

ACCORDING TO PLAN

MOVING FORWARD

We are moving onward into our new future, looking forward to bright, colorful and promising horizons. Our clubhouse is on a new adventure as we move into our new, larger space. We all have a fresh start to build from the ground up, both as a Clubhouse and individually. This drives us forward courageously into the unknown with a shared identity. And as we begin this new chapter, working side by side is as great a way as always to create new memories. It is a time to rise together and try new things. What will we become as a Clubhouse? Let's find out together! - Robin K.



Moving Forward

OUR NEW IDENTITY



We have a new name!
PLAN AT KATZ CORNER

Named after generous donors who made our new space possible, we are truly grateful to them and everyone who has made it a reality for us to start our next chapter as People Living Active Now!

Our new address is
PLAN AT KATZ CORNER
16301 Quorum Dr.
Addison, TX 75001



Thursday, March Fifth
At One O' Clock In The Afternoon
Join us as we commemorate
our new beginning together!



CLUBHOUSE STANDARDS

13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.

MEMBER SHOWCASE: JACKIE J.



Jackie has been a member of PLAN since early 2025. She is no stranger to Texas, having lived here her whole life. Currently residing in Plano, Jackie loves playing games in her free time (especially solitaire).

At the Clubhouse, you can find her regularly contributing in the flower room making arrangements and working in the kitchen. She hopes to learn the Snack Shack soon, as well. Jackie says the Clubhouse has helped her most in meeting new people and making social connections.

When asked how Jackie feels like she's moving forward, what stands out in her mind is moving to the new clubhouse space. She already has contributed a lot in flowers in our old space, but with the new floral room including its own sink, the opportunities are blossoming! And who knows - you may see Jackie in the new Snack Shack soon!

We appreciate you, Jackie! Thank you for being such an invaluable member!



HOW WE MOVE:

THOUGHTS FROM A STAFF-GENERALIST

BY: DANIEL M.

I have been with PLAN @ 1121 Rock since September 2019. When I arrived, we were a fairly young Clubhouse with about a year of accreditation under our belt. In my time here, I have seen it go through a lot of changes. A global pandemic came five months after I started, and I quickly got to see how resilient this community was: we fought to stay connected through daily calls, open-air lunches, and morning games at Cottonwood Park. Since then, this fierce spirit of connection and creativity has funneled into Coffee House Jams, Whodunnits, ArmChair Travelers, Composition for Wellness, seasonal events, Clubhouse Texas, and every work-ordered day. Dearly loved people have come and gone, and new faces have joined us that we can't imagine how we ever did without them. And throughout all these changes, what has remained true is who PLAN is – People Living Active Now, a group of amazing individuals committed to recovery, wellness and growth.

Since 2018, this has always been in our space of 1121 Rockingham Drive. I learned when I went to Clubhouse International training that space is more than just where a clubhouse is – to an extent, the space a clubhouse community occupies shapes what it becomes. Like water poured from a pitcher into a bowl, we fill out the container we inhabit. We know how beautiful a community we've been @ 1121 Rock, so this is what excites me: with a new and better space comes the opportunity for an expansion of our identity. We don't have to lose the beauty of what we've been, but we get to morph it into something new and more beautiful than ever. Like a butterfly emerging from a chrysalis, we have wings to spread. So guess what, PLAN? We've seen what we're like as a caterpillar, crawling and munching and exploring. But we're PLAN at Katz Corner now. We don't have to walk anymore. We have a bigger sky beckoning. Time to discover what these wings can do!



Flower Girl's

Arrangement of the Month
- Katie S.



CULINARY: WHAT ARE YOU MOST EXCITED FOR IN THE NEW SPACE?

