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March 2023

The Threshold Times

Threshold Clubhouse- Durham, NC "All the News We See Fit To Print"



CONGRATULATIONS to Threshold Clubhouse member Josh McCarty for starting classes at Durham Technical Community College. Josh is taking Auto 114: Safety and Emissions and is hoping to become ASE certified (Automotive Service Excellence). Congratulations to Josh and all of our members who are furthering their education.



The Kitchen Happening News By SM

What is new much more happening things as the month of February brings. To a scholar cook give our supervisor a good kind ears holler. It's recipe cooking time in our industrial kitchens theme. Now we have new menus and new ways of fixin' things. To a day of roadkill it's just a way to say our meals are lean cuisine. Good kind and a happening thing for another days themes. A group of cooks just come by and see and give us a look. Now my job is to clean up, empty trash, and bus dishes. It's my wishes just to be cordial and do the best I can. I can for our fellow members, staff and mankind.



By TW

Wisdom comes from experience and comfort from above be kind to those around you and you will learn how you should love. By DS

Please visit our website at www.thresholdclubhouse.org



Dear Journal,

On Monday, January 16, I was at Threshold, doing a karaoke, one when I'm singing song called "Memory" from "Cats" and they applauding me when I had a nice voice, but I can't believe it when I was singing. But it was fun, so that was awesome!!!
FYI: I watched on YouTube, when they sang a version of the song "Memory", I can't be imagine. Thanks, MFP



Dear Journal,

My favorite U.S. city is Phoenix, Arizona. Why? Because I never been there before, it has homes, buildings, sports, shopping malls, and most of all mountains. But it has coined the phrase "The Valley of the Sun". And I wish I can go there, it's the best. Phoenix, Arizona is to offer to get there when I get travelled. Thanks, MFP

Happiness Is: By KC

HAPPINESS IS: The name of the beautiful American Saddlebred that I knew at a much younger time that inspired the name of this article about Threshold.

HAPPINESS IS: rolling out of bed next door, knowing that a wonderful cup of coffee awaits me at Threshold and I can enjoy and talk with my Threshold family and friends.

my choice of working units to help make Threshold the great place that it is, Clerical, to write articles for the newspaper, the Kitchen, to learn new things in culinary art, and to help make great lunches for members to enjoy and nourish themselves, oops even the bombs, Career Services, to help create the environment to make it more beautiful, to work on things to improve member's lives and to share my work life to help find Transitional employment for members wanting to work.

LUNCH

to share my photographs and artwork with staff and members and to get ideas.

to photograph events for Threshold so that they have a record of the beautiful life they share with members, board members, supporters, family and friends

the trips to the Bulls Games

the trips to the mountains and ocean

the trips to the zoo, all that were before Covid

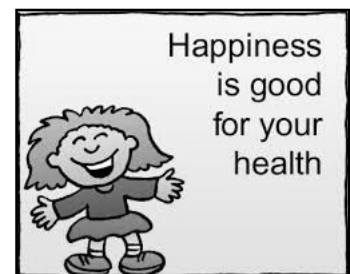
the love of my dogs and my Threshold's family response to them, especially my Therapy dog, Shirley Marie who visited many members when they were in the hospital and Shirley worked in adult Psychiatry. The support of Threshold when I had to send one of my beloved to the Rainbow Bridge.

celebrating my 75th birthday and the great cake that my little man, my dog Garik, got for me to share with Threshold, Garik asked me at the store if we go to the meat department or the bakery

HOLIDAY MEALS

CHRISTMAS, the happiness, the joy, the camaraderie. AND when each got their box or bag, everyone when their name was called responded like they had just been called to receive an Oscar.

And finally all the love and encouragement that I have received from **THRESHOLD** for the 28 years that I have been a member!



March 2023

SRE Calendar all activities are in person from 3-5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Pizza and Games</i>	3	4
5	6	7	8	9 <i>Jeopardy or family feud</i>	10	11
12	13	14	15	16 <i>Movie</i>	17	18
19	20	21	22	23 <i>Karoke and Name that tune</i>	24	25
26	27	28	29	30 <i>Duke Gardens</i>	31	

My Favorite Drink

By BU

There are a number of drinks that I could cite as my favorite drink, but if I had to say that one of these is my favorite, I would probably have to say that it is limeade.

Limeade has a definitely tart flavor with a tinge of bitterness. But it is sweet enough that the bitterness doesn't bother me. And I like the acid of limeade. It is high in Vitamin C, which is why British sailors carried limes with them when they went out to sea in order to prevent scurvy. I always find limeade to be very refreshing whenever I drink it.



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March 2023 Newsletter

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