



A Clubhouse is a membership-based social/vocational community where people living with persistent mental illness come to rebuild their lives.

Dec. Newsletter, 2018

A Very Great(ful) Thanksgiving

On Thursday, November 22nd, Seattle Clubhouse celebrated something in-between a traditional Thanksgiving and a modern “Friendsgiving.” About a dozen of us gathered to feast on a smoked bird (which, incidentally, was not ready in time for the meal), ham, stuffing, mashed potatoes, and a coveted family recipe of mine, vegetable bake. For those of you who have never experienced this delectable casserole, veggie bake is frozen vegetables, water chestnuts, onion, sharp cheddar, mayonnaise and milk all topped with crushed Ritz crackers and butter. Mama mia! That’s a good a dish. Participants in Clubhouse Thanksgiving included Rehabilitation Associate Ryan Likes and family, one of his neighbors, myself, and other members. We watched the Detroit Lions lose (again), tossed the Frisbee outside, played games, and generally enjoyed ourselves. This year, I’m grateful for Seattle Clubhouse!

—Calvin Clark



The Clubhouse is designed around a work-ordered day. Members and staff join together as colleagues to carry out the tasks involved in running the Clubhouse.

Testimonials

“The Seattle Clubhouse is super awesome. They have meaningful activities and good food. [...] I would highly recommend it to anyone because this place rocks.’ —Kenny

“The Clubhouse has saved my life in a lot of ways. It has given me an escape from isolation and resources to help me in the real world.” —D.

“I like the support I get from Clubhouse. [...] It is good for relationships. [...] It is good for my brain to be around people like me.” —Kaid



Clubhouse Christmas Wish-List

Calvin — A new laptop, \$\$\$, Quality time with family

Cherise — Project runway sewing machine, Tough leather jacket

Shadow — \$1 Million, tax-free

1265 South Main Street, Suite 101, Seattle WA 98144

Monday—Friday 9am—5pm

Lunch served at noon

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