

PENGUIN PAGES



Never be limited by
other peoples limited
imagination

Dr. Mae Jemison

February 2025 Issue | #2 | Clubhouse Important Info Inside

SUPER BOWL CHAMPS

The outcome was not what we expected. The half time show was the most viewed ever. Check what our members had to say about the game on PG 4.

VALENTINE PARTY

We had a great time celebrating Valentines Day. Friendship means a lot to us here. Check out on page 5 on all the things we did to celebrate.

MONTHLY NEWSLETTER

This month we bring you the latest updates and exciting news from our community. Stay informed about our ongoing projects, upcoming events, and success stories.



We become not a melting pot
but a beautiful mosaic.
Different people, different
beliefs, different yearnings,
different hopes, different
dreams.
- Carter, Jimmy

Success is liking yourself, liking
what you do, and liking how you
do it.
- Angelou, Maya

When I dare to be powerful, to
use my strength in the service of
my vision, then it becomes less
and less important whether I am
afraid.
- Lorde, Audre



We had a superbowl party at TGP and we had a great time.



Black History Month: Some of our members gave there favorite black history.

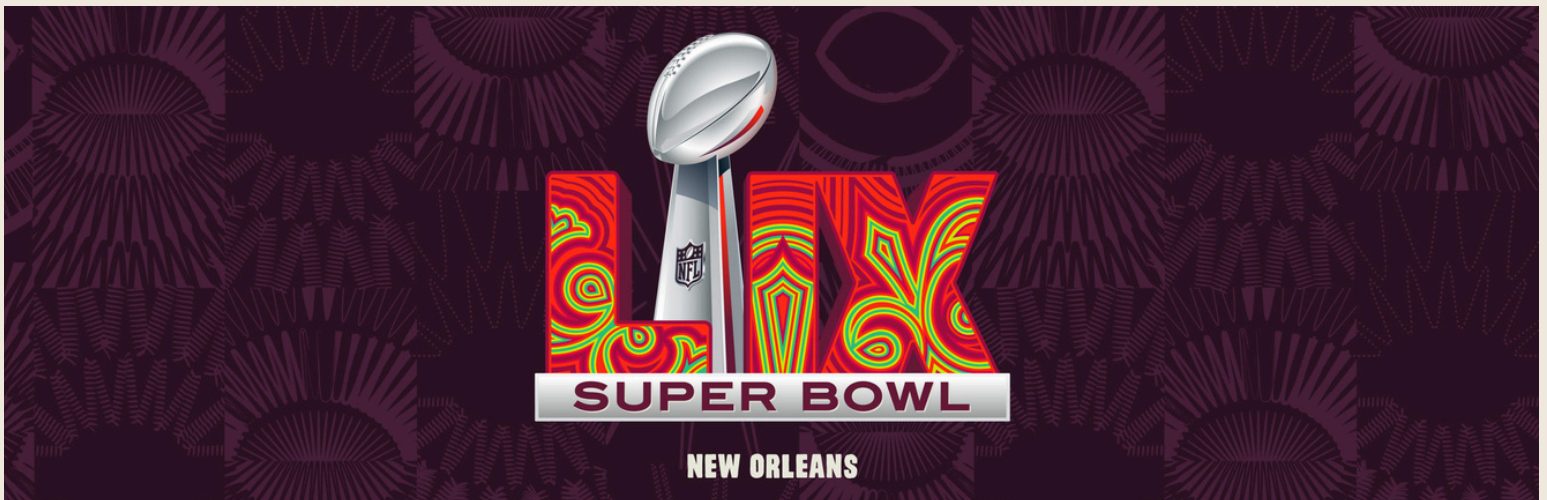


We had an amazing outing to the Thrift Stores. Look at our pictures and read the stories.



SUPER BOWL CHAMPS

The Philadelphia Eagles secured a decisive 40-22 victory over the Kansas City Chiefs in Super Bowl LIX, stopping the Chiefs' attempt at a historic three-peat. Eagles quarterback Jalen Hurts delivered an outstanding performance, earning him the MVP title.



