

ACCORDING TO PLAN

BLOSSOMS OF BECOMING

We are all in a lifelong process of personal growth, self-discovery, and transformation. Life is a series of different stages – like seasons – where one matures by learning and unfolds into their truest self. This journey of blooming is never a final destination in life because of the continual process. It is a daily transformation of nurturing oneself over time. Inner growth and reflection develop as deep inner-work, self-reflection, and overcoming internal obstacles are achieved. It is similar to how a flower grows beneath the soil before blooming, implying that overcoming challenges and changing into something new happens constantly. Everyone's "blossom" is unique, as we concentrate on the discovery of one's own God-given identity or inner potential. It involves letting go of old, dead parts of oneself (letting go of control, fear, or insecurity) to make room for new growth. We embrace the patience required for growth, as we accept that both the "winters of waiting" and "summers of stretching" are necessary for the final, beautiful blossom. Here at PLAN, this is our journey together as we embark in this brand new spring to becoming everything we hope to be, awake to the beautiful possibilities of life.

- Robin K.

APRIL
 2026

Spring Awakening

RIBBON CUTTING CEREMONY: MARCH 5TH, 2026

"As I talked to the members, they thought of this as more than just opening a new building – it's opening new doors of opportunities, purpose, and community. The Clubhouse is not just a space; it's a place where members gather to learn new skills, build friendships, explore interests, and contribute their talents. It's where confidence is grown and laughter is shared. It's where community truly happens. For the members who walk through these doors, Clubhouse means belonging. PLAN Clubhouse is a safe and welcoming space for people to come each day to be seen and valued. For families it means peace of mind that their loved ones are surrounded by wonderful community. And for our broader community, the Clubhouse is a reminder of what's possible when compassion meets action. To everyone who contributed whether through time, talent, or resources, we want to all say 'Thank you.' Your generosity has built more than walls or windows. It has built a future."

- Deanna Adams



JFS Dallas
PLAN

PEOPLE LIVING ACTIVE NOW



SPECIAL THANKS TO KIM K.:

Kim worked very hard to make sure our ribbon cutting ceremony was professional, beautiful and memorable. She ordered and setup the refreshments and also shared her own story as part of the program. Thank you, Kim, for making it a historic day!



CLUBHOUSE STANDARDS

12. The Clubhouse has its own identity, including its own name, mailing address, email and telephone number.



MEMBER SHOWCASE: MERCEDEZ I. BY: SARAH E.



Mercedez has been a member of the PLAN Clubhouse, Since June 2025! She says that the Clubhouse helps her to feel calm and relaxed, and through getting to know everyone better, Mercedez feels like she is achieving her goal of improving her communication skills! She is from Dallas, and has been in Texas for 28 years! Listening to music is her favorite past time, and she is interested in helping cook in the new kitchen, and is excited to get to work!

Mercedez would like to share with new members that she was once shy, but began to open up!

THANK YOU, LAYNE! BY: SARAH E., DANIEL M.



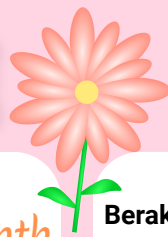
We have been thrilled to have Layne S. as our intern for the past two months! Layne is in a Professional Internship Program at her high school and joined us to get early experience in her field of choice which is pursuing clinical psychology. In her words, "It's so nice here to see that psychotherapy is not the only approach here at PLAN – it's neat to see how there's different approaches to recovery. When I first found out about PLAN as an option for my internship, I started researching it, and it sounded like a really great environment and fascinated me – I was excited to be a part of it. One of the things that excited me most was that one of the core values at PLAN is community and that was very captivating to me – because community is so important for support." It has been a delight to get to know Layne, who beyond pursuing her future was also captain of her varsity volleyball team and co-consul (Roman President) of her Latin Club! Thank you for sharing yourself with us, Layne! We have enjoyed who you are and all you've contributed in your time here!

JUST GETTIN' BETTER BY JIM D.

AT PLAN CLUBHOUSE

I am somebody!
I may have made mistakes
But I am somebody
I may be misunderstood
But I am somebody
I may be different
But I am somebody
I may have a diagnosis
But I am somebody
I may be struggling
But I am somebody
My clothes may be different
My face may look different
My hair may be different
But I am somebody
I may be black, brown, or white
But I am somebody
I may speak a different language
But I am somebody
I must be respected, protected,
Never rejected.
I am God's child!





