

# Spring City Clubhouse



## December 2025

### **“I’ll Be Home for Christmas...”**

It’s a familiar refrain this time of year—but what does *home* really mean? Is it a physical place, or is it something we feel? At Clubhouse, for our members and staff, it can be both.

The world seems to sparkle during the holidays—with bright lights, festive music, and decadent treats—but not everyone may not feel wrapped in that cheerful glow. For many, especially those living with mental illness, the season can bring loneliness, heaviness, or even a touch of the curmudgeon. That is why Clubhouse is committed to ensuring that no one feels isolated, overlooked, or discouraged during this time of year.

Most days at Clubhouse, we embrace a culture of work that mirrors typical workplaces. And like any workplace, there are plenty of reasons to close on evenings, weekends, and holidays. Because we’re not guided by traditional medical or therapeutic models, we think differently about when and how we show up for one another. Our Clubhouse philosophy and Standards set us apart. Clubhouse is a place where members and staff can relate with the openness and ease of a great family—one that doesn’t restrict connection to a schedule.

During our recreation and holiday hours, our Clubhouse often becomes a sanctuary. These times outside the work-ordered day allow us to celebrate not just the work we do, but the relationships and community we’ve built together. In many ways, Clubhouse embodies the very definition of home: a place of warmth, acceptance, and belonging. A place where every member has the right to come—and the right to return. A place where friends and colleagues can simply be themselves, even on days when the holiday spirit feels out of reach.

This season, as we reflect on what the holidays truly mean, we are reminded of the profound value of having somewhere to go—and of being part of something bigger than ourselves. To all of our friends, colleagues, and families, we offer this assurance:

**At Clubhouse, We Are Not Alone! Not Now. Not Ever!**

**YOU ARE  
INVITED TO**

# ***CLUBHOUSE CHRISTMAS***

**DECEMBER 17TH  
12-6P**

JOIN US FOR SOME HOLIDAY CHEER AT CLUBHOUSE!  
WE WILL HAVE FOOD & FUN, GAMES & GIFTS, AND SO  
MUCH MORE!



# Why is it Important to Have a Place to Go/Come During the Holidays?

It is nice to celebrate the holidays with friends and family and have a place to go. I really enjoy the food. At my parent's house I like to open the presents. I also like going to church and talking with people there. It's good to see people I haven't seen for a while. ~John C.

Having a place to go helps with depression, anxiety, isolation and loneliness. Clubhouse is a family and a safe place to go. ~Maija H.

During the holidays, I tend to be quiet. Clubhouse is a great way to have dialogues. My extended side of the family is more on the louder side, and has lost members as well as gained members. Here at Clubhouse, the members I see has been consistent. The way I function likes routine. There is a routine at Clubhouse so I know what to expect. ~Sophia H.

It's a peaceful and joyous season. The food is great and I am grateful for family. I am looking forward to the time spent here at Clubhouse. ~Pat Z.

I find it as a place that can lift a member's spirits more than what could be found in the apartment. ~Ellen G.

I like having some place to go on Christmas Eve, it makes me feel less lonely. I'm busy on Thanksgiving Day. I would like somewhere to go on New Year's Day. ~Karen Z.

Family and Friends are the best part of the holidays. Prayers around the table, laughter by the cookies, wrapping paper all over and giving our love. Christmas eve is a quiet time of songs to the Christ Child. ~Karen D.

I feel everyone should have a place to go; not only does it help with your mental health, it gives you a sense of belonging. If you don't have a place to go, invite your friends over and have a pot luck dinner, turn on some music or watch Christmas movies. If you have to spend the holiday alone, make yourself a special Christmas dinner, treat yourself to a small Christmas present and open it in the morning. I celebrate Christmas Eve with my family, but on Christmas Day there are times I want to be alone. I like to reflect on what this day really means and I like to cuddle up with my little dog, Scooby, get into my warm fuzzy pajamas and turn on my fireplace with a nice hot cup of cocoa and watch Christmas movies. If I don't want to be alone, I invite my friends that I know have nowhere to go and we all bring a little something to eat and watch Christmas movies or we play games. This year my family and I might be celebrating Christmas on Christmas Day, so then I will come to Clubhouse on Christmas Eve and have fun with my colleagues. May you all have a Merry and Blessed Christmas! ~Shari



# Wellness Folio

## Tips for Maintaining Mental Health During the Holidays

- ☐ Take a break, and some time for self-care
- ☐ Reach out, connect and be kind to others
- ☐ Stay active
- ☐ Plan your time
- ☐ Eat and drink well
- ☐ Practice gratitude
- ☐ Know and minimize triggers
- ☐ Know when to ask for help



## Clubhouse Support

### Wellness Mondays

Please join us in our journey of self-awareness. Each week we will discuss how health and wellness affects our recovery and ways to enhance our successes.



### Technology Wednesdays

Are you interested in learning more about computers? Do want to be more familiar with Microsoft Word and Powerpoint? Then join us each week to learn computer tips and tricks that can help you and our Clubhouse keep up with the technology world.