WHAT DID YOU THINK OF THE MATCH UP?

“Sucks that the Chiefs lost. That is my team no matter what. There were a few factors that played in why they didn’t win. Overall they are still a winning team and they will continue to be great.”

- Chloe D

“I knew the Eagles were going to win. I feel the Chiefs went in to the game too confident. Im sure they thought they had it in the bag. I’m just proud of Jalen Hurts for winning, He is from Houston.”

- Nicey C

Welcome our new staff *Dajae Estes*



Meet Jovie



This is Jovie, a maltese dog. He is only 5 years old. He's a registered support animal. He is trained and hates baths. He loves humans and will make friends with everyone.

The New Edition to the TGP team

At just 25 years old, Dajae has already built a meaningful career centered around helping others. With a deep passion for psychology that felt like a true calling, she pursued a bachelor's degree in psychology with a minor in human services, equipping her with the knowledge and skills to support individuals in need. Before stepping into her current role, Dajae worked at a therapy center, gaining

firsthand experience in providing care and guidance. Now, as a board member of Built to Win, a nonprofit dedicated to serving low-income families in Houston, she continues to make a lasting impact on her community. Beyond her professional life, Dajae is known for her fun-loving, open-minded, and honest personality. A Christian woman with a charismatic spirit,

she finds joy in connecting with others and uplifting those around her. A true Houston sports fan, she proudly supports the Astros and Texans, though basketball isn't quite her thing. And if you ever need to know her favorite color? Purple all the way. In her free time, you can find Dajae indulging in her favorite hobbies—reading, exercising, and spending time with her beloved dog.

VALENTINES PARTY 2025

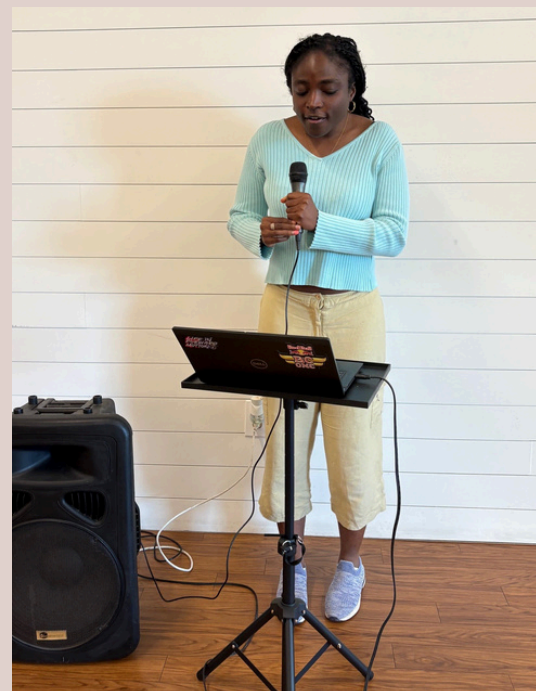
A day we celebrate love and friendship

BINGO, KARAOKE, GOOD COMPANY

Written by Adele W.

We enjoyed the Valentines Party because we all were together having fun; which is the reason of Valentines, love and friendships. We ate a variety of good pizzas and even had pink cupcakes for dessert. We played bingo and sang some karaoke songs. I sang my favorite "Pink Cadillac" by Aretha Franklin. One of my favorite parts was getting up and doing the Cha Cha Slide. At The Gathering Place we love to have fun and enjoy our time together. I cant wait for our next party we have.





THE BEAUTY OF HELPING OTHERS



There is something about helping others that makes us feel good. Why? because our brains release chemicals like oxytocin and endorphins, creating a "helper's high" which is associated with feelings of happiness, satisfaction, and a sense of connection with others; essentially, helping others reinforces positive social interactions and contributes to our overall well-being by reducing stress and fostering a sense of purpose

CALL FOR VOLUNTEERS!



We volunteer every month. Sign up and come help us transform other peoples lives.