Flower Girls

Arrangements of the Month - Katie S.



OUR FLOWER ROOM

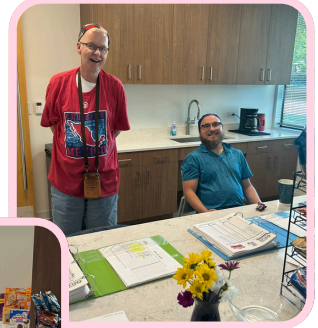
BY: JIM D.

Flowers brighten up everyone's day like nothing else! Years ago a member of PLAN visited Trader Joes, and they were throwing away their old flowers before getting their new shipment. The member asked them if they would be willing to donate those flowers to PLAN instead, as a result we get flowers most Tuesdays which some are damaged, but most are still in good shape! When they come they are also packaged so that they are all the same color and species, and at first we would take them out of their packaging and put them into vases. But then we realized that our flowers could better represent our Clubhouses values of diversity, by making multi-colored and multi-type bouquets. So just like our flower arrangements, the clubhouse is a large mix of different types of people, from all walks of life. This is why I love our brand new flower room! Our Clubhouse is beautiful like a bouquet of mix-and-match flowers, and we have a beautiful new space to create in.



SNACK SHACK / BISTRO

Beraki: The new snack shack is good! It has a new fridge, and it is located at the right spot. We have new merchandise and snacks! I would recommend any members to come and help work the snack shack!
Thank You!



Tiffany, Tony, and Thien:

Our new bistro seats 48 people, has more space, a long credenza for food service, and a huge flat-screen TV for music and events! It is an amazing space for meetings, dining, and community.

KITCHEN AND PANTRY

Sneha: The new kitchen is very clean, spacious and organized. I loved cooking, and I am excited to do more cooking. I look forward to learning new things about cooking!



RECEPTION UPDATES

BY: JADE M.

The new reception area is wonderful! It is more spacious, beautiful, quiet, organized, classy and updated. I absolutely love meeting all of the potential members that come in for a tour of PLAN, and I like making them feel welcome and at home. I also love socializing with the members of PLAN at Katz Corner, we are like family! I have to say the most favorite thing I love is listening to Motown Greatest hits in the morning, it gets the day started right!



JOB CENTER / LIFEWORKS

BY: CHRISTY

We are excited that there is a room dedicated to LifeWorks! There are two computer stations, a desk, and table in the room. People are taking advantage of this by earning their Food Handlers Certification, resumes and cover letters, and working on other education and employment opportunities!



The room also includes lockers for daytime use. That also has a clean out schedule on Friday afternoons.

We also have an additional computer room for further Clubhouse work!

We are incredibly proud of those who have used this space to grow and learn!



CONFERENCE ROOM / LIBRARY

BY: SARAH E.

In our old space, the Conference room and Creativity Center were one and the same, but in our new space, our Conference Room is its own stand-alone space. We use it now for our Member Services Unit meetings, newsletter preparation and collection, and classes like Dreambuilders (or the upcoming Book Club). Features include – our familiar smart board, a meeting table that seats 8 comfortably, a charging dock in the center of the table, and a window that looks out onto our lounge area.



Our new library has two bookshelves waiting to be filled with even more books. We may be making a list soon of book recommendations for the library, so if you have any, let staff know! The library also has two chairs for reading and discussing your favorite books with a friend. Nathan M. said, "it has very nice bookcases to put the books away (which I helped with!). The chairs in the library are comfortable and soft."



CREATIVITY CENTER / A/V

BY: CHRIS O., FLETCHER P., TONY H.

Creativity Center: Our new Creativity Center has more space, windows that let in a lot of light, updated technology and a sink for cleaning up after creating art! We're looking forward to a great deal of event prep and artistry to come.

A/V: All our A/V equipment came with us from the old space, but we have a brand new upgraded computer with a graphics card for video editing. Our new A/V Studio is longer than our old one, though maybe slightly more narrow, which gives a space for both filming and editing. We are excited to film brand new newscasts, videos and more in our updated studio space.



