



PENGUIN

PAGES

Socialize
Workshop

**TGP Music
Concert**

*Houston
Museum of
Fine Arts*

**Green
Earth**



Menninger®
Where healing comes to mind

August Newsletter

Welcome NEW MEMBERS



ALEX V

I am originally from Romania. I came to Houston at age 12. My hobbies are playing video games. My favorite right now is a game called Destiny 2. My favorite color is black and I don't have any pets. I like The Gathering Place because it keeps me active. I enjoy most of the groups it offers and the people here are welcoming.



JOEL

I grew up in Houston, and I'm Cuban decent. I like video games, I play HALO and sports cars a lot. I like The Gathering Place because it's relaxed and I always feel a warm welcome every time. My favorite movie is Fast and Furious 1 & 2.

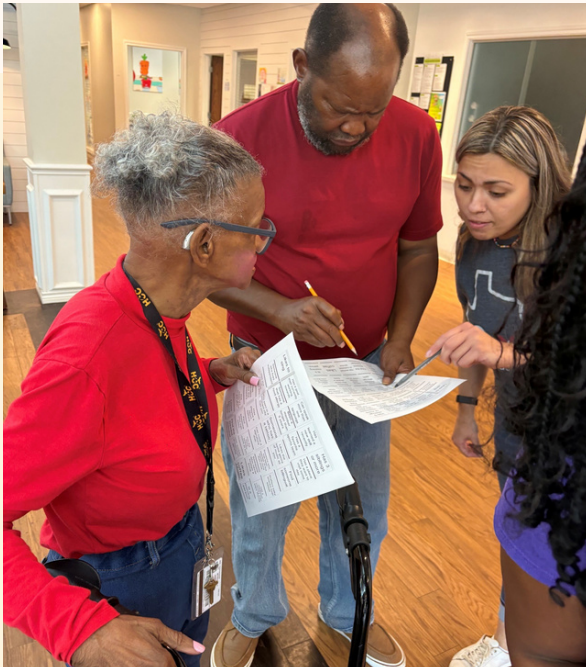


IDALY

My name is Idaly and I'm from Mexico. My favorite color is yellow. My hobbies are playing Fortnite and crocheting. I am also learning how to cook. I enjoy TGP because it gives you a sense of purpose and also how its community focused. Those are things that grasp me and why I became a member.

By Odell W

SOCIALIZE WORKSHOP



Connect

We had a workshop where everyone had an opportunity to get to know each other a little better. The worksheet looked like a bingo card with questions on it. We went around and filled in the sheet. We were able to learn members favorite teams, their goals, and even their food allergies. This workshop helped us realize that we have more things in common.

Communicate

It was a great idea to have this workshop because we walked around and got moving. We each had to ask every member a question and dialogue a little about their answer. This was a good workshop for me. Now we have other things to talk about.



Thomas getting to know Kwasi.



David and Dora V



BEYOND THE CANVAS

Members from The Gathering Place had the opportunity to visit the Museum of Fine Arts and enjoy a day surrounded by art, creativity, and culture. Throughout the visit, members were actively engaged with the different exhibits, taking time to observe the paintings, sculptures, and other artwork rather than simply walking through the museum. They asked thoughtful questions about the meaning behind the artwork, the artists, the techniques used, and what inspired each piece.



SOME OF THE CREW



STEPHEN AI PICTURE



ADELE & MARCUS

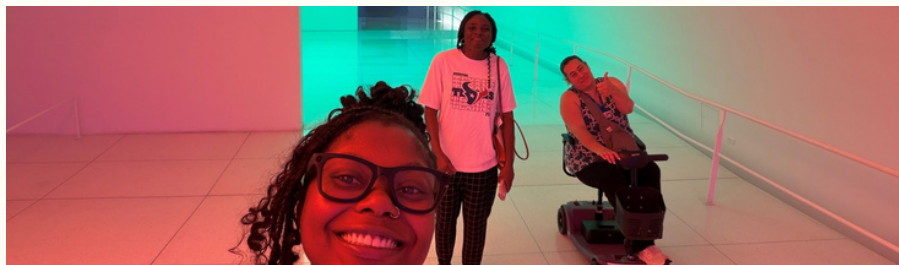


ERIC, TOYOSI, & DAJAE



ART, SYMBOLS & STORIES: OUR MUSEUM ADVENTURE

We recently explore a variety of paintings, sculptures, and other works of art. This visit was more than simply walking through the galleries and looking at the artwork. Members took their time observing the details and discussing what they saw. They asked questions, shared their personal opinions, and connected with different pieces in their own unique ways. It was exciting to see everyone engaged and interested in learning more about the stories behind the artwork.



