

Inside  
This  
Issue

HAPPY  
HOLIDAYS!

December 2021

# The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"



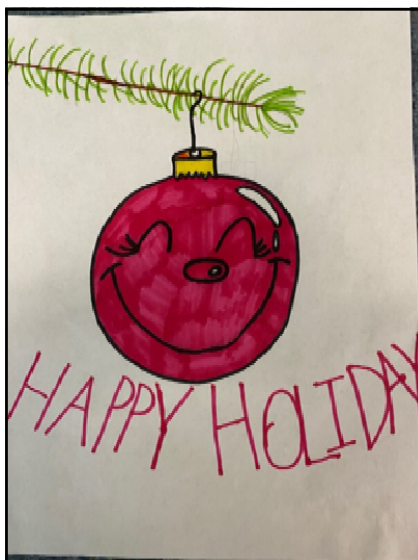
## Thank You!!!

By KAJ

When I first came to Threshold it only took three days for my symptoms to decrease. I loved coming here. Threshold helped me so much! They found me my dream job. I found my future husband, which Threshold helped by meaningful relationships within the Clubhouse. They also helped me on my personal goals. I am so grateful for Threshold stuff. Everyone is so inviting and helpful, and I can't express how much I am thankful for all of them. It was so hard for me to leave Threshold to go back to work. But with the support I found that change can be exciting! Now I love my job! I wouldn't change it for the world. I have been working now for almost 6 years, and I want to eventually be a full-time page at the library. Thank you to all staff and Merry Christmas from me and the Clubhouse members who wrote their stories!

## Christmas

By TW



## Ellis Sunday Cake at Jessica's House

By LE

I almost messed it up, the cake. I didn't put in any oil. We thought it was going to burn. If I put it in a bunt pan it would have been burned! And it would get stuck to the bunt pan but it didn't so everybody laughed and I even laughed at myself!



Please visit our website at [www.thresholdclubhouse.org](http://www.thresholdclubhouse.org)

## With A Plea To Stay Active in My Threshold

By Anonymous

I incorporate hard work for myself and keep my focus on gear now note of a cheer- we work together today at Threshold and really put forth of a good job will done. Now we see a new day and the rising stars at our okay corral known as Threshold. A plea just to be courage and helping others and just following rules of contemplations and using good reptepus judgements with plea just to stay active in my Threshold program. Be good and stay active.



## Thanksgiving

By Net

Sometimes at Thanksgiving I get lonely because I am not able to spend time with my family. I am very thankful that I have my Threshold family to share Thanksgiving with!

## Christmas 1959

By WU

At the time, I was in 6th grade and interested in weather and how to recognize snow clouds. Unfortunately, December proved to be mild with no prospects of snow until early January.

In late December, we made our first trip to Clayton to visit my mothers relatives. Going to Clayton was always exciting for me because of the sight-seeing that I would get to do on these trips. But Momma was not all that thrilled because she was worried about Eugene on the way and her sister Thelma who was succumbing to Alzheimer's Disease.

Getting ready for this trip was almost as exciting as the rip itself. That was because of the pride I took in getting the kitchen all spruced up for the trip. I was thrilled at the prospect of coming back home to a kitchen all spic and span.



## How do you find a spider on the internet?

Check out his website.

## Why shouldn't you take your computer into the rush hour traffic?

Because it might crash.

**Why did the mother always put on a helmet before she used the computer?** Because she was afraid it would crash.

## Trip to Las Vegas

By JL

On my way to Las Vegas I was nervous about the airplane because I will never rode a plane before. So I took meds so that I could be calm on the airplane and take a nap but the people behind me was getting drank and making noise. So I stay up the whole ride. When I got off the airplane we check in our room at the Caesars palace. So the next day we celebrate my cousin Tara and congratulate her on the wedding we went zip lining and pole dancing and we surprise her with other entertainment.



## This World Is At A Threshold World Of Worlds

By Anonymous

What have we done wrong, we sing a new song of Independence and try to make a world peace in our Threshold Community peace of mind and others and now appreciation and justice is served in our Threshold community. What do I like best! An era of house-keeping skills and snack bar now we are here Monday through Thursday to see our Threshold world. Like a revolving axis in the world of our Threshold's pride and now no marginal error's and now our world is as it is a job well done for another day.

