

TOB CHRONICLES



TRANSITIONS OF BOSTON CLUBHOUSE NEWSLETTER



A NOTE FROM THE EDITOR

Honoring the Experiences That Brought Us Together This Season
The May/June edition of the TOB Chronicle reflects a season filled with connection, celebration, and shared moments across our clubhouse community.

From Mother's Day to uplifting Haitian Heritage Month Celebration, and enjoying outings like Scooper Bowl, and participating in wellness activities such as our Castle Island Walks and this year's NAMIWALKS, members brought heart, pride, and joy into every experience. The reflections and stories in this issue speak powerfully in the members' own voices, so I'll let their words shine.

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UPCOMING EVENTS

Make sure you are stopping by TOB for our upcoming events and activities, including

- Juneteenth Celebration and Canobie Lake
- Birthday Celebration and Recipe of the Month- Lasagna!
- New recipes from the Bake Club
- Book Club, reading Chicken Soup for the Recovering Soul.
- In July we will be going to the Revere Beach and doing Mini-Golf!

MOTHER'S DAY

BY VALERIE LUCIEN

Mother's Day at TOB reminded me how many different stories, emotions, and memories this day carries for each of us. Being part of the celebration gave me space to honor the women who shaped me and to reflect on the strength, love, and resilience that motherhood represents in all its forms.

M-Models unconditional love
O-Offers guidance through every season
T-Teaches strength through challenges
H-Holds space for healing and growth
E-Encourages us to become our best selves
R-Represents resilience in every form



HAITIAN HERITAGE

By Valerie Lucien and Diogo Monteiro



The Clubhouse celebrates all kinds of heritage and holidays, and this month we highlighted one that means a lot to many of our members: Haitian Heritage Month.

We learned about Haitian Flag Day, the history behind the flag, and how Jean-Jacques Dessalines became the first Emperor of Haiti after leading the fight for freedom. We also talked about how Haiti gained its independence in 1804, making it the first Black republic in the world.

The celebration was full of spicy, flavorful Haitian food, fun trivia, and games with prizes that kept everyone laughing and learning. It was a lively, colorful event that reminded us how important it is to honor every culture in our community — and how much joy we create when we learn together.



EMPLOYMENT AND EDUCATION JOSHUA FLORES

For this month, the Education Unit received small yet useful adjustments to the layout. New bulletin boards posted on the walls decorated by members host flyers of upcoming events and resources regarding groups, educational and employment assistance.

As for the education sessions, participating members learned the skills to understand and practice mindfulness such as patience, and the benefits of identifying specific feelings using The Feelings Wheel in Essential Skills this week.

KITCHEN UNIT AND RECIPE OF THE MONTH DANTE DEANS

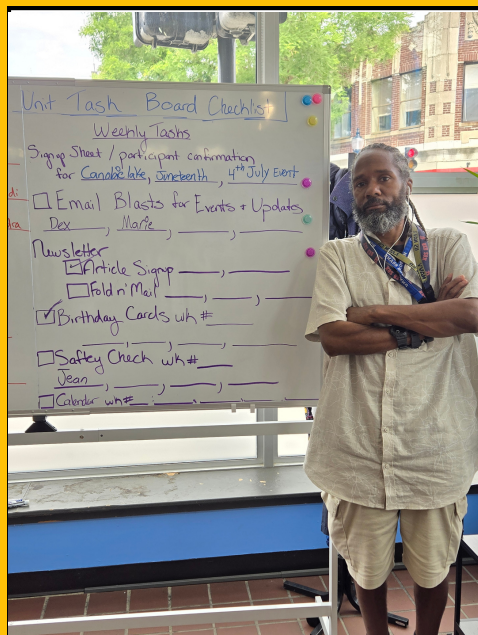
“The reason I picked this recipe is that I saw it made once on the internet. I made beef enchiladas and they were really good. I got some help from the staff and the members, and was really excited to make something new to me.”



MEMBERSHIP UNIT BY VALERIE LUCIEN

The Membership Unit is excited to share that our Unit Work Board is now up and running. With small steps and steady participation, we're creating more ways for members to get involved, stay engaged, and experience the wellness benefits of being active in the clubhouse community.

As we spring into summer, members voted on July outings, and the choices are: Mini Putt Golf and Revere Beach Sandcastle Exhibition. Get your sunscreen and summer gear ready. These outings are always a highlight. You can find out trip details by checking the July calendar, calling the front desk, connecting with your key staff, watching out for the signup sheets at the front desk, or simply connecting with other members to stay in the loop.