WELLNESS AND PING-PONG

BY: TYLER M.

We have an excellent new space for wellness, including more room for our beloved ping pong table. To kindle even more interest and inspire members to be more active, we will be hosting another **Ping-Pong Tournament on April 23rd** from 2p-6p. Sign up to play!



PAGE FIVE WHAT WE DID



DALLAS COLLEGE PIN-HUNT: BROOKHAVEN

Tiffany- We visited the library and we met a woman from a different country! I got a key chain of the Eiffel Tower! After our tour of the Brookhaven college, we ate lunch at a place called *Flower Child* I had never eaten there before, but I liked it!



Mercedez- The classes were very creative, and it had a lot of variety. I liked the environment of Brookhaven a lot.

Chris O. - I got a chance to speak to the President of ATTA at Brookhaven, and I thought it was very interesting! I also got 3 cool Eiffel Tower key chains from a Foreign Language Teacher!

Liam- We had the opportunity to walk through the dance studio, 3D printing lab, take a peek at the automotive shop, and a lot of the art studios. We also got to meet foreign language teachers!

MISSION: ACCOMPLISHED



STEP TO IT: PROGRESS



↑ We wrapped up March collectively walking over **225,000 STEPS** which is the equivalent of **OVER 90 MILES!** Let's keep it going!

EXPLORING ADDISON



In March, we took a few excursions to explore Addison. We visited Addison Circle Park, the Addison airport, an aquarium, the Addison theatre center, and Vitruvian Park! We saw lots of restaurants, businesses and green spaces to enjoy someday. Beraki shared, "It gave us a fresh view of Addison - I really enjoyed walking around Vitruvian Park. It had beautiful views of water." If you missed it, don't worry! We're doing it again on the afternoon of Friday, April 24th! Join us as we explore our new stomping grounds!

DREAMBUILDERS BY: ROBIN K.

Throughout March, we held five classes we designed around Mary Morrissey's Ted Talk we watched on PLANning Day in January. Based on the idea that the power of our thoughts can affect future outcomes in our lives, we learned that how we picture our future can define our path forward. In this class, I've learned to take action and celebrate more, to be less hard on myself, and how "would would I love?"



is a great question to ask in any area of life to find the way forward. Health, relationships, time, money, occupation - discover what you are gravitating towards and enjoy! Find out what you would love to do, then go and do it! We all benefited a lot from the discussions as we dreamed together and figured out how much joy there is in building a life we actually want. We do have a choice in how our lives turn out: We can take action toward creating a DreamBuilder's future. The possibilities are endless. Let's get building!



CLUBHOUSE CLOSURES

CLOSED

The Clubhouse will be closed for 4 days to celebrate Passover!

Happy Passover

April, 2nd and 3rd
&
April 9th and 10th

SUPPER CLUB

RODEO GOAT

Rodeo Goat
14941 Midway Rd,
Addison, TX
4/18 @ 5pm

PING-PONG TOURNAMENT!

Thursday, April 23rd
2p - 6p
Sign up to play!



BOOK CLUB

Don't Believe Everything You Think
by Joseph Nguyen
Every Monday at 2pm



DON'T BELIEVE EVERYTHING YOU THINK



MUSICAL THEATRE

TEXAS WOMEN'S UNIVERSITY PRESENTS:

LOVE & LOSS
A MUSICAL THEATRE REVUE

FREE

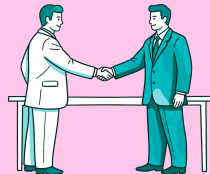
SATURDAY, APRIL 25TH AT 1PM
SIGN UP TO ATTEND!



EMPLOYMENT CELEBRATION DINNER

A way for us to celebrate those in the workforce

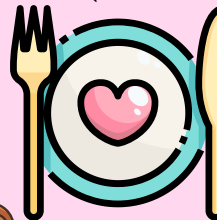
Come join us!
All Members are welcome.



WEDNESDAY, APRIL 15TH
5:00-6:30PM

FRIENDSAVERSARY BANQUET

Join your PLAN friends for an elegant luncheon



Sunday, April 26th
12:30p - 2:30p



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!