- **Kelly** - I am excited for a bigger space with more room for people to work and move around!
- **TJ** - Im excited that our members get to have the opportunity to get their food handlers license to carry into future jobs, and knowledge to use at home. im also excited for new kitchen sinks!
- **Beraki** - Im excited to see what the new Snack Shack will look!
- **Fletcher** - I'm looking forward to more space between the snack shack and reception so there will be more space to walk and move.
- **Scott** - Being with JFS in the same building – and right next to the Food Pantry! I'm hoping to volunteer there! It'll be nice to have changes and a new beginning.

FOOD HANDLERS: TESTIMONIALS

Our new kitchen will officially be a commercial kitchen. We will be registered with the city of Addison. As such, anyone working in the kitchen is required to have Food Handler's Certification, like you would need to work in a restaurant. Through LifeWorks, every member is able to get this certification through the Clubhouse! See Christy or any of the staff to get started! Here's thoughts from some of those who have already done it:



- **Tyler** - It was fairly easy. I had done food handlers before, and watching all of the material before the test portions made it much easier. I took lots of notes, as well as assisting in updating the study guides that Christy has created to help members go through the testing process.
- **Kelly** - It was pretty easy for me to get started. I thought it would be harder than it is!
- **TJ** - I learned a lot that helps me as culinary unit staff and so I can help others better serve in the culinary unit.
- **Robin** - I am gaining a better life by expanding my knowledge and skills in the kitchen with our food handler's course. It is something I am working on and I am learning a lot of new things. It will allow me to work in the kitchen in our new facility. When I get my license, I will be restaurant ready, and then at home I can cook better and take on more responsibility here at the clubhouse. I am dreaming of using my learned skills to have dinner parties with some of my friends.



DREAMBUILDERS

WORK IN PROGRESS

For PLANning Day in January, we watched a TED Talk by Mary Morrissey. It was titled, "The Hidden Code for Transforming Dreams Into Reality." From this, we decided to create a 5-week class for March called "DreamBuilders," where we will explore together the dreams we want to make real. It will be on **Mondays at 2pm**. Here's a preview of the five weeks:

- **Week 1 (3/2) - What do You Love?**
- **Week 2 (3/9) - Building Your Field of Dreams**
- **Week 3 (3/16) - Create with Clarity**
- **Week 4 (3/23) - Take Courage**
- **Week 5 (3/30) - Growth Over Comfort**



Let's get building!!



AV DEVELOPMENTS

BY: DINA R.

An exciting part of PLAN is our AV program, where members get to bring their creative ideas to life through video. With our beautiful lighting and microphones, members have the

opportunity to create their own segments from start to finish. Members come up with the concept, write the script, and star in the video, while a staff member helps with filming and editing. These videos are then presented at our Tuesday meetings for everyone to enjoy.

Some of our popular segments include Pun-In-Thien-Did, led by Thien N., where Thien shares jokes and clever puns; People's Pets at PLAN (also known as Pets Living Active Now), created by Darren M., where members interview someone's pet and share fun facts along with pictures; and Question of the Day, run by Beraki M., where one question is asked to multiple members using a microphone to hear everyone's different perspectives. We also feature Getting to Know You, which helps us welcome new members by learning more about them. If there's a segment you'd like to see, or an idea you want to bring to life, check in with the AV team. All ideas are welcome and encouraged!



MOVING AHEAD

BY: TODD W.

Moving ahead I think of all the times at 1121 Rock,
Which soon ahead will be under a lock.
Every member brought and will continue to bring,
To a new doorbell that will ring.



I think back to when I first came to 1121 Rock in 2021,
Where I was greeted by everyone.
I remember Shira, Jillian, and Ruth,
Who were just a few who brought with them Love and Truth.

I think of TJ and Lauren who bring their own set of values,
Who will continue to bring their skills just to name a few.
I think of Dani and Daniel with their similar names,
Where in Addison they'll make it different but oddly the same.

Every member brings their own kindness to clubhouses old and new,
Within a large building with members curious to see the new view.
Addison will be the new location,
But we will look forward to more happy times at our new station.



MEMBER SERVICES: WHAT ARE YOU MOST EXCITED ABOUT IN THE NEW SPACE?

- Katie: The size! I'm excited about bigger space and a different layout!
- Jason: I'm excited for all the resources being in the same building.
- Kelly: Same. And a bigger space! More opportunities!
- Fletcher: I'm excited about the new reception area – it sounds bigger and nicer!
- Robin: New freedoms in having a larger space to work beside others! This will open up doors for a most meaningful community!
- Christy: I am most excited about the windows! They are big and will let in a lot of light!
- Mark: I'm most excited about the library. It'll be in its own room and a neat quiet space!





DALLAS COLLEGE PIN-HUNT: NORTHLAKE



We completed our sixth Dallas College Pin-Hunt excursion in February. Here's how it went:

- **Todd W.:** We got to see their theater department, where they design costumes for their shows. If anyone is interested in learning how to sew and design, it was neat to see. I also enjoyed the huge pizza slices we had at Grimaldi's in Las Colinas for lunch."
- **Chris O.:** I really enjoyed it! It was a lot of fun. Maybe I'll go there in the future. They had a really big pool there that felt like a sauna inside. I would love to maybe use it someday (it's open to the public)! Even though I didn't eat anything at Grimaldi's, it smelled great!



STEP TO IT: PROGRESS

▲ We wrapped up February collectively walking over **205,000 STEPS** which is the equivalent of **OVER 82 MILES!** Let's keep it going!



SNOW CONFERENCE CALL UPDATE

In February, winter kept us at home when ice and snow forced us to close for three days. But we weren't phased. We got on the phones and stayed connected through our conference calls. Here's some reflections on that:

- **Robin** - My experience with the conference calls during our ice storm was nice and cozy. Getting to stay indoors with my cat, I had a wonderfully fun time being able to connect with my community. Attending all of the calls brought me smiles and laughter, deeper friendships and more of a freedom to come out of my shell.
- **Darren** - I felt that the phone calls were very helpful. I learned a lot and had a lot of fun.
- **Katie** - I really enjoyed playing 21 questions over the phone.
- **Kelly** - I think its really nice that we can still connect with each other, even when its snowy and can't leave the house.



JFS HOOPS

We have great fun shooting hoops together at JFS!

- **Peter:** "I enjoy going. We just shot hoops and we had fun. I made some three-pointers!"
- **Thien:** "It's nice to get out and do a fun activity together. It's fun to make sound-effects too: 'Swish!' We played HORSE and Knock-out, too. It's neat tying exercise with fun. Speaking of hoops, I have a joke: What's a basketball's favorite coffee place? Dunkin' Donuts."





PIN-HUNT: BROOKHAVEN

We will be venturing to Dallas at **10:30am** on **March 11th** for our Brookhaven Visit!

This will be our **SEVENTH AND FINAL** Dallas College Pin-Hunt destination!



EISEMANN CENTER CONCERT



FREE

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FEATURING JACOB MUZQUIZ ON TROMBONE
MARCH 22, 2026 | 3PM | EISEMANN CENTER

EMPLOYMENT CELEBRATION DINNER!

A WAY FOR US TO CELEBRATE THOSE IN THE WORKFORCE

COME JOIN US!
ALL MEMBERS ARE WELCOME.



WEDNESDAY, MARCH 18TH,
5:00-6:30PM

COMPOSITION 4 WELLNESS (C4W)

POETRY NIGHT

WEDNESDAY
MARCH 25TH
5:00 PM



Sign up to share your poetry!

JOIN OUR TEXT ANNOUNCEMENT SYSTEM!

Text **PLAN** to
866 -655 -9759

followed by your name so we can keep track of who all is getting reminders!

A good way to get up to date info on weekly lunch menus, events, and any other Clubhouse updates



SUPPORT YOUR CLUBHOUSE



IF YOU'D LIKE TO DONATE TO PLAN, SCAN THE QR CODE WITH YOUR CAMERA ON YOUR PHONE AND FOLLOW THE LINK. WE APPRECIATE YOUR GENEROSITY!

