



VALLEY SOCIAL CLUB NEWSLETTER FOR JULY 2010

Volume 21, Issue 16

FROM THE OFFICE OF THE CLUB PRESIDENT

Greeting everyone. I hoped every one is enjoying the warm weather. June turned out to be a really great month at the club. Even though it rain a lot, it seemed to take mercy on all our trips. Some of us made the Lake Quassypaug trip and we had a really great time. When



your at an amusement park no matter how old you are, you feel like your eight. We also went to Sleeping Giant. It was a cloudy day at first but not so bad that it kept us from having a good time. This month we are having a bake sale at Stop and Shop to raise money for the clubs anniversary party and we are having an ice cream social to raise money as well. I hope everyone gets involved in all that's going on and keep

checking your newsletter for upcoming activities.

Your Pres. Julianne M.

FROM THE VICE PRESIDENT

Hello fellow club members. I hope you had a happy fourth of July. Well I got something to tell you. It's exciting. I went to Branford with the V.S.C. to Harbor Health . They had a big picnic. They had buckets of different things like a fun and games bucket, a spa bucket and a few others. Luckily I won the fun and games bucket. That was very exciting for me, I took the day off from work just to go and you see what happened, it made it all worth while. So you need to sign up for activities because you never know what good things will happen.



I hope to see you soon. Linda M.

I COULD HAVE DANCED ALL NIGHT BY SOPHIE M.

For two weeks in September we could always count on two dances at Fellowship Place. One was after the Fashion Show which this year will be August 30th and the second was the week after last year. Kent and I really enjoyed these dances and we know that this is one event to look forward to. For \$2 you get a dinner and a dance. They even give out raffle prizes so what more can you ask for when you go out on the town?

This year be apart of the fun and get your name on the sign up for this years Fashion Show and get your groove on doing it!

HAPPY BIRTHDAY TO YOU TOM PARSIN PICNIC BY JOHN L.

MIKE B 7/6

SUE C 7/6

FRED N 7/15

ELAINE Mc 7/24

YVONNE G 7/25

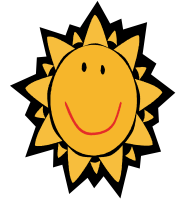
JOHN W 7/25

LORI L 7/26

WAYNE C 7/29

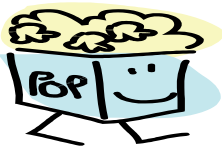


I went with the club to the Tom Parsons Picnic at CVH. It was a nice sunny day. I got to visit with other social clubs. We had a nice lunch. This was the twenty first picnic at CVH. I've gone to most of them. Thanks to the late Tom Parsons and Region 2 for giving us these picnics.



I HAD FUN AT THE AGENCY BLOCK PARTY. BY SUE L.

I went to the block party at the agency. I had a good time. I had fun playing games and eating. I had a hamburger, salad, soda and chips. I played the raffle but did not win. I had my photo taken in a clown outfit. We had music by DJ Phyllis and I danced a lot. There was a lot of people from Ansonia and everyone was friendly to me. At the end of the night I had popcorn and chocolate. The day was very fun for me.



CHAMPIONS BY ROBERT S.

And when they love touched it when their journey is done .

They give us hope from the victories they win.

So here's to the champions.

To all their great deeds. They follow their hearts and become winners indeed.

Author Tom Krouse

Copied by Robert S



MY PICNIC AT OPTIONS BY GAYLE A.

Julianne took a bunch of us to Branford "Options" for a picnic. We had tasty and wonderful food. One of their club members volunteered by singing and playing the guitar. They had a raffle and they gave out a nice necklace to everyone that said "Live your well, May 2010". They had a nice slide show about recovery. I had a wonderful time at their club and hope to go back again.

TOM PARSONS DAY PICNIC BY SOPHIE M.

On June the 7th a group of us from the club went to the Tom Parson's Day picnic at C.V.H. in Middletown. We had a wonderful time with all the great food, music and a talent contest. There was also a raffle and Kent won something. For those at C.V. H. I want to thank you for your hospitality we all had a wonderful time and I'd love to see you next year.



ODE TO THE CHAMPIONS

Who are these people ?
 These doers of deeds.
 These dreamers of dreams.
 Who make us believe.
 Who are these people ?
 Who still win the day.
 When the odds are against them.
 And strength fades away?
 These people are champions.
 For they never give in.
 A heart beats within them.
 That is destined to win.
 They follow their dreams.
 Though the journey seems far.
 From the top of a mountain.
 They reach out for a
 star.

Author, Unknown
 Copied by Robert S.