One of the highlights of this visit was the members' focus on the symbolism within the art. Rather than only noticing the colors, shapes, or subjects, members began thinking about what the artists may have been trying to communicate. They discussed how certain objects, expressions, colors, and images could represent different emotions, ideas, or experiences.

This encouraged members to look at the artwork from different perspectives and understand that art can have many meanings depending on the person viewing it. The outing provided a wonderful opportunity for creativity, conversation, and connection while allowing members to experience the museum in a thoughtful and meaningful way.

FUN FACT

The *Mona Lisa* appears to have no eyebrows! Some historians believe her eyebrows may have faded or been accidentally removed during restoration over the centuries. Others think Leonardo may have intentionally left them out. Even today, experts debate exactly what happened—which makes the painting even more mysterious!

ERIC'S VIEW

"I liked the Roman Catholic art. it was beautiful. First because of Jesus, He died for our sins, and also I like the colors they used. It made it seem real as if they were actually there. I also liked a metallic cross that was inside a glass container. It was made from gold, emeralds and steel."

National Wellness Month

Your Monthly Dose of Wellness

National Wellness Month is happening right now. The biggest shift in the wellness conversation this year is that wellness is being treated as whole-person health, not just eating healthy and exercising. Current 2026 wellness messaging is putting more emphasis on mental health, emotional well-being, relationships, stress management, and sustainable daily habits

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- Mind: Stress-relief and mental wellness activities
 - Emotions: “How am I really feeling?” check-in
 - Body: Walking, stretching, nutrition, hydration
 - Social: Make-a-new-friend challenge
 - Creativity: Art and music for wellness
 - Environment: Gardening or nature activities
 - Financial: Budgeting and smart shopping
 - Spiritual: Purpose, gratitude, and meaning



“Wellness isn’t about being perfect. It’s about making small choices every day that help you feel your best.”

Making the World GREEN



Volunteer

Some of the members and staff went to volunteer at Plant It Forward and we were able to plant a few different vegetables and fruits. We did so much before it got super hot outside. It was educational and fun at the same time.



Botanic Plant

Did you know you can eat okra raw? it preserves 100% of its heat-sensitive nutrients—like vitamin C and antioxidants. It's also technically a fruit. Mature okra is used to make paper and ropes.