### Employment Thursdays

Don't be stressed about going to work. Join us at our weekly employment support meeting to talk about ways to achieve your goals. Regardless if you're working already, or you're just starting to ask questions about work, this group is for you!



# December 2025

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>
1 Chicken Curry w/ Coconut Rice Acorn Squash	2 Turkey Tetrazzini Side Salad	3 Egg Bake Pancakes	4 Swedish Meatballs Buttered Noodles	5 Chef's Choice
8 BLT Pizza Ambrosia Salad	9 Hawaiian Chicken Pan Coconut Rice	10 Grilled Cheese Sandwiches Chicken Noodle Soup	11 Vegetable Lasagna Garlic Bread	12 Chef's Choice
15 Honey Chicken & Rice Bowls Potato Latkes	16 Taco Salad Spanish Rice	17 Clubhouse Christmas Party	18 Soup over Rice Side Salad	19 Chef's Choice
22 Jambalaya or Hoppin John Corn Macaque Chow	23 Jerk Chicken Mango Salsa & Chips	24 Holiday Hours	25 Clubhouse Closed	26 Chef's Choice
29 Falafel Burgers Cucumber Salad	30 Oriental Cabbage Slaw Parfaits	31 Chili Cornbread		



# December 2025—Activity Calendar

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	1 8:30a Grocery Shopping 2p Wellness Group	2 9a Menu Planning 2p Newsletter Meeting	3 10a House Meeting 2p Tech Wednesday	4 1p Chubhouse Wisconsin Meeting 2p Employment Support Group	5 3p Team Building	6
7 Rec Hours w/ Patti Waukesha Christmas Parade 4p	8 8:30a Grocery Shopping 2p Wellness Group	9 9a Menu Planning 2p Newsletter Meeting	10 10a House Meeting 2p Tech Wednesday	11 1p Chubhouse Wisconsin Meeting 2p Employment Support Group	12 3p Team Building	13
14	15 8:30a Grocery Shopping 2p Wellness Group	16 9a Menu Planning 2p Newsletter Meeting	17 Chubhouse Christmas 12-6p	18 1p Chubhouse Wisconsin Meeting 2p Employment Support Group	19 3p Team Building	20
21	22 8:30a Grocery Shopping 2p Wellness Group	23 9a Menu Planning 2p Newsletter Meeting	24 Holiday Hours w/ Sami 1-4p	25 Chubhouse Closed	26 3p Team Building	27
28	29 8:30a Grocery Shopping 2p Wellness Group	30 9a Menu Planning 2p Newsletter Meeting	31 10a House Meeting 2p Tech Wednesday			

# Break Page

## Words of Wisdom

“What good is the warm of summer, without the cold of winter to give it sweetness.” ~John Steinbeck

“What is Christmas? It is tenderness for the past, courage for the present, hope for the future.” ~Agnes Pharo

“I pray this winter be gentle and kind—a season of rest from wheel of the mind.” ~John Geddes

“To appreciate the beauty of a snowflake, it is necessary to stand out in the cold.” ~Aristotle

