

THE 43 TIMES

**Official Newsletter of Community 43; supporting mental wellness,
building community, creating purpose**

The Dog Days of Summer are Fading into C43's Heated Fall Activities

By Lyndell Palermo

It's wonderful to witness the growth and positive changes that Community 43 has been experiencing since its start. The Clubhouse has evolved into a vibrant and supportive environment for its Members and Staff. As we celebrate our third year this Thanksgiving, here is an overview of the strides that we have witnessed across C43's campus. These milestones reinforce the Clubhouse's commitment to providing ongoing support and resources for its Members.

Overall, these developments demonstrate the dynamic nature of Community 43 and its commitment to providing a supportive, engaging, and enriching experience for its Members, Staff, and surrounding community. It's great to see how the Clubhouse has grown and evolved to meet the needs and interests of its membership and the neighboring community.



Community 43

–❤️UPCOMING EVENTS

September promises to be an exciting month with a creative extravaganza, including another Gallery Show and a Music and Spoken Word Showcase. Both events engage member talent and attract broad community interest to celebrate artistic expression and creativity.

–❤️NEW GYM EQUIPMENT

A recent donation of strength and cardio equipment has outfitted the gym with more workout options to help Staff and Members improve their health and fitness training.

–❤️NEW CLUBHOUSE LOGO

C43 has collaborated among Staff and Members to create a new flower design, which showcases a sense of togetherness within the Clubhouse. New merchandise will also be sequentially introduced in the upcoming months. The first merchandise for purchase is travel tumblers, including the all-around tumbler and the wide-mouth-with-handle tumbler.

–❤️EXPANDING MEMBERSHIP

The Clubhouse has expanded in both membership and staff with more than 642 Members. With more Members and Staff, C43's Clubhouse is a growing restorative environment.

–❤️FARMER'S MARKET RETURNS

The Culinary Unit is gearing up for its expanded presence at the Uptown Farmer's Market. Every Saturday, the C43 Booth is located at 5757 North Central Ave, Phoenix, with the major crossroads of Bethany Home Road and Central Avenue.

–❤️NEW AIR CONDITIONING UNIT

The addition of a new AC unit in the gym has improved the facility, making it comfortable for Members to use.