

HOPKINS JULY 2026 NEWSLETTER



CLUBHOUSE *Big* PICTURE



Hopkins PRIDE 2026

The first ever Hopkins pride festival finally appeared, and it was a smashing success with the local community. It was a safe, clean, and tame experience (aside from a.. ahem.. mildly unique vendors hehe) that was welcoming to all ages.

True to color, the community of Hopkins all gathered together and had some fun 😊. Vail was a big support to the festival staff and volunteers, and we shared the clubhouse so volunteers could cool off from the hot weather and grab snacks and refreshments. Our mission is to support anyone who needs a safe and sober space, no matter the background.

It was great seeing Vail get more attention towards the clubhouse model and letting the community know who and where we are. Our community has faced some rough terrain this year, but still overcame those challenges. Some brought flags and colorful clothes, others stood strong with fur, ears, tails, and bravery. Tented members of spiritual faith remained fully supportive of the space and respectful to all, challenging the stereotypes with positivity. Even when the festival faced challenges, they worked together to peacefully outshine the adversity. Truly, first time I've ever seen a dog wave a pride flag lol.

Overall I'm glad I was invited and participated in the festival, and I hope we see more community engagement opportunities in the near future.

WE ARE VAIL AND WE ARE PROUD!

-Blake M



Garden Update :-)



Pilot Program

We received a grant from Hennepin County to help us develop and expand the Clubhouse even more. In the next couple of months, the Hopkins Clubhouse will be hiring temporary full time staff to help in the clubhouse with development, data clean up, and other areas that need some attention. We will need assistance with the interview process and making these new staff feel welcome! Let someone know if you are interested in the interview process.



DMM Updates

6/17:

Proposal: We want to create coupons that can be used to receive a free lunch. This will be deducted from the emergency fund which will be renamed the Community Lunch Fund and once that hits -\$50, we will ask on social media for donations to refill it. Any colleague can also donate money to it, and the money jar next to the snack bar will also go into that. We can see how much this impacts the clubhouse and how quickly we get to -\$50 and make sure it is making sense. It can be used for lunch and/or salad bowl or plate only. This proposal passed on 6/17/2026 with no blockers. Please call or stop at the clubhouse if you have any questions.



Raspberry Festival Info

The Hopkins annual Raspberry Festival is back! From July 15th through the 19th there will be festivities and activities in and around Hopkins. Vail Communities Hopkins Clubhouse will be tabling during the Raspberry Festival and Hopkins Farmers Market on Saturday, July 18th from 7am-12pm. The Clubhouse may even participate in some of the festivities including the hunt for the Golden Raspberry Medallion (whoever finds it gets a 300 dollar cash prize) and the senior social held at Downtown Park.



CULINARY N' WELLNESS DEPARTMENT



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

Welcome Tom!



My name is Tom Johnson and I am a new volunteer at Hopkins Clubhouse of Vail Communities...I live in Excelsior with my wife of 35 years, have two adult children, and an awesome Golden Retriever we call Betty White the Dog. I enjoy golfing, playