y'all.

By: Shelia L.

Happy fathers day to the greatest daddy in the whole wide word I love you with all my heart I would like to say just 1 thing about my daddy went fishing riding the carnivals rides and ducks out in the pond. The Dewsbury festivals in my home town I love you daddy so much

Written by: Kayla L

JUST a line or two ...On Father's Day

Memories of my father places him at the top of the line. I can say that I only have wonderful thoughts that stays with me like it was just yesterday ...

Yes my parents played such important part of in my life ... It's seems to be always Father's Day or Mother's Day to me ...

By: Willie B.



\* Juneteenth,

also known as Juneteenth Independence Day or Freedom Day, is a time that commemorates the June 19, 1865, announcement of

the abolition of slavery in the U.S. state of Texas, and more generally the emancipation of enslaved African Americans throughout the former Confederate States Of America.

- \* Here are things celebrated in June:
- \* June 2nd –Father's Day
- \* June 2nd—Martha Washington's birthday
- \* June 21st—Summer begins
- \* June 14th—National Flag Day
- \* June 30th—the great Lena Horne's birthday
- \* Zodiac Signs — Taurus and Gemini
- \* African American Music Appreciation Month.

- Sosa, Abraham ... 2nd
- Ibrahim, Carmen ... 9th
- Brown, Willie ... 9th
- Lockett, Clarissa ... 12th
- Ward, Doreen ... 13th
- Isreal, Gregory ... 14th
- Patel, Neel ... 14th
- Kirkeby, Colin 15th
- West, Barabra ... 15th
- Boone, Kelly ... 16th
- Paine, Louis... 23rd
- Bailey, Sekgoma ... 24th
- Restivo, James ... 26th
- Schmidt, Lisa ... 27th
- Gilmore, Raven ... 27th
- Ray, Byron ... 29th
- Flores, Ozmoses ... 29th
- Trodgen, Donna ... 30rd





# Attention TGP Members

## June 27th 2019

★

# HOUSTON ASTROS™

&

Just bring your money for...

Refreshments! 1st come 1st serve we only have 45 tickets.

Please! RSVP Contact: Bobby Hopkins  
Support Specialist Phone: 713 275 5728

**\*PLEASE NOTE:**

Please schedule your Rides

for pick up...

After : 3:30pm



June 21st the first day of summer. In honor of that fun season, we would like to invite all of the members of the gathering place to our art show highlighting work from our arts and crafts, photo voice, and water colors classes. Featuring power point presentations, arts/crafts, and commentaries from members. The event will begin at 11 am and should conclude at 1 pm.

As one of the members of photo voice, I would love to say, there is a different aspect to photo voice versus using your phone. This is one of the reason why photo voice was reintroduced, it has the capability of not just taking the pictures but capturing the beauty of different things that a phone can't.

Hello, my name is Rebecca D I have been a member of The Gathering Place for almost 3 years. I bought a camera not too long ago, after attending Mr. Willie photo voice class. I wanted to learn how to use a camera because my phone camera wasn't the best for photo's. I went to the zoo with my family one day and found out if you don't have your memory card in you can't save the pictures to the phone. Most of the pictures except for a few turned out pretty decent. I need to work on how to zoom in/out and focus for the pictures. I know it zoom in like 5 times and there is a way to focus it and it even can change picture taking settings. It really is therapeutic to take pictures. I



encourage you to join photo voice and to take part with us on June 21st.

Our Water Colors class is led by our own member and artist Susan Dawson. Susan allows members to use specialty paints and paper to express themselves. She brings in pictures of landscapes for

guided inspiration, too. The weekly class is a huge outlet of relaxation and positive anticipation for the members that regularly attend. Don't miss out on the fun on Tuesday afternoons!

Arts and Crafts has taken on a new twist with the leadership of Kayla Lewis. Kayla is creative in coming up with prompts like cultivating unique creations based on life joys, favorite childhood activities, and painting with the colors of your mood. We can't forget to mention, of course, the most loved activity of all members— jewelry making. These classes take place on Thursday afternoons, so come join the fun!

As you can see, there are tons of outlets for creativity at TGP! Don't miss out on participating or enjoying! If you'd like to showcase your artwork from these classes listed above at the Art Show, please contact Mary Beth at (713) 275- 5730.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9		Technology Class	German Class	Spanish Class	Technology Class
9-9:30	Meditation	Meditation	Meditation	Meditation	Meditation
9:30-10	Unit Meeting	Unit Meeting	Unit Meeting	Unit Meeting	Unit Meeting
10-10:30	Zen Walk	Zen Walk	Zen Walk	Colleague Meeting	Zen Walk
10:30 –11:00		Pharmacy/ Putting Wellness into Practice (TMC)		NAMI	Friends Connections
10:45-11:30	Tai Chi				
11:00-11:30		Personal Training	CoDA	Yoga	Personal Training
11:30 –12:00	Diabetes's Support (check dates)	Developing a Vision		Coping Skills	Women's & Men's Groups
12:30 –1:00	Diabetes's Support (check dates)	Photo Voice	Music Group	Arts and Crafts	Healthy Lifestyles
1:00-2:00	Voices of Support Schizophrenia alliance Support Group	Watercolors	Seeking Safety (check dates)		
1:00– 1:30	Unit Cleaning Duties		Unit Cleaning Duties	Unit Cleaning Duties	Re:Mind
1:30 –2:00		Unit Cleaning Duties			Unit Cleaning Duties
<i>*Orientations &amp; Unit Duties Orientation—as announced once per month</i>	<i>*Birthday Club - Veterans Lunch Last Monday of the month</i>	<i>Animal Assisted Therapy— As Announced</i>	<i>*Walmart Trip - every 3rd of the month and third Wednesday of the month</i>	<i>*Outings and Parties - as announced</i>	<i>FRESH FRUIT FRIDAY - EVERY WEEK</i>

- Watercolors Art-TGP's own Susan Dawson will teach members painting and art techniques in a fun class setting!
- Photo Voice Creative Expressions- Photo Voice will be a group for members to express themselves creatively via pictures to explain their experiences living with mental illnesses and other hardships.
- Healthy Lifestyles- Healthy Lifestyles will discuss positive eating habits and food choices blended with fitness and exercise education.
- Personal Training- Open Gym times distinguish opportunities for members to receive personal training exercises with certified staff to encourage a journey towards a healthy lifestyle.
- Music- Music Group celebrates the artistic work of some of our favorite musicians with jamming to songs and watching music videos.
- Yoga- Yoga is a relaxing exercise designed to stretch and breath in a calming space.
- Arts and Crafts- Come ready to create and be uniquely artistic! From coloring to beads and jewelry making, Arts and Crafts knows no limits.