ISSUE 71

OCT 16, 2026

The Rainbow Express

-Newsletter-

Check out October's Wellness Tips

Breast Cancer Awareness Month

October 2026 Edition



Clubhouse Announcement

10 Halloween Fun Facts

Visit us online
www.TheRainbowClubhouse.org

Table of Contents

What is The Rainbow Clubhouse? 01

Clubhouse Announcement 02

Community Message 03

Community Meeting 04

Breast Cancer Awareness 05

National Domestic Violence Awareness Month 06

Clubhouse Social 07

Members Spotlight 08

Voices From Our Members 09

Birthday Celebrations 10

10 Halloween Fun Facts 11

Pantry Recipes 12

October Wellness Tips 13

Halloween Word Search 14

Media Team 15

Resources 16-18

WHAT IS THE RAINBOW CLUBHOUSE ?

Rainbow Clubhouse is a Clubhouse International–accredited community for adults (18+) with a history of mental illness, founded on the belief that recovery is possible for everyone. Members are not clients or patients, but equal partners in a voluntary, strengths-based community that emphasizes dignity, hope, and mutual respect. Through participation in the Work-Ordered Day, members and staff work side-by-side to carry out the work essential to the operation of the Clubhouse, fostering meaningful relationships, skill development, and a sense of purpose. Membership is voluntary and lifelong, with no time limits, supporting members as they pursue employment, education, wellness, and full participation in their communities.

CLUBHOUSE INTERNATIONAL STANDARDS #24

MEMBERS WHO ARE WORKING INDEPENDENTLY CONTINUE TO HAVE AVAILABLE ALL CLUBHOUSE SUPPORTS AND OPPORTUNITIES AS WELL AS PARTICIPATION IN EVENING AND WEEKEND PROGRAMS.

CLUBHOUSE ANNOUNCEMENT !!

Celebrating Our Achievement



We are proud to announce that for the first time in Rainbow Clubhouse history, we have received a three-year accreditation from Clubhouse International!

This achievement reflects our continued commitment to the Clubhouse Model, our members, and the values that guide our community.

This recognition celebrates the dedication, teamwork, and meaningful relationships that make The Rainbow Clubhouse a place where individuals can find belonging, build confidence, develop new skills, and work toward their personal goals. Through our commitment to member participation, meaningful work, community involvement, and ongoing growth, we continue to strengthen the foundation of our Clubhouse.

This accomplishment belongs to our entire community—our members, staff, and partners—whose contributions help make Rainbow Clubhouse a welcoming and empowering place for everyone.

Three years of accreditation, one shared mission, and a community that continues to grow together! We look forward to building on this achievement and continuing to create opportunities for our members to thrive.

Together, we are Rainbow Clubhouse!

COMMUNITY MESSAGE

October has arrived, bringing crisp autumn air, colorful leaves, cozy moments, and plenty of reasons to embrace the season. As the days become shorter and the world around us takes on new colors, it's a wonderful opportunity to slow down, enjoy the little things, and make space for moments that bring us happiness.

This month, we encourage everyone to find their own ways to enjoy the season. Maybe that means getting creative with an autumn-inspired activity, enjoying a favorite fall tradition, trying something you've never done before, spending time with people who make you smile, or simply taking a quiet moment to recharge. There's no right or wrong way to experience October, what matters is finding moments that feel meaningful to you.

Thank you for continuing to make The Rainbow Clubhouse a place where people can connect, share, laugh, encourage one another, and feel welcome. Whether you've been part of our community for years or are just getting to know us, your presence matters.

So, grab your favorite cozy sweater, enjoy a little autumn magic, and let's make October a month filled with friendship, creativity, laughter, kindness, and plenty of memorable moments.

JOIN US FOR OUR COMMUNITY MEETING!

Did you know we hold a community meeting every day at 1 PM during lunch? It's the perfect opportunity to come together, share updates, and connect with one another in a supportive and encouraging space. These meetings focus on discussing everyone's career goals, personal endeavors, and accomplishments. Whether you're exploring new opportunities, seeking advice, or simply want to share your progress, this is a great time to collaborate and inspire one another.