BENEFITS OF WALKING IN A PARK

BY MELINDA T

Walking is more than just exercise for me—it's a time of meditation, relaxation, and connection. When I go for my walks, I always have worship music playing softly in my ears. The melodies and lyrics help me center myself, allowing me to reflect, breathe, and find peace in the moment. It's not just about movement; it's about aligning my mind and spirit, letting go of stress, and embracing stillness within.

Nature plays a huge role in my experience. I love being surrounded by greenery—the sight of fresh grass, blooming flowers, and the open landscape fills me with a deep sense of calm. There's a golf course near my home, and I genuinely enjoy watching people play,

seeing them engaged in something that brings them joy. It reminds me of the simple beauty of life, how we all find happiness in different ways. Observing others in their moments of leisure makes me feel more connected to the world around me.

Having fibromyalgia, walking is essential for me. The movement keeps my body warm, easing the stiffness and discomfort that can come with the condition. I typically walk about three miles in an hour, and during that time, I feel my body loosening up, my mind clearing, and my energy balancing. The fresh air, sunlight, and gentle rhythm of my steps all contribute to my well-being, both physically and mentally.

My biggest suggestion to others is to make the walk your own. Be intentional with it. If music soothes you, listen to your favorite tunes; if silence is what you need, let yourself be immersed in the sounds of nature—the rustling leaves, the birds chirping, the distant hum of life around you. Go when the sun is shining, allowing your body to soak in that natural vitamin D, which can boost your mood and energy levels. Walking is one of the simplest yet most effective ways to support mental health, especially for those dealing with depression or stress.

No matter how you do it, the key is to find what makes your walk meaningful to you. Whether it's the path you take, the time of day you go, or what you choose to focus on, let it be something that nourishes your mind, body, and spirit.

Thrift Shop

Shopping with style



February 21, 2022

What's in your Bag?

By Keenan M

We took a trip to Montrose area for some thrift shopping. At the thrift shop, finding the Adidas item and another shirt felt like a win—thrifting can be such a rewarding experience, especially when you find it at a good price. I enjoyed the restaurant. Katz's is known for its hearty portions and diner-style comfort food, so I ordered the pancakes. They were fluffy and satisfying. What I really like was how this whole experience gave me a sense of independence. Making my own choices, picking out clothes that fit me well, and enjoying a meal I wanted—it all adds up to that feeling of autonomy.



After a long day shopping.

KATZ is what everyone wanted. Great food and costumer service.

Pose for the Camera!

I think The Gathering Place should open up its own modeling agency.



1. Keenan and Rob bought Adidas Jackets.
2. Melinda at the Cottage Shop picture wall.
3. Members happy with their shopping.
4. Adele at the Cottage Shop picture wall.
5. Angel next to the MF DOOM mural

BLACK HISTORY month

It first began with a week in 1926. After many year later fighting for more education on the topic, Black educators and Black United Students at Kent State University first proposed Black History Month in February 1969. The first celebration of Black History Month took place at Kent State a year later, from January 2 to February 28, 1970.



BARACK OBAMA

Became the first African-American to be elected to the presidency of the United States in 2008, marking a significant milestone in American history and racial progress; his election was seen as a powerful symbol of change and opportunity for many people, especially within the Black community.

“
A people without knowledge of their past history, origin and culture, are like a tree without roots.
”
Marcus Garvey



MAE JEMISON

American engineer, physician, and former NASA astronaut. She became the first African-American woman to travel into space when she served as a mission specialist aboard the Space Shuttle Endeavour in 1992.

BLACK HISTORY HEROES



MAYA ANGELOU

A civil rights activist, writer, poet, and performer who broke barriers and inspired millions. A Presidential Medal of Freedom award winner. Her work is widely used in schools and universities around the world.



JOHN LEWIS

Led and helped organize many of the seminal moments in the Civil Rights movement, including the Freedom Rides, the 1963 March on Washington, and the Selma to Montgomery Marches.



