

HOPKINS AUGUST 2026 NEWSLETTER

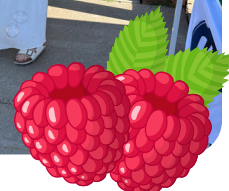
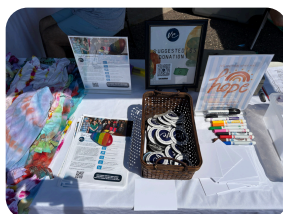
CLUBHOUSE *Big* PICTURE



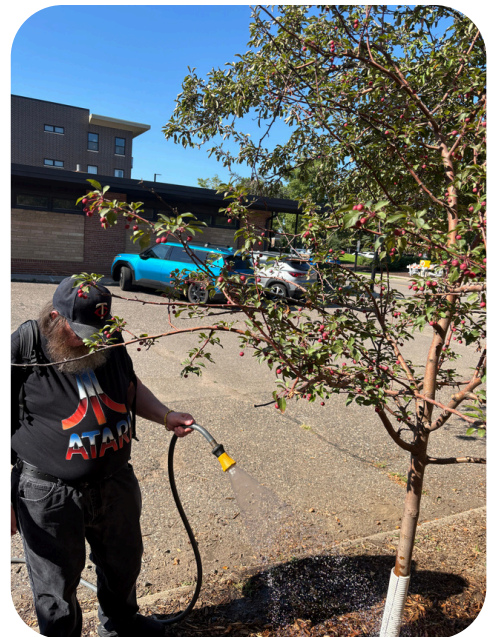
Raspberry Festival 2026!

On Saturday, July 19th, Vail members and staff ran a booth at the Raspberry Festival. We sold crafts made by members to raise money for the Clubhouse. We sold bracelets, slime, magnets, dream catchers, jewelry, and so much more. We made a total of 132 dollars! We had bubble wands and sent people to the Farmers market across the street to advertise our booth. It was a HOT day but we had SO MUCH FUN! Thank you to everyone who stopped by and helped with the booth. :)

by Jackson K.



GARDEN UPDATE :-)



Clubhouse Summer Picnic!

The Hopkins Clubhouse is hosting a combined Clubhouse Picnic on August, 14th from 1:30pm-3:30pm at Burnes Park in Hopkins. We will have a light brunch instead of lunch in the Clubhouse that day and the Clubhouse will close early at 1pm. At the park, we will grill, do fun activities, give out member awards, and so much more! We hope to see you there!!



The Raspberry Festival!

It began on July 15th- July 19th at the Raspberry Festive. We had bingo, classic cars, live music, and the Grande Parade. We also had Vail table at the Raspbery Festival. We sold water and crafts made by current and past members as a suggested donation. I played bingo at the Elks Lodge. They gave you 3 cards for a dollar. I had a pork chop on a stick at the Elks Lodge. It was a good crowd, it was a nice sunny day.

By Jill H.



Hopkins Clubhouse Spirit Week August 10th-14th

Monday, August 10th
Decades Day



Thursday, August 13th
Superhero/Villain Day



Friday, August 14th
Vail Communities Day



Tuesday, August 11th
Twin Day



Wednesday, August 12th
Wacky Hair Day



CULINARY N' WELLNESS DEPARTMENT



Fuzzy
Poster
Social!



Resource Binder:

Come check out our resource binder that our intern, Riley, put together for the last few months!

It is located in the resource room on the main level of the clubhouse.



Food Shelf:

Whether you want to simply augment your monthly shopping trip or are in dire need of food, we have a food shelf. It is now located in the reachout room (the middle room on TRAC side). It is stocked each month, Please use and enjoy.



TRAC DEPARTMENT

Member Shoutout!

Christine,
thank you for
being an
awesome
neighbor.
-Nathan



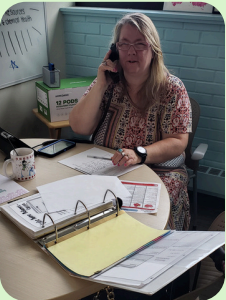
Member Shoutout!

Shoutout to LeRoy for
transporting some ICA food
donation over to Uptown!



Member Shoutout!

Shoutout to Ranees
for doing do many
reachout calls!



Save THE Date 2026 Autumn Gala

You are cordially invited to Vail Communities' 2026 Autumn Gala on Thursday, October 8th! From 5-7:30pm, join us for an evening of delicious food, community, and meaningful conversation with special guest and speaker, Roxane Battle. All proceeds raised will support our Clubhouses. Reserve your ticket today!