So, grab your lunch and join us for meaningful conversations, fresh ideas, and a chance to build deeper connections. We look forward to seeing you there!



Breast Cancer Awareness Month

Breast health is important for both women and men. Although more common in women, men can also develop breast cancer. Make regular healthcare appointments, understand your family history, follow recommended screening guidelines, and don't be afraid to ask questions. Early detection can make a difference.

While routine mammograms are not generally recommended for men at average risk, men with symptoms or certain risk factors should speak with a healthcare provider about whether an examination or additional testing is needed.

Know the Warning Signs

Everyone should be aware of changes such as:
A new lump or swelling in the breast or underarm
Changes in the size or shape of the breast
Skin changes, dimpling, redness, or irritation
Nipple changes or unexpected discharge
Persistent pain or discomfort in the breast area

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is observed every October to educate communities, support survivors, and work to end relationship violence. Domestic Violence can be physical, mental, or emotional.
Yes, these are a form of unhealthy abuse. Don't be afraid to reach out and tell someone, there are essential services available.

Domestic Violence may start at home, but in some cases home is anything but a sanctuary.
The DOJ estimates that 1.3 million people experience abuse.



1-800-799-SAFE (7233)
TEXT START TO 88788

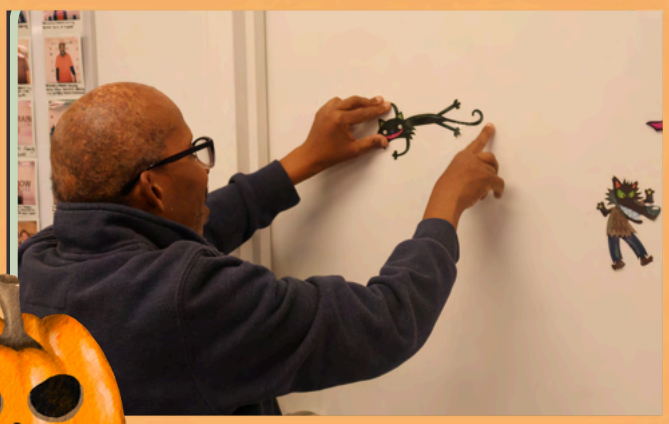
CLUBHOUSE SOCIAL!

The Rainbow Express











RAINBOW CLUBHOUSE MEMBER'S SPOTLIGHT
"MEMBERS' J.C."

Every member brings unique talents, interests, and strengths to our community. This month, we're celebrating JC, whose passion for technology, creative mindset, goal-oriented nature, and optimistic outlook make him a wonderful addition to The Rainbow Clubhouse family!

JC is tech-savvy and interested in the possibilities that technology offers. Setting goals is an important part of personal development, and JC understands the value of having something to work toward. His goal-oriented mindset reminds us that progress happens one step at a time.

Along with his technical interests, JC brings creativity and an optimistic perspective. These qualities encourage new ideas, self-expression, and the willingness to explore different possibilities. A positive outlook can help us approach each day with renewed motivation and an open mind.

Everyone has something valuable to contribute. Our community provides opportunities for members to explore their interests, develop their strengths, build meaningful connections, and work toward personal goals. JC's spotlight reminds us that our individual talents and aspirations are important parts of who we are.

As we celebrate JC, we encourage everyone to keep exploring their passions, embracing their creativity, and pursuing their goals. Every person has potential, and every step forward is worth celebrating!



VOICES FROM OUR MEMBERS



"I enjoy coming to The Rainbow Clubhouse, It's a good place to progress for everybody."

Anthony

"Remember to Live Life."



Theresa



"One of my goals this fall is to continue losing weight and eating healthy."

Will

"A double-minded man is unstable in all his ways."



