JFS Dallas PLAN AT KATZ CORNER

According To PLAN

NOVEMBER 2026

ThanksLiving

This is the time of the year for grateful hearts and happy gatherings, but why limit thankfulness to one day? Thanks is not something just to be given, but to be lived. We have had a meaningful year full of great memories of what we have lived through together. Let's keep gathering as we continue doing life together, side-by-side, making this a community we are grateful for every day.

- Robin K., Thomas S.



CLUBHOUSE INTERNATIONAL ACCREDITATION VISIT

We Need You

November 18th - 20th

Let's all pitch in to make a great showing as the Accreditation Team reviews us!

House Meeting - Wednesday, 11/18 @ 1pm!

Thanksgiving and Black Friday



Thanksgiving Lunch
Thursday, November 26th
12:00 PM - 2:00 PM
Turkey provided!
Sign up to bring a side!

Black Friday
Clubhouse Closed
Galleria Gathering
at Galleria Mall
11:00 AM
Christmas Tree Lighting
at 12PM



Clubhouse Standards

28. The Clubhouse provides assistance designed to help members improve their physical health and wellness, in partnership with community-based resources and healthcare providers. If the Clubhouse also provides in-house wellness activities, they are scheduled to be consistent with a vibrant, side-by-side work-ordered day; and significantly utilize the teaching skills and expertise of members.

Just Gettin' Better: It's Party Time!

by Jim D.

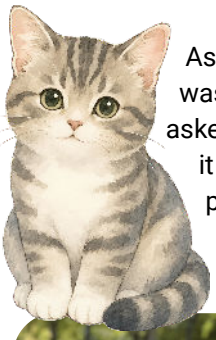




Supper Club is a fun time for members, families and friends to get together! We enjoy a Saturday night dinner together once a month with others we've come to know through PLAN at KATZ CORNER. Wendy's is giving free ice cream and free sodas with your dinner order at 935 East Campbell Road in Richardson at 5pm on Saturday, November 21, the Saturday before Thanksgiving. I'm bringing birthday cake for everyone, since I'm having a big birthday that month! This Supper Club will be, as in the past, a fund-raiser for those wishing to donate books and DVDs to our library, which is becoming the envy of other Clubhouses who visit us, thanks to generosity of many kind folks. Books and DVDs have been a life saver for me and many others to better understand our diagnoses and how we can live as healthy and normal a life as possible, so if you'd like, you can make a donation of a book, DVD, or a tax-deductible check made to Jewish Family Service for PLAN at KATZ CORNER's Mental Health Library to help us add to our respected collection. Several members have commented how our collection has been helpful with understanding and managing their conditions. Donations aren't required, of course, to attend Supper Club, so let's all come, have fun, and celebrate our recoveries as we continue Just Gettin' Better!"

Member Showcase: Liz M.

By Stacie S.



As I sat with Liz for her Spotlight interview, I was struck by her grounded energy. When I asked her about what she wants to accomplish, it was obvious that this is an organizing principle for her life. Nothing random here. No surprise that one of the people she admires most is her therapist (as a former therapist, this delights me).



A Dallas native, Liz has been in Texas for about 50 years, and a member of PLAN for 7 years. She loves the Clubhouse, which helps her socialize and participate in activities that otherwise would seem too much. She says, "At the Clubhouse, I feel productive and valuable. No pressure. I can feel like I'm enough here." It has helped her to "get out of her head" and not be stuck on the struggle bus as much. Her favorite thing to do is to be helpful, which Liz is exemplary in. Recently, when one of her friends was in dire need, Liz took a lot of time out of her schedule to be present with her and help out when this friend was sick and less able to do things for herself. You will find her at the Clubhouse doing dishes, helping create events (like our groovy Halloween Party last month), or jumping in wherever needed. "I like the feeling of knowing I'm helpful."

Liz's compassion extends to all creatures, as we all know - in her free time, she says, " I love to watch TV with my kitties on my lap, rescue animals and, when able, inspire the underdogs." Her current goals include getting her home set up to make it her "sanctuary", manage her time so she can volunteer and contribute more, and at the Clubhouse, participate more in flowers.

Liz is living in gratitude: she says, "I am thankful that a hard season of my life is over, and I am grateful that I can make my home into my own sanctuary and spend times with friends I can trust." Her words of wisdom for new members are, "Give it a chance. Get to know people even if it takes a while to find your place. It's so worth it. Listen to your own heart and do what's comfortable for you. We're all where we are right now and that's ok. And we'll get where we're meant to be when we're ready."

Thank you for being such a kind and compassionate member of our community, Liz! We are better for it!



The Dance of ThanksLiving

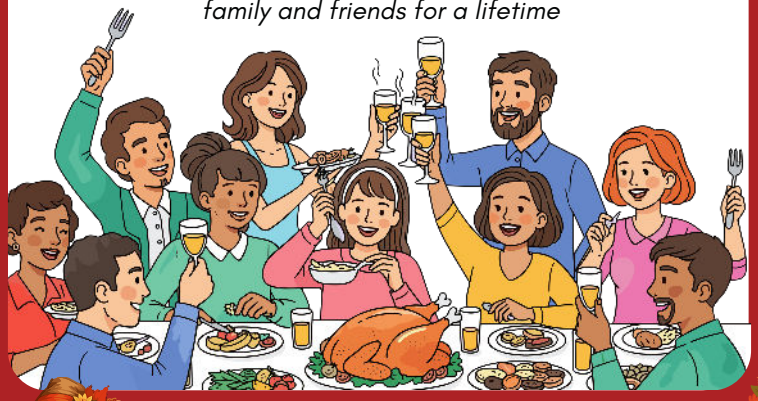
by Robin K.

Savoring aromas of the holiday scents
Our souls bubble over saturated with joy
Cheerful and happy with family and friends
Warm hugs smiles and presence we share
Gathering around the Thanksgiving Table
Togetherness friendliness a bountiful feast
The children frolic and play full of laughter and glee
All thankful and grateful for each of our blessings

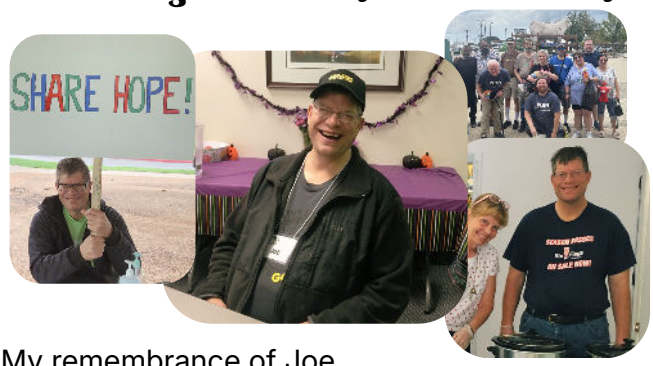
I am thankful for the crisp clean Autumn Air
I am thankful for the colorful leaves that dance downward
For lessons learned and the seeds we sow
For open hearts and hope that grows
Spending time outside in the hammock with a good read
Hiking dancing with the leaves in the breeze
Enjoy having fun with the world all around us
So we thank our Creator for our abundance and sustenance

Spending our time in the holiday weather
Among all the leaves swirling dancing around us
The leaves skipping along as we hear the crisp beats
Of the musical leaves doe-si-doe-ing new rhythms
Wind gusts in the air as leaves land in my hair
As everyone has fun rolling around in the piles of leaves
There's such fun to be had as we cook bake and eat
Oh that pumpkin pie's awaiting with whipping cream upon it

So dancing with leaves looking up in the trees
With no green leaves left on their branches
We dance in our hearts as one big happy family
The whole soul of this season is an Autumn to remember
It is living and loving and laughing and dancing
Being alive and an overabundance of joy
All the excitement so real so alive and so free with such peace
Creating wholehearted memories as hearts gather near with family and friends for a lifetime



In Loving Memory of Joe Taylor



"My remembrance of Joe begins but never ends in that he was such a kind, sweet soul. He was loved by many and he fought for the right things and did not quit. He was a walking, talking miracle, loved life and family, and will remain in the hearts of so many. If I could become more like Joe in one area, I would choose to practice his warmth and acceptance of others. Joe will be missed.
Rest in peace, Joe."
-Robin K.

We will have a Time of Remembrance together on Thursday, November 12th at 2:00 PM
If you would like to say a few words on this day in his honor, sign up on the big board to share.

Flower Girl's

Flower Arrangement of the Month

Chosen by Katie S.

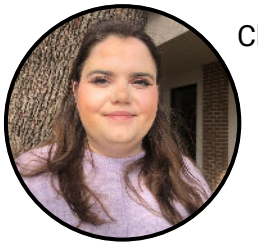




Photo by Robin K.

Clubhouse International Accreditation Visit

Clubhouse International
Creating Community: Changing the World of Mental Health

Wed the 18th - Friday the 20th

JFS Dallas PLAN
PEOPLE LIVING ACTIVE NOW

House Meeting will be moved to Wed. the 18th @ 1pm

ME University

Join us for the final two classes of this "semester" of ME University as we wrap up our discussion on Strengths Finder

11/4 and 11/11 @ 2pm





Tea Time

Every Monday @ 2 PM





Pumpkin Painting and Game Night

Thur the 5th @ 4-6 PM



Supper Club

Saturday the 21st

935 E. Campbell Rd. Richardson TX 75081



Biz Buzz #6



HALF PRICE BOOKS



On November 11th at 10:30 AM

we will visit the flagship Half-Price Books on Northwest HWY to see what working at a bookstore is like.

Thanksgiving

Happy Thanksgiving

Nov. 26th

Thanksgiving Lunch 12-2 pm



Valley House Walk

Sat. 14th @ 10:30am





A relaxing FREE art gallery, indoor fine art, and an outdoor garden set among trails and ponds.

Black Friday



Clubhouse Closed

Galleria Gathering @ 11:00AM



12pm - Christmas Tree Lighting



Join our text announcement system!

Text PLAN to 866 -655 -9759

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



Get up to date info on events and 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!