EIGHT BALL CURNER POCKET

Hi Everyone,

Well the club is off to a good start with our Billiard League. We have played Milford's Open Door Club and Fellowship Place so far and the competition between these two clubs is fantastic! We have anywhere between 5 and 10 members playing too.

The clubs are enjoying the fun, competitiveness, light appetizers, that all have been so generous to provide and most of all friendships!

The clubs involved are looking for more clubs to play and if you do not have a pool table but are willing to travel we would host the event at our club. The time is about two hours if you do doubles single elimination tournaments, but if you only have a few people that is ok, even staff can participate if you are short on people. Our club started this to learn about other clubs and to get our people out of their club to meet other members and make friendships, hopefully lasting friendships! So if your club members would like in on all of the fun please call Jacques at 203-732-7089 or 203-430-1466 to schedule a good time.





During the week of June 14th a group of Valley Social Club members went to the annual Isabella Freeman Retreat. Here are some of reflections of the their week at the camp.



Kathryn W: This retreat has been a rewarding experience for me because I have been able to meet and socialize with a wide variety of new and old friends and people whom I did not know but were friendly and caring. In all this retreat had been a great time and I hope I can go back next year.

Luis R : I liked everything about the retreat. I liked the meetings, hearing about what triggers you. The food was alright. I've never been to a place like this before. I met new friends. I got sing at the Karaoke night. I met a friend and we went on a paddle boat ride together. I also like the goats and hiking It was awesome.

Doug S : I found the therapy sessions were very helpful. The food was good. I took part in a pool tourney and I hung out by the pool. I even stayed up a little late some nights. I found the staff helpful. Karaoke night was fun and the nature walks interesting.

Randy N: One of the good memories that I got from being here was meeting new people and all the activities. I got to play pool, go swimming, play cards, and all the group meetings. Lastly I would defiantly do it all over again.

Donald G: Isabella kind of reminds me of camp when I was a kid up in N.Y. state. It's beautiful there. The rooms were nice, the fresh air and the sound of birds was very relaxing. I love the kosher food. It's was great.

Ashley B: The retreat was very relaxing. I loved the activities like Karaoke night, the sports and going on hikes. I made new friends. I loved it there.

Julianne M: I had fun, fun, fun. I enjoyed going in the hot tub. I went in the paddle boats for the first time. I enjoyed mingling with new people. I like the work shop about recovery by one of the staff there. I also had a good roommate. I just loved it.



ISABELLA FREEDMAN CON'T.

Brian F: It's always nice to go back to nature and relax completely. Too often we get lost in the hustle and bustle of every day life. We need a vacation. Many thanks to the folks at Birmingham and Isabella Freedman for making this retreat happen. The experience is just what we need in these turbulent times. I feel so much calmer, centered and better able to face life. Thank you.

Jesse M : I enjoyed canoeing for the first time. I was able go fishing and making new friends. I enjoyed the sing along at the camp fire. I loved the karaoke lots of people were very talented. I played pool and went to the Jacuzzi and the gym. I enjoyed it there and would like to back.

Tom C: I enjoyed the karaoke. The scenery was awesome I enjoyed being with my fiancé. It made us feel a lot closer to each other . I loved the retreat.

Elaine Mc: I enjoyed the scenery and watching the bunnies. I learned from the wellness group and enjoyed the dietician talk about the amount of sugar in a can of soda. I made a lot of friends and I enjoyed all of it.

Carol B : It was wonderful ! I feel like a new women. My roommate and I went on a paddle boat ride, the food was great and I enjoyed the nature walk and art classes. The lake was beautiful . I went swimming and sat in the Jacuzzi. I loved the magic show and the talent show. My fiancé and I like singing by the camp fire.

Tammy J: this was my first retreat. I enjoyed the kosher food ,karaoke and singing. I went on a paddle boat ride which was scary but love it. I did a lot of walking and spent time with my brother.

Jennifer J: I like being with my friends. I sang karaoke and felt comfortable and did not get boood. I went cannoning with my fiancé it was our first vacation together. We had a lot of recovery support sessions. My time with the farm animals was cool. The time in nature was relaxing and I feel fresh again going back home.

ATTENTION ALL MEMBERS AND STAFF ! HELP SPREAD THE WORD

Attention all members and staff ! Spread the word for us ! The Social club is having a bake sale July 9, 2010 from 10am-2pm. At the Ansonia Stop and Shop All proceeds go to raising money for our summer trip to Lake Quassypaug in Middletown Ct.

Bakers and volunteers are needed for this event. See Mike or Julianne or call 203-732-7089.