## Thank You for your support

We are so grateful for all of our wonderful supporters who make gifts of their money, time, and talents to Threshold. Thank you so much for everything you do and for your contributions throughout the pandemic. As we welcome new members and continue to support all members, your gifts sustain Threshold's mission, members and our commitment to provide mental health recovery to the Durham community. Please visit our new website and make a holiday gift to Threshold

at [www.thresholdclubhouse.org](http://www.thresholdclubhouse.org) or Threshold's Facebook page. Additionally, contributions can be mailed to P.O. Box 11706 Durham, NC 27703. Your gifts make a difference! For many of our members, Threshold is the only consistent mental health service and support that they receive, and our family-like community sustains members during the holidays and throughout the year. Thank you so much for your support!

## Spring Clouds

By Anonymous

Spring clouds and showers bring June flowers and one glee a song called retreat and regroup. We work and follow good mention scoops and all the cleanliness of our Threshold. With all aspects, jobs and all the spring clouds do come to order and not grounds. The clutter socialization and work is a key to success and the worlds theme and Threshold is the key for us all as other to come to gather as a team. People regroup and we all have the things to keep our minds of the universe as a whole. Threshold is one of the happening places to regroup and honor our spring clouds.

## Language Arts Class Brag About Yourself Poems

By KJT

I have a beautiful girlfriend MKN. I shred paper better than everyone. I scan documents to Donna, Erica, and/or Elizabeth Barber. I am a big help around Threshold. I am a genius at scary movies. I cleaned house on the Halloween themed Jeopardy. I am generous. I am sweet. I am too nice. I need to learn how to say no sometimes. I need to learn more Disney knowledge. I am a big help. I am so helpful and smart. I am like a bright lightbulb.

***Language Arts class is scheduled every Wednesday at 3pm on Zoom!***

## Thanksgiving by Alex

Thanksgiving is about the things a lot, things you know like all the neat lives you saved, and another one is watching the Thanksgiving parade. After the parade it's Saint Nick, after that kids see him in the mall. Telling Santa Clauses what they ask or tell him Christmas favorite gift, and the until Christmas morning on December on Jesus's Birthday age. Well he's 2021 this year then after 2022.



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## Pebbles and Rivers

By SV

Of stone, peoples of love North Carolina blue is sky. Threshold is for the kind and happy times is stress let the best known to manifest.



# Clubhouse International

Creating Community: Changing the World of Mental Health

## Clubhouse international

By MN

I participated in the Clubhouse Seminar on October 4<sup>th</sup>-8<sup>th</sup>. It was a great experience, to participate in something so important. It was amazing to see people from all over the world. Hopefully I'll be able to participate next year when they go to Baltimore.

# December 2021

## Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>11:00 Travel 1:00 health &amp; wellness 2:00 Club-</i>	5 <i>11:00 Special projects 3:00 Games</i>	6 <i>11:00 exercise 2:00 G Duo 2:30 Employment 3:00 Lan-</i>	7 <i>2:00 Crafts 3:00 math 4:00 Games</i>	8 <i>11:00 Healthy Living 1:00 Chat</i>	9
10	11 <i>11:00 Travel 1:00 health &amp; wellness 2:00 Club-</i>	12 <i>11:00 Special projects 3:00 Games</i>	13 <i>11:00 exercise 2:00 G Duo 2:30 Employment 3:00 Lan-</i>	14 <i>2:00 Crafts 3:00 math 4:00 Games</i>	15 <i>11:00 Healthy Living 1:00 Chat</i>	16
17	18 <i>11:00 Travel 1:00 health &amp; wellness 2:00 Club-</i>	19 <i>11:00 Special projects 3:00 Games</i>	20 <i>11:00 exercise 2:00 G Duo 2:30 Employment 3:00 Lan-</i>	21 <i>2:00 Crafts 3:00 math 4:00 Games</i>	22 <i>11:00 Healthy Living 1:00 Chat</i>	23
24	25 <i>11:00 Travel 1:00 health &amp; wellness 2:00 Club-</i>	26 <i>11:00 Special projects 3:00 Games</i>	27 <i>11:00 exercise 2:00 G Duo 2:30 Employment 3:00 Lan-</i>	28 <i>2:00 Crafts 3:00 math 4:00 games</i>	29 <i>11:00 Healthy Living 1:00 Chat</i>	30
31						

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## December Newsletter

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