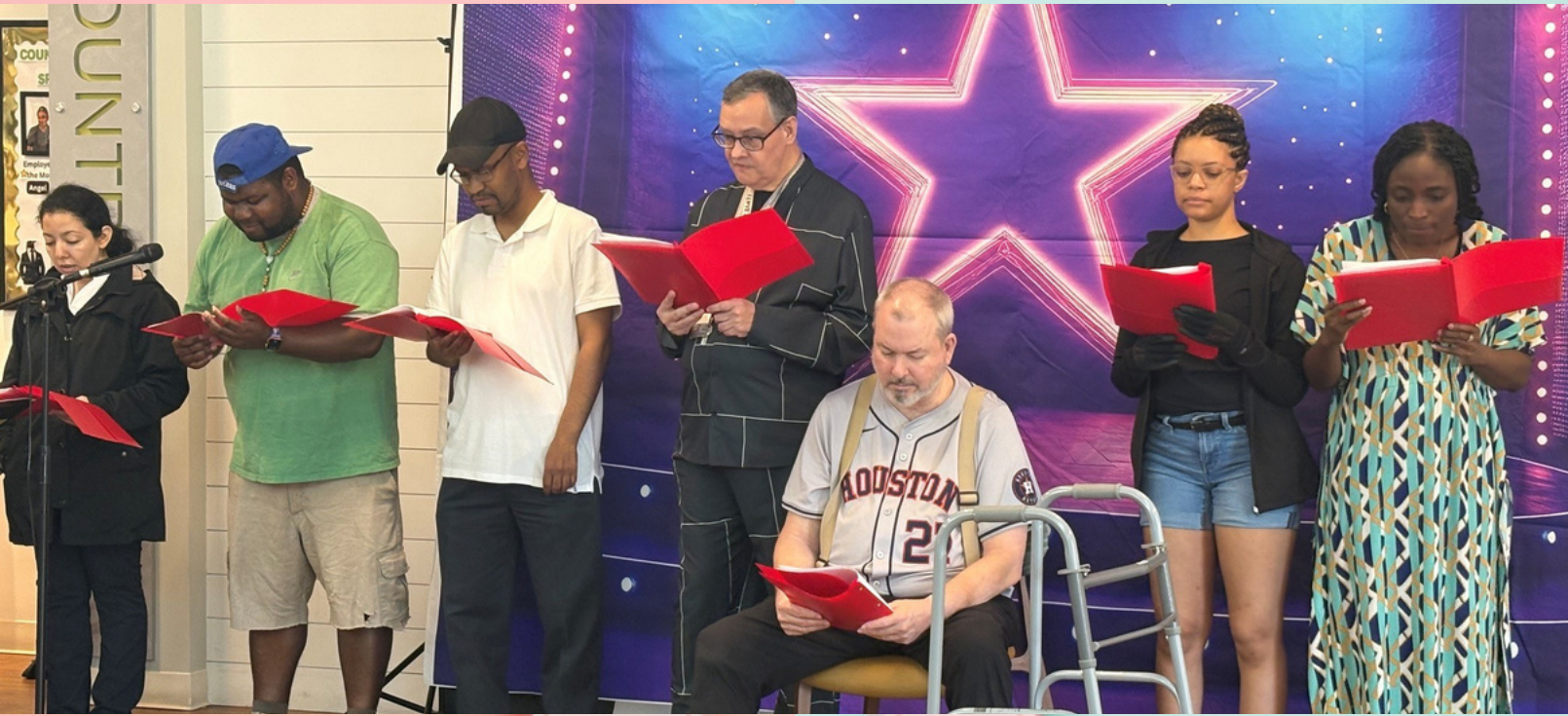
It was a wonderful experience for a city girl to step outside of her comfort zone and discover the joy of gardening. Getting my hands in the soil, getting a little dirty, and helping something grow gave me a sense of accomplishment. We learned so much about different plants, including okra, squash, and tomatoes. It was a refreshing, hands-on experience that reminded me how rewarding it can be to slow down, get your hands dirty, and watch something grow.

By Nicey

TGPMUSIC

Concert

By Raquel



Our concert was a huge success, and everyone did an amazing job! We spent three months practicing, and all of our hard work and dedication truly paid off. We performed songs from popular movies, including Dirty Dancing, Toy Story, and The Breakfast Club, just to name a few. It was exciting to see everyone come together, build confidence, and share their talents with the audience.

Our next concert will be at the Christmas Party, and we will begin preparing soon. We're excited to start practicing and create another great performance!

I performed a solo in Italian featuring the opera song "O mio babbino caro." I chose this song because it was something different and I wanted to challenge myself by stepping outside of my comfort zone. I was nervous before performing, especially because the song was in another language, but I stayed focused and gave it my best. In the end, the performance went well, and I was proud of myself for taking on the challenge.



MEMBERS OF THE MONTH

AUGUST



Angel is someone who is always willing to help and consistently goes above and beyond. He is dependable, always on time for his shifts, and takes pride in his work. Angel leads by example and demonstrates strong leadership through his actions and willingness to support others.



ANGEL

Odell is someone who is always encouraging and supporting others. He is dependable, takes initiative, and makes sure things get done. Leadership truly comes naturally to him, and he leads by example through his actions and dedication.



ODELL

REQUIREMENTS

Members are chosen by peers and staff, based on their consistent performance, positive attitude, reliability, teamwork and overall contribution to the Clubhouse and self help.

NEXT MONTH

September

Information

Food and Clothes Trip

Every third Wednesday of the month we will be taking members to the Braes Pantry Food. Only eligible zip codes. Ask us for more information.

Workshops

Workshops are interactive, hands-on sessions designed to teach practical skills, solve specific problems, or create actionable plans through active participation.

Hurricane Season

We are still in Hurricane Season until November. Make sure you are ready with supplies and/or a shelter to stay in. If you need assistance we can help.

Reminders

We are closed Labor Day and The Last Friday of the Month.

Upcoming Events

- Outing: September 4
- **Closed: September 7**
- Workshop: September 11
- **Food Pantry: September 17**
- **Closed: September 25**

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