Michael



BIRTHDAY CELEBRATIONS

The Rainbow Express

HAPPY BIRTHDAY TO EVERYONE BORN IN OCTOBER !



nd

Stella Frasier

th



HAPPY BiRTHDAY

10 Halloween Fun Facts

1. ***Jack-o'-Lanterns: The tradition of carving jack-o'-lanterns began in Ireland, where people originally carved turnips instead of pumpkins.***

2. ***Candy Craze: Halloween is one of the most popular candy-selling holidays in the United States.***

3. ***Helpful Bats: Bats help control insect populations by eating mosquitoes and other bugs.***

4. ***Black Cat Superstitions: Black cats are associated with Halloween, but in some cultures, they are considered symbols of good luck.***

5. ***Spider Webs: Spiders create their webs from silk produced inside their bodies.***

6. ***Ghostly Origins: Halloween traditions are often traced back to the ancient Celtic festival of Samhain, which marked the transition into winter.***

7. ***Trick-or-Treating: The modern American tradition of trick-or-treating became popular during the 1930s and 1940s.***

8. ***Witch Hats: The classic pointed witch hat became a familiar symbol in Halloween costumes and illustrations over time.***

9. ***Full Moon Halloween: Halloween does not always fall on a full moon! The moon's phase changes from year to year.***

10. ***Apple Bobbing: Bobbing for apples is a traditional Halloween party game that dates back centuries.***

Pantry recipes

Chicken and Broccoli Casserole



- 3 cups cooked shredded chicken
- 2 cups cooked chopped broccoli
- 2 (10.5 ounce) cans condensed cream of chicken soup
- 1/2 cup sour cream
- 1 pinch ground black pepper to taste
- 2 1/2 cups shredded Cheddar cheese
- 1 1/2 cups bread crumbs
- 1/4 cup salted butter, melted

1. Preheat the oven to 375 degrees
2. Combine chicken, broccoli, condensed soup, sour cream, and pepper in a bowl. Mix in 1 cup Cheddar cheese.
3. Pour into a 2-quart casserole dish and top with remaining Cheddar cheese.
4. Combine bread crumbs and butter in a bowl. Sprinkle over casserole
5. Bake in the preheated oven until bubbly and cheese is melted, 30 to 35 minutes

October's Wellness Tips

Take a Walk, Embrace the Change!

As the weather gets cooler and the leaves begin to change into beautiful shades of red, orange, and gold, take a moment to enjoy the beauty of fall!

October is the perfect time to get outside, take a walk, breathe in the fresh air, and appreciate the changing season. Walking is a simple way to support both your physical and mental wellness. It can help lift your mood, reduce stress, and give you a refreshing break from your daily routine. Bundle up in a cozy sweater, grab a friend, and enjoy the colorful scenery around your neighborhood or local park.

Remember: Just as the leaves change with the seasons, we can embrace change, welcome new beginnings, and make time for ourselves. Sometimes, a little fresh air and a peaceful walk are all we need to feel refreshed!

Your October Challenge: Take a 10–15 minute walk this week and enjoy the beauty around you. Your mind and body will thank you!

Halloween Word Search

C Y W Y P R P I R V I H D R A C U L A B Y I L N
Y G R E U U A B Y G S U H P G U V H U X T Y B I
J Y V E S F M H S L C T R R P D E H C T I W E B
X A K I C T J P G K R F I O F O G Y C V R M N H
S I C Z G U S F K I C M D R A M T S P E L L S Y
F E M K S O K O C I R I A K I F S I D G O R C G
D O V G O M H K H E N N T B B X R G O U T Y E C
G B N L T L O J A G K S A S O E O A G N O C L O
I A H D O R A P P E P T E J M F W Y I O S I Z F
F T I G T W E N N T S H R K Z O B A B D N P E F
Q T A R R R E S T I K A X C S X O P R Q S O S I
A M E C M E T R C E O Y Z O N S N R E E E K U N
V A Y W K E T H E O R Y V L W U G O B V R L O Q
T K K A I C Y A T W B N F R O C R O N O I S H S
P F G N U J A L U T B W L A L O A D R C P R D K
E T V J T J J L R H Z G E W C P V T T T M E E E
E T W C Y P G O B E C O V B O S E A U O A T T L
M U M M I E S W C Y P B V D S U Y R O B V S N E
S E H C T I W E C D A L K X N C A V S E A N U T
Y O F A F P O E E N M I O V N O R E O R A O A O
Y S Z U I V D N D A U N O D H H D J F B Y M H N
C B T V I C X C Z C S S P G H Y S P I R I T S J
D E O U R Y A G R Z V Q S B O S L L A B E Y E S
B Z E M G L P O L T E R G E I S T Y A I V B H U