HAPPY FOURTH OF JULY TO ALL

Remember that on the July 5th the club and center will be closed in observance of the 4th of July holiday. We hope have a happy and safe holiday !

Remember if you need a friendly voice to talk to please call the community warm line. Our hours are Monday through Thursday 6-10pm. And Friday and Saturday 6-11pm. All for free.

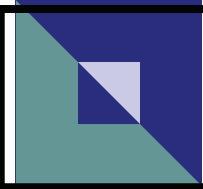
Call 203-732-2004



Schedule change: bingo is back to Tuesdays from 2-3pm. We appreciate those who supported the Monday Bingo but we are going back to its original time and

day! See you there and may you always be able to call B.I.N.G.O.





VALLEY SOCIAL CLUB CALENDAR FOR JULY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* = Must sign up \$= Bring your own cash Exercise Grp. 8-8:30a</p>	<p>CLUB HOURS Mon-Friday 8:30a-4pm Saturday 1-3:30p 1st -3rd Sunday 1-3:30p</p>	<p>NUMBERS Social Club 735-9106 BGHS 736-2601 Warm Line 732-2004 Phyllis 305-7895 Mike B 732-7089</p>	<p>NUMBERS Jacques 430-1466 Time Credit 430-8455</p>	<p>1 8AM-Exercise Grp. 10-11-Executive Mtg. Lunch 12-12:30p Art 1-2 Recovery Anon-4-5p</p>	<p>2 Fit Walk 9-9:45a Free Lunch Friday 12-12:30 Ice cream Fund-raiser 1-3p \$\$</p>	<p>3 DROP IN 1-3:30</p>
<p>4 HAPPY 4TH OF JULY HOLIDAY CLUB CLOSED TODAY</p>	<p>5 CLUB/CENTER CLOSED TO OBSERVE THE HOLIDAY NO Over Eater's A.</p>	<p>6 Breakfast Club 8:30-10am Bingo 2-3 Dual Recovery 4-5</p>	<p>7 Breakfast 8:30-10a Enlightened Lunch 12-12:30p Out to eat 5-8 pm</p>	<p>8 Exec Mtg. 10-11 Lunch 12-12:30p Art 1-2pm Recovery Anon 4-5</p>	<p>9 Free Lunch Friday 12-12:30 Bake Sale at Stop & Shop 10-2pm</p>	<p>10 MOVIE DAY WITH DONNA K. 1-3:30 Popcorn & Soda</p>
<p>11 CLUB CLOSED TODAY</p>	<p>12 Lunch 12-12:30 Let's Talk 2-3 Over Eaters A. 4-5</p>	<p>13 Breakfast 8:30-10am Bingo 2-3 Arts & craft Show 2pm Dual Recovery 4-5</p>	<p>14 Breakfast 8:30-10am Enlightened Lunch 12-12:30 Awards</p>	<p>15 Executive Mtg. 10-11 Lunch 12-12:30p Art 1-2pm Recovery Anon 4-5</p>	<p>16 Free Lunch Friday 12-12:30 Emotions A. 4--5 Lake Quassy 5-? **\$\$</p>	<p>17 DROP IN 1-3:30Pm Beach and Coffee 10-1pm \$</p>
<p>18 CLUB CLOSED TODAY</p>	<p>19 Lunch 12-12:30 Let's Talk 2-3 Over Eaters A 4-5</p>	<p>20 Breakfast 8:30-10am Bingo 2-3 Dual Recovery 4-5</p>	<p>21 Breakfast Club 8:30-10a Pool Tourney @ Fellowship 1-3</p>	<p>22 Exec Com 10-11 Lunch 12-12:30p Art 1-2pm Recovery Anon 4-5</p>	<p>23 Free Lunch Friday 12-12:30p Emotions Anon 4-5p</p>	<p>24 Pool Party at Julianne's House 12-? No drop In**</p>
<p>25 CLUB CLOSED TODAY</p>	<p>26 Lunch 12-12:30 Let's Talk 1-2p Over Eaters Anon 4-5</p>	<p>27 Breakfast 8:30-10am Bingo 2-3p Dual Recovery 4-5</p>	<p>28 no breakfast club today Summer Picnic at Lake Quassy 10-4**\$\$ Club <u>Closed all day</u></p>	<p>29 Exec Com 10-11 Lunch 12-12:30p Art 1-2p Recovery Anon 4-5p</p>	<p>30 Free Lunch 12-12:30p Emotions Anon 4-5p</p>	<p>31 DROP IN 1-3:30</p>