## Fun Facts

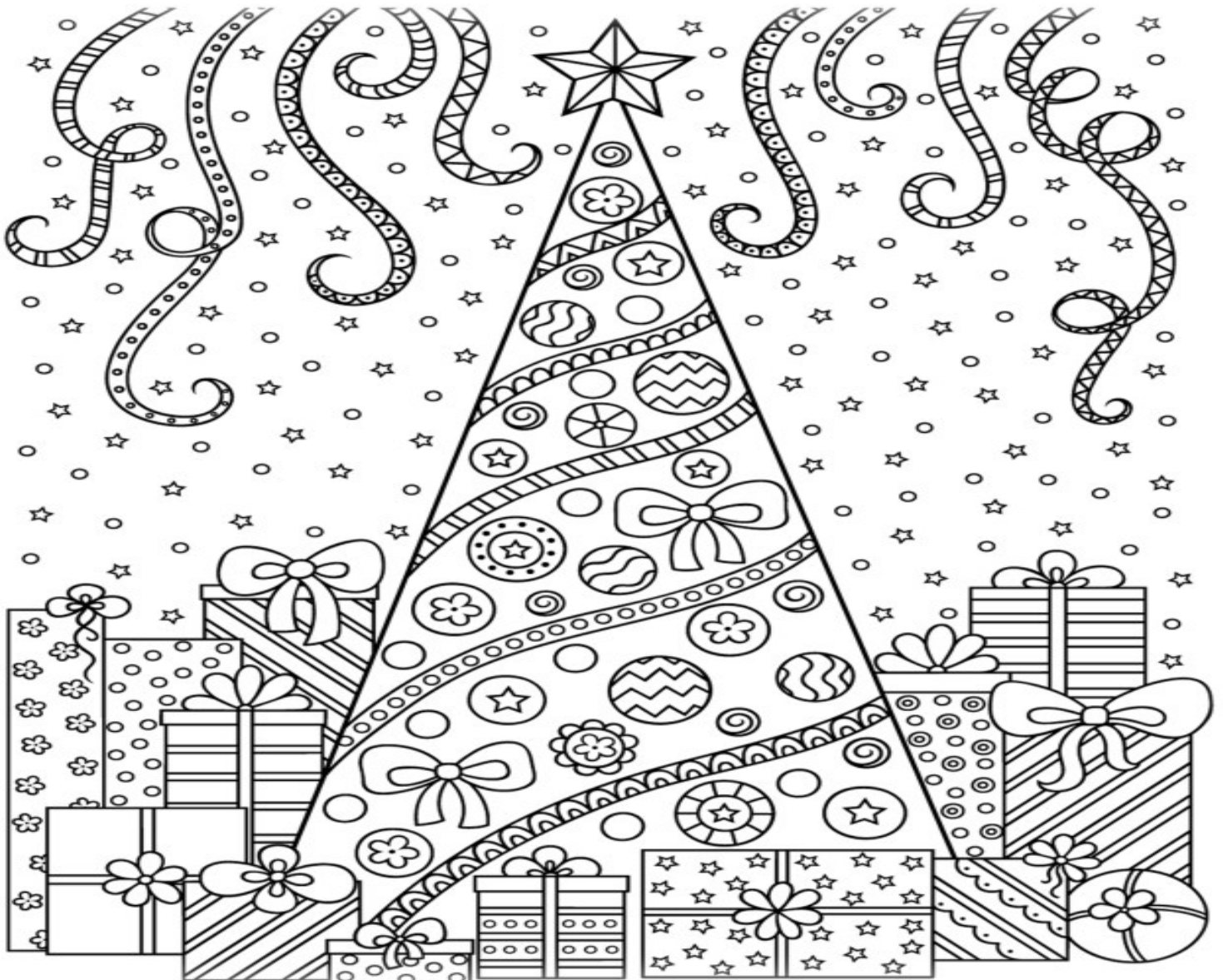
“Silent Night” is the most recorded Christmas song in history.

Santa Claus has his own Canadian postal code.

3 billion Christmas cards sent in the USA each year.

The first Christmas “tree” wasn’t a tree at all; it was made of dyed goose feathers in Germany.

The popular image of Santa Claus was conceived for a Coca Cola ad by illustrator Haddon Sundblom.



# MERRY & Bright

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## What is Clubhouse?

*Spring City Corner Clubhouse is an environment that empowers individuals, affected by mental illness, to achieve and retain the confidence and skills necessary to lead vocationally productive and socially satisfying lives.*

## Fundamental Rights of Membership

- A guaranteed right to a place to come.
- A guaranteed right to meaningful relationships.
- A guaranteed right to meaningful work.
- A guaranteed right to a place to return.

## Clubhouse Holiday Hours

### Wednesday, December 24th

*Christmas Eve Holiday Hours 1-4p*

### Thursday, December 25th

*Clubhouse Closed*



## Clubhouse Food Pantry

We have a small pantry of donated food for our Clubhouse Members. The pantry includes mostly non-perishable items. We have also expanded to have some personal care items available as well.



 **Lutheran Social Services**  
of Wisconsin and Upper Michigan, Inc.

*Act compassionately. Serve humbly. Lead courageously.*

Spring City Corner Clubhouse

247 Wisconsin Avenue

Waukesha, WI 53186

Monday - Friday 8:00-4:00 pm

Phone: 262-549-6460

Email: [springcityclubhouse@lsswis.org](mailto:springcityclubhouse@lsswis.org)

A community based service of  
Lutheran Social Services. Support by United Way and Waukesha  
County Health and Human Services

***Do you or someone you know live with mental illness? Consider joining our membership for meaningful work, relationships, and a sense of belonging.***

The process is easy:

1. It starts with filling out our online membership application. You can scan the QR code or come in and fill one out at our kiosk.
2. After we receive your application, our membership team will call you to schedule a tour, which is a great snap shot of what our program is and what we can offer.
3. After the tour, we fill out brief paperwork to send out to your providers to verify eligibility.
4. Then, after eligibility is verified, we schedule an orientation to give you an opportunity to work with us and get a better snap shot of who we are.



## Director's Corner

Having a place to come for the holidays means you have a home, people who care for you and understand how important connection is. It means you are part of something. You are seen and heard. It means you belong somewhere. Shout out to Clubhouse! These beliefs and more are what you are a part of when you become an active member of your Clubhouse. Coming in daily or weekly builds the kind of place you want to be part of. Your voice, your choices, your needs can only happen when you participate, when you challenge yourself to live your recovery day to day. And, when you go above and beyond to help lift up another member, to help with their goals. What better gift to give and receive than to move yourself, other members, and your Clubhouse forward. These open doors are for you...step into them and grow your possibilities! Merry Christmas and much love from all of us at Clubhouse!

~Sharon