Thursday, October 8th
5pm - 7:30pm
Metropolitan Ballroom &
Clubroom
Golden Valley, MN




Come to our weekly meetings!

Please see the calendar for days and times.
Join Virtually on Zoom with the Hopkins code 453 031 2513

Week at a Glance- Shared meeting between clubhouses to go over events happening this week.

Week at a Close- Shared meeting between clubhouses that reviews events from this week and sets goals for next week.

DMM- Decision Making Meeting.

CAV- Counsel, Ambassador, Volunteer.

Enrollment Committee- Meeting to discuss the enrollment of new members

Clubhouse Planning- Meeting to plan upcoming events and the calendar

TE Development- Meeting to discuss our current TE positions and work on securing new ones

Development Meeting/Work Group- Meeting to discuss and plan for upcoming events with the agency

Writing Group- Meeting to write and share meaningful pieces of writing.

History Theatre- A writing group led by resident teachers from the History Theater.

UP
COMING

8/8 Uptown Outing 10:30am Uptown Art Fair

8/10-8/14 Hopkins Clubhouse Spirit Week

8/14 Combined Clubhouse Picnic @ Burnes Park in Hopkins 1:30pm-3:30pm- Clubhouse will close at 1pm

8/18 Wells Roadside Restaurant Outing @ 4pm

8/31 Mental Health Day at the Fair, Clubhouses will bring members to the State Fair for fun. We will not be tabling this year.

Introducing Autumn Breeze!

Who do you consider your family? My siblings, parents, fiends and have lived with my partner for 1 year!

What previous jobs have you had? I volunteered at a food pantry and community kitchen.

What interested you about the Clubhouse model? Being in community with other people.

Have you ever lived in another state? Yes, Washington, Maryland, California, and North Carolina.

Interests...

My favorite book is the Nightengale by Kristen Hannah

My favoite movie is Puff the Magic Dragon because it teaches a lesson about courage

My favorite TV show is Adventure Archives

My favorite meal is Chili Relleno

My favorite Job at the Clubhouse is working the front desk

My favorite color is Olive Green

If you could go on a trip, cost free, to anywhere in the world or universe, where would you go and why? I would go to Thailand because they have beautiful beaches and kind people.

What is something you want the Clubhouse members to know know about you?

I am thankful to be accepted as part of the community.

Resectfully submitted by Teal Grey



SAMANTHA'S CORNER

Exciting changes are coming to our Clubhouse community! We are thrilled to announce the official launch of our six-month pilot program, which will allow us to expand our reach, enhance our daily work-ordered day, and continue growing together. They will be working side by side with Members on projects like cleaning up our employment data, letting the wider community know about us through community presentations and helping to develop a process to make sure that Members know about when their MA renewals are.

To help support this new chapter, we are welcoming three new staff generalists to our team: Christian, Bethany, and Sagal who will be starting on Monday, August 3rd!

How You Can Help!

As members, you are the heart of our Clubhouse, and nobody knows our culture, routines, and community better than you do. As Christian, Bethany, and Sagal step into their new roles, your leadership and support will be invaluable in helping them feel right at home.

Here are a few simple ways you can help onboard our new team members during their first few weeks:

- Give a Warm Welcome: Introduce yourself, share your favorite Clubhouse unit or project, and show them around your favorite spots in the building.
- Work Alongside Them: Invite them to join in on your daily tasks, side-by-side projects, or committee meetings so they can learn our workflows directly from the experts—you!
- Teach them about the Clubhouse Model, the Hopkins Clubhouse and our Clubhouse community!

Let's give Christian, Bethany, and Sagal a huge Clubhouse welcome on August 3rd and make this pilot program a resounding success together!

AUGUST SOCIALS:

August 4th: Birthday Karaoke
August 6th: Music Appreciation
August 11th: Twins Trivia
August 13th: Superhero/ Villian Trivia
August 18th: Wells Roadside Restaurant Outing and TBD Clubhouse Social
August 20th: Pet Appreciation
August 25th: Movie Social- Best in Show
August 27th: Movie and Popcorn- The Point