JACKIE ROBINSON

He broke 50 years of segregation in baseball by becoming the first african american to play in major league baseball. He went on to play six world series and won with the Dodgers in 1955.



BESSIE COLEMAN

She was the first African-Native American woman to hold a pilot license, and is the earliest known Black person to earn an international pilot's license. She earned her license from the Fédération Aéronautique Internationale in 1921.

MEMBER OF

the month



MY NAME IS JEFFREY AND A LITTLE ABOUT ME IS....

My favorite color is blue, a shade that brings a sense of calm and clarity to my day. In my free time, I enjoy playing video games. I also love going for walks, soaking in nature, and clearing my mind. Watching movies is another favorite pastime, and Fast and Furious 2 tops my list with its thrilling car chases and unforgettable action scenes.

I share my life with Mercedes, my Miniature Pinscher, who's full of energy and personality. Her playful spirit and loyalty make every day brighter. Whether we're out for a walk or just hanging out at home, her company is always a joy.

cool & collected

WHAT MOTIVATES ME

What motivates me the most is my faith in God and the love I have for my family. My relationship with God gives me purpose, guiding me through challenges and inspiring me to live with compassion and integrity. My family's support and love are a constant source of strength, encouraging me to pursue my goals and be the best version of myself. Their belief in me keeps me going, even on the toughest days.



Useful Websites and Links

Depression and Bipolar Support Alliance (DBSA) : www.dbsalliance.org
Focus for Life www.myFocus4Life.com
Free Online Computer Classes <https://edu.gcfglobal.org/en/topics/computers/>
Harris Center for MH&IDD www.theharriscenter.org
Hearing Voices Network www.hearingvoicesUSA.org
Information on national programs and services [www.usa.gov/ disability-services](http://www.usa.gov/disability-services)
Medications, Assistance, Discount programs www.needymeds.org
Mental Health Self Help Clearinghouse mhselfhelp.org/
National Consumer/Survivor Coalition <https://www.ncmhr.org/>
National Empowerment Center: [www .Pow er2u.org](http://www.Power2u.org)
Peer Force : <https://peerforce.org/>
Patient Assistance with Medications www.phrma.org/
Prosumers website [www .ThePro sumers.org](http://www.TheProsumers.org)
San Antonio Compassion News www.sa-compassion.news/homeless-or-marginalized
Substance Abuse and Mental Health Services Administration www.SAMHSA.gov
Texas Legislature Online www.capitol.state.tx.us
The Center for Health Care Services <https://chcsbc.org/>
The Texas Election Division www.sos.state.tx.us/elections/
TX Department of Housing and Community Affairs www.tdhca.state.tx.us
TX government departments www.texas.gov

Universal Important Numbers

Prosumers International – 1-800-577-3795 extension 800

www.theprosumers.org, 6800 Park Ten Blvd, Suite 220-N, San Antonio, TX 78213 Disability Rights TX
800-252-9108

DisabilityRightsTX.org Narcotics Anonymous – (888) 629-6757 National Suicide Prevention Lifeline 1-800-273-8255
Texas Health and Human Svc - (877) 787-8999 Texas Youth Hotline 1-800-989-6884 TX Workforce Commission
Assist with employment

1-800-628-5115 www.twc.texas.gov/

Veterans Crisis Line 1-800-273-8255

Texas Department of State Health Services
Consumer Services and Rights Protection
1-800-252-8154

Texas Department of Public Safety for Abuse and
Neglect 1-800-252-5400
Trans Lifeline 1-877-565-8860

NEXT MONTH MARCH

5 TARGET HUNGER

9 DAYLIGHT SAVINGS TIME

12 HOUSTON RODEO CARNIVAL

17 ST. PATRICKS DAY

21 FX (OUTING) GALVESTON TRIP

28 TGP CLOSED

NEW OPPORTUNITY SCHEDULE

There will be new:

- 9 am groups that consist in meditation & daily Inspiration that will start your days.
- We will now be having three colleague meetings.
- Voices of Support and Cooking Exposures, will be on Tuesdays and Thursdays.