SCIENCE CLUB BY JOLINA MAHABALI AND ALESSIO BAGGIO



Science Club has been running for about a month now, and members have already taken part in a variety of exciting experiments and projects such as building walkie-talkies, cracking open geodes, and creating Bluetooth speakers.

At our next meeting, we'll be taking a closer look at what really makes up an organism and exploring the fascinating world of microscopic life. Stay tuned to learn more about our discoveries!

TOB JOINS THE NAMI WALK TO END STIGMA

MANUEL BRUNETTE-SILVERA

TOB went to the NAMI walk, to help bring awareness for mental health whose experience is stigmatized. Hundreds of people, including many other mental health organizations attended and brought support. It took place in the Boston Commons, and was really hot but an overall positive vibe. Seeing my friends from the past moving into a new phase of life was inspiring and uplifting.



THE LEGACY OF MICHAEL JACKSON AND GOING TO SEE THE MOVIE MICHAEL

BY MANUEL BRUNETTE-SILVERA AND APOLLO GROSS

"I enjoyed the commute to the movie. It was nice going with the crowd. I loved the popcorn and snacks and the AMC theater was amazing. Michael Jackson was one of my favorite pop star singers. His nephew played Michael, and he really nailed his role.

"The movie showed Michael's soft side with wild animals, and the music scenes were incredible. A must-see masterpiece, I felt like Michael was back."

CREATIVE CORNER

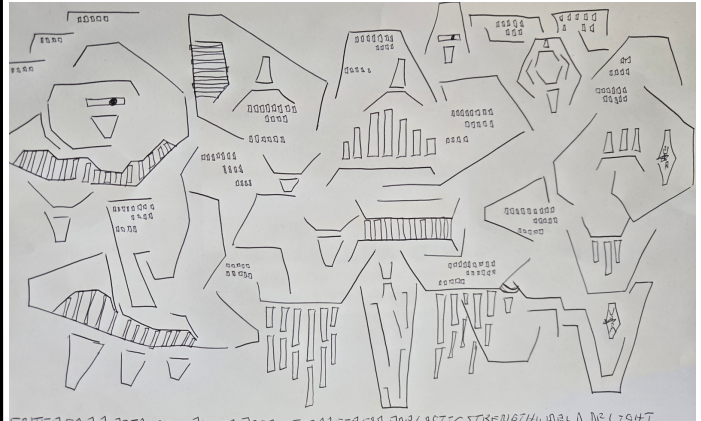
A rose is a rose. I climbed under a fence to pet a rose.

A fence broke my skin with a prick
bleeding and sharing a rose it's petals
glisten covering the thorn that took my
blood.

A flower alone asked me to learn rely on a
rose protect your eyes, cause I come in
colors Hold me with caution, I'll pinch you
but with love I'm known to hold beauty,
my stem grows each day with water, I rise
and capture me and the garden loses.

My pain grows tearing a rose from its roots
grabbing its petals bleeding dripping like
my blood from a whispering plant a note
from a truth a rose is a rose eyes capture
my alone. By T-Boss

BY RALPH KELLEY III



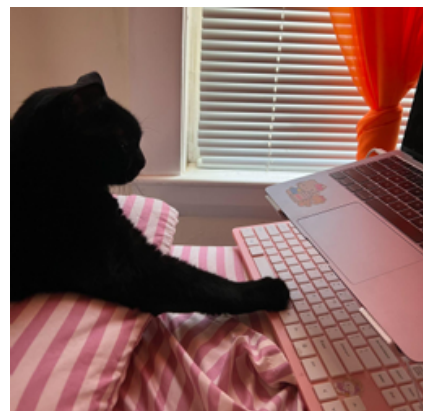
MEMBER SPOTLIGHT



Paul (Massop) recently received the last of his encouraging support from the Education Unit to help study and be better prepared for his LSAT test. He has since completed the test, and is awaiting results.

PET OF THE MONTH

**LONDON "PAULIE" WILLIAMS
OWNER OF OLIVIA**



My name is London "Paulie" Williams. My favorite pastime activity is sleeping all day and yelling all night as a part of my nightly informational TedTalk routine.

I love to sunbathe wherever the sun lands. Sometimes mommy and I stay in to watch a movie while enjoying various types of cheeses together. Did I mention cheese was my all time favorite food? I eat it ALL! From cheese puffs to fancy creamy bries.

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