EKLY WORD: STAY CONNECTED EDITION

APRIL 1—APRIL 5

NEWS

BE KIND TO EACH OTHER

HOUSE MEETING

Abigail's social will

UPCOMING

SOCIALS

be on April 6th to Thrift Stores and **Great American** Hotdog.

Adam's social will be on April 20th to downtown Tryon and pizza.

UPCOMING CLOSURES

Easter Monday April 1st

Do not randomly grab food or drink from the kitchen. There are designated times to get snacks served. If there are extenuating circumstances, make sure you communicate this with staff.

Jose's Looking Good Showcase is **April 4th** at Continuum Art Gallery downtown. Let Love Brew is on May 4th at Grace Lutheran Church! Both of these events benefit the clubhouse. Come out if you can!

We will be assisting members with getting Real IDs or voting IDs. Sign up on the social board if interested.

First Bank will have an ongoing class once a month on Wednesday at 10:30am. First topic will be on identify theft. Information on the social board.

The new video equipment, refrigerators, and art supplies are in the process of being ordered! The new computer will hopefully arrive soon.

WELLNESS TIPS FROM **MEMBERS:**

"Do 10 jumping jacks."

"It's okay to relax but to not do it all the time."

> "Watch TV in moderation."

"Drink a lot of water."

"Singing/music helps you calm down so you're not frustrated."

THRIVE CAFÉ: MENU



Monday	CLOSED
Tuesday	Sweet Smokey White Bean Soup
Wednesday	Egg and Sausage Burritos
Thursday	Butternut Squash and Couscous Bowls
Friday	French Toast Casserole





umbrella

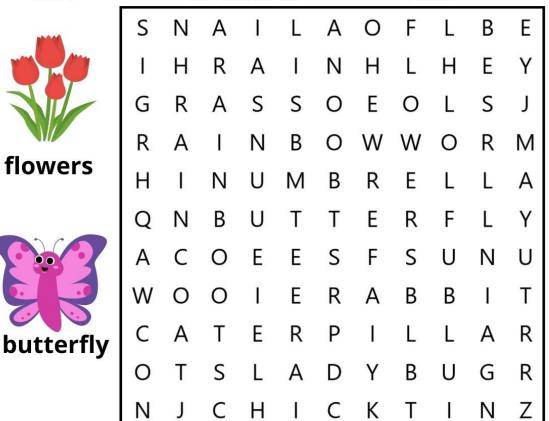




rainbow



flowers







grass



rabbit



caterpillar



snail



ladybug



bee



raincoat



rain boots



worm