Frankenstein
Werewolves
Eyeballs
Dracula
Spirits
Beware
Candy
Fog

Jack O Lantern
Hocus Pocus
Black Cat
Pumpkins
Mummies
Warlock
Coffin
Spook

Trick or Treat
Poltergeist
Graveyard
Skeleton
October
Witches
Ghosts
Bats

Haunted House
Broomstick
Halloween
Cobwebs
Potions
Afraid
Spells
Boo

Grim Reaper
Bewitched
Monsters
Goblins
Vampire
Clowns
Fangs
RIP

JOIN THE MEDIA TEAM

Rainbow is looking for members who love to use social media to help us run our Instagram account and Facebook page! Anybody can do it, so contact **the Staff** to get involved!



Scan the QR Code to head to our Youtube Channel and listen to the latest episode of the Rainbow Rundown!

SCAN HERE

We have officially launched our new website! Be sure to check us out here:



www.therainbowclubhouse.org

RESOURCE PAGE

NYC311 — Homeless Services — All NYC

Address: Call 311 or use the NYC 311 app
Phone: 311
Hours: 24 hours / 7 days
Services: Shelter directions, homeless outreach, drop-in centers, emergency food and other city services.

NYC DHS Adult Shelter Intake — Single Adult Men — Lower East Side / East Village

Address: 8 E. 3rd St., New York, NY 10003
Phone: Call 311 for current intake information
Hours: 24/7
Services: Emergency shelter intake for single adult men age 18+. ID is helpful but not required for single-adult intake.

NYC DHS Adult Families Intake — Lower East Side / East Village

Address: 333 Bowery, New York, NY 10003
Phone: Call 311 for current intake information
Hours: 24/7
Services: Shelter intake for eligible adult families without children under 21.
Important: NYC DHS reports that the former 400–430 E. 30th St. intake location was relocated effective August 1, 2026. Use the current locations above rather than older flyers.

HARLEM

Harlem United / Shower Power Shower Program—Central Harlem

Address: 321 W. 125th St., New York, NY 10027
Phone: 844-GO-HARLEM (844-642-7356)
Hours: Monday–Friday; call/text ahead for current shower hours
Services: Free hot showers, hygiene supplies, clean clothing basics when available. Shower Power transferred the program to Harlem United, which operates it year-round.

Safe Horizon Streetwork Harlem — Harlem — youth/young adults

Address: 209 W. 125th St., New York, NY 10027
Phone: 212-695-2220
Hours: Mon, Tue, Thu–Sun: 10 AM–6 PM; closed Wed
Services: For young people experiencing homelessness/street involvement. Food, showers, clothing, laundry support, case management and referrals. Youth eligibility applies.

INWOOD / WASHINGTON HEIGHTS

OnPoint NYC — WashingtonHeights Drop-InCenter — Washington Heights / Inwood

Address: 500 W. 180th St., New York, NY 10033
Phone: 212-828-8464
Hours: Mon–Fri: 7:30 AM–11 PM; weekends: 9 AM–4:30 PM
Services: No-barrier walk-in drop-in space with hot meals, coffee, showers, bathrooms, laundry, peer support and other services. HRA Medicaid — Dyckman Community — Inwood
Address: 4055 10th Ave., Lower Level, New York, NY 10034
Phone: 929-221-3244
Hours: Mon–Fri: 8:30 AM–5 PM
Services: Medicaid enrollment/help. Call or use ACCESS HRA/NY State of Health to confirm what office is appropriate.

RESOURCE PAGE

UPPER WEST SIDE

AllAngels'ChurchCommunity Ministries — Upper West Side

Address: 251 W. 80th St., New York, NY 10024
Phone: 212-362-9300
Hours: Tues & Thurs: 8 AM–2 PM; shower tickets begin around 7:30–7:45 AM; first-come, first-served
Services: Hot meals, free showers, toiletries, clothing, mail service and on-site medical/psychiatric/social-service connections. Shower service is for men and women.

Riverside Church Clothing Closet — Upper West Side / Morningside Heights

Address: 490 Riverside Dr., New York, NY 10027
Phone: Call ahead
Hours: Tue–Thu: 9–11:30 AM (per Neighborhood Coalition for Shelter street sheet)
Services: Free clothing closet and community support. Hours can change.

UPPER EAST SIDE / EAST HARLEM

TheUrban OutreachCenter — Upper EastSide

Address: 1745 1st Ave., New York, NY 10128
Phone: 212-288-6743
Hours: Tue community dinner: 5–6:15 PM; other food-service hours vary
Services: Free food support, pantry services and connections to community assistance. Call to ask about current shower/clothing availability before traveling.

New York Common Pantry — East Harlem

Address: 8 E. 109th St., New York, NY 10029
Phone: 917-720-9700
Hours: Food pantry and meal-service hours vary; call/check current schedule
Services: Free groceries/food assistance and other supportive services. Good option for food needs in East Harlem.

OnPoint NYC — East Harlem Drop-In Center — East Harlem

Address: 104–106 E. 126th St., New York, NY 10035
Phone: 212-828-8464
Hours: Mon–Fri: 7:30 AM–11 PM; weekends: 10:30 AM–6 PM
Services: Walk-in drop-in services, meals, hygiene support, peer support and other practical resources.

LOWER EAST SIDE

TheBowery Mission —Bowery Campus — Lower East Side / Bowery

Address: 227 Bowery, New York, NY 10002
Phone: 212-674-3456
Hours: Meals daily: breakfast 8 AM, lunch 1 PM, dinner 5:30 PM. Shower/clothing program: registration by 6:30 AM; doors open 9:30 AM. Mon: first 15 women; Wed–Fri: first 20 men.
Services: Free meals every day; limited first-come, first-served shower and clothing program; hygiene items and clean clothing as available.

Maryhouse — Lower East Side / East Village

Address: 55 E. 3rd St., New York, NY 10003
Phone: 212-777-9617
Hours: Call ahead for current hours
Services: Women-focused community support, meals, clothing and hygiene assistance. Shower availability should be confirmed before going.

LOWER WEST SIDE / DOWNTOWN

TheBowery Mission —Tribeca Campus —LowerWest Side / Tribeca

Address: 90 Lafayette St., New York, NY 10013
Phone: 212-226-6214
Hours: Overnight shelter intake daily: women 3 PM; men 4 PM
Services: Emergency overnight shelter for men and women, with daily meals, showers, clothing, case management and referrals. Call/walk in for current intake information.

Housing Works Positive Health Project — Midtown West / near Lower West Side
Address: 301 W. 37th St., 3rd Floor, New York, NY 10018
Phone: 212-465-8304
Hours: Mon–Fri: 9 AM–8 PM; Sat: 10 AM–6 PM
Services: Drop-in support, showers, case management/benefits navigation, health and harm-reduction services. Call ahead to confirm shower availability.

MANHATTAN 24-HOUR DROP-IN CENTERS

Olivieri Center for Homeless — Midtown West
Address: 257 W. 30th St., New York, NY 10001
Phone: 212-947-3211
Hours: 24 hours / 7 days
Services: Adult drop-in services including meals, clothing, showers/laundry and case management. Good option if someone needs a 24/7 Manhattan drop-in location.

Paul's Place — West Village / Chelsea
Address: 114 W. 14th St., New York, NY 10011
Phone: Call 311 for current service details
Hours: 24 hours / 7 days
Services: NYC DHS adult drop-in center with meals, clothing, showers/laundry and case-management connections.

9th Avenue Drop-In Center — Hell's Kitchen / West Midtown
Address: 771 9th Ave., New York, NY 10019
Phone: Call 311 for current service details
Hours: 24 hours / 7 days
Services: NYC DHS adult drop-in center with meals, clothing, showers/laundry and service connections.