AUGUST BIRTHDAYS

Adam A

Tammy C

Jen H

David H

Joeleen K

Jon L

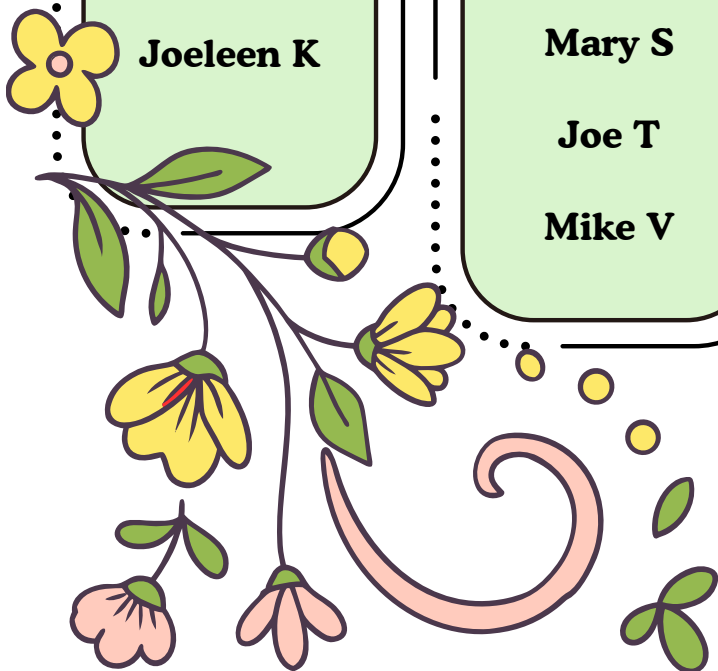
Joan M

Tim R

Mary S

Joe T

Mike V



A MESSAGE FROM NAMI

Finding Help

We urge Minnesotans to use Mobile Crisis Response Teams. When someone is experiencing acute psychiatric symptoms, Mobile Crisis Response Teams provide direct mental health support, in person or remotely, wherever it is needed. NAMI Minnesota strongly encourages community members to save their county's Mobile Crisis Response Team number (available at JustCallMN.com) in their phone contacts.

Mobile Crisis Response Teams are available to everyone, regardless of immigration status. While teams may bill insurance when available, they never deny services based on the ability to pay. All services are confidential.

CALLING ALL WRITERS!

We would love for folks to contribute to the monthly newsletter! Please come in and write an article talking about the Clubhouse or anything else you'd like to contribute!

WE HAVE NEW PHONE NUMBERS!

Main Line (H2)... 952-938-9622
Hopkins Club... 952-297-8908
Uptown club... 952-297-8900
Ramco Club... 952-297-8923
Case management... 952-945-4275
Housing... 952-945-4290



Hopkins Clubhouse - August 2026

Clubhouse Hours

M-F 8:30-4:30p

Tuesdays & Thursdays open till

6:30pm

Weekend: Zoom Socials/Outings

Daily Meetings:

AM 9:00 Morning Meeting,
9:15 - 9:30 Dept. Meetings
PM Dept Meeting after 1p Meeting

Monday	Tuesday Open Until 6:30	Wednesday	Thursday Open Until 6:30	Friday	Sat & Sun
3 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Date Snickers	4 10:00 Development Mtg 3:00 Group Movement 4:00 Social: Birthday Karaoke Social	5 10:00 Enrollment Committee 1:00 DMM 2:00 Baking Club: Birds Nest Cookies	6 9:30 New Member Orientation 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Music Appreciation	7 1:00 Week at a Close 3:00 Art Social: Scratch Art	8 <u>Saturday</u> Walk/Run Club @ Uptown 9am 10:30am Uptown Outing the Uptown Art Fair 9 <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan
10 Decades Day 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club:Chocolate Cupcakes w/Chocolate Frosting	11 Twin Day 10:00 Development Mtg 11:00 Calendar Planning 3:30 Group Movement: 4:00 Social: Twins Trivia S p i r	12 Wacky Hair Day 10:00 CAV Meeting 1:00 DMM 2:00 Baking Club: Brownies and Scotheroos for picnic	13 Superhero/Villian 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Superhero/Villian Trivia	14 Vail Communities Day: Brunch @ Noon Picnic at Burnes Park 1:30-3:30 Clubhouse Closing @ 1pm	15 <u>Saturday</u> Walk/Run Club @ Uptown 9am 16 <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan
17 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Chocolate Chip Zucchini Bread	18 10:00 Development Mtg 11:00 Front Desk Training 1:30-3- History Theatre 3:00 Group Movement 4:00 Wells Roadside Restaurant Outing 4:00 Social TBD	19 10:00 Enrollment Committee 1:00 DMM 2:00 Baking Club: Cosmic Brownie Banana Bread	20 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 4:00 Social: Pet Appreciation	21 1:00 Week at a Close 3:00 Art Social: Water Color	22 <u>Saturday</u> Walk/Run Club @ Uptown 9am 23 <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan
24 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Baklava	25 10:00 Development Mtg 11:00 Calendar Planning 1:30-3- History Theatre 3:00 Group Movement 4:00 Social: Movie and Popcorn- Best in Show	26 10:00 CAV Meeting 1:00 House Meeting 2:00 Baking Club: Banana Cream Pie	27 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 4:00 Social: Movie and Popcorn- The Point	28 1:00 Week at a Close 3:00 Art Social: Taylor Swift Social with Friendship Bracelets	29 <u>Saturday</u> Walk/Run club @ Uptown 9am 30 <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan
31 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: No Bake Energy Bites MH Day @ the State Fair	Sept 1 10:00 Development Mtg 11:00 Snack Bar Training 1:30-3- History Theatre 3:00 Group Movement 4:00 Social TBD	2 10:00 Enrollment Committee 1:00 DMM 2:00 Baking Club: Caramel Puff Corn	3 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 4:00 Social: Piano Concert with Joan	4 1:00 Week at a Close 3:00 Art Social TBD	5 <u>Saturday</u> Walk/Run club @ Uptown 9am 6 <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan

Zoom: Hybrid Meetings in The Meeting ID's are:

Uptown Zoom (Red) - 878 196 3865
Hopkins Zoom (Blue) - 453 031 2513
Ramco Zoom (Green) - 485 388 0508
or Call in only 888-788-0099, then 878 196 3865

*Black - In Person
Only

*Sat: Week of Outing
Sign up - Front Desk



Uptown Clubhouse

1412 W 36th St.,
Mpls MN 55408

Phone: 952-297-8900

Hopkins Clubhouse

15 - 9th Ave. S.,
Hopkins, MN 55343

Phone: 952-297-8908

Ramsey Clubhouse

285 Dale St N
St Paul MN 55103

Phone: 952-297-8923



NEED HELP FINDING RESOURCES?!

Clubhouse Members can come to the Resource Room at the Clubhouse Monday-Friday from 2-3p to get help with employment, education, housing, food support, paperwork, etc with help from Staff and other Members!

Weekend Programming

*Sign up: Week of the
Saturday Outing at Front Desk

Hopkins Clubhouse will not be doing any weekend outings this month

Saturday, August 8th,
Uptown Outing at 10:30am
Uptown Art Fair

STAFF PHONE NUMBERS

Chad 952-529-1403
Samantha 952-406-9284
Daithi 952-529-1100
Nikki 952-300-5378
Autumn 651-418-6755
Kim 651-418-5482

August 2026 Daily Schedule Open M-F 8:30-4:30p Tuesdays & Thursdays open til 6:30pm

9:00a Morning Meeting

9:30a-12:00p Clubhouse Work Ordered Day

12:00p Lunch \$2

1:00p Afternoon Meeting

1:30 (M,T,Th,F) and 2p on Wed Department Meetings
1:30p Clubhouse Work Ordered Day

4:00p Thurs & 3:00p Fri. > Social Rec Activity

5:00p Tuesday & Thursday Dinner \$2

Meeting Glossary

Week at a Glance- Shared meeting between clubhouses to go over events happening this week.

Week at a Close- Shared meeting between clubhouses that reviews events from this week and sets goals for next week.

DMM- Decision Making Meeting.

CAY- Counsel, Ambassador, Volunteer.

Enrollment Committee- Meeting to discuss the enrollment of new members.

Clubhouse Planning- Meeting to plan upcoming events and the calendar.

TE Development- Meeting to discuss our current TE positions and work on securing new ones.

Development Meeting/Work Group- Meeting to discuss and plan for upcoming events with the agency.

Writing Group-Meeting to write and share meaningful pieces of writing.

History Theatre- A writing group led by resident teachers from the History Theater.



Meals

In August we will be making a menu on a weekly basis. Join us Thursdays at 1pm and we will plan the menu for the following week. The menu will be posted at the front desk and will also be shared in the email blast and on Facebook, you could also call the front desk to ask about the menu. We now have a salad bar!

MEALS \$2

**SALAD:
BOWL \$.50
PLATE \$1**

**LUNCH M-F AT NOON
DINNER TUESDAYS AND
THURSDAYS AT 5PM**

Change in Evening and Weekend Programming

Due to low
attendance on open
Saturdays, the
Hopkins Clubhouse
will instead be open 2
evenings per week on
Tuesdays and
Thursdays until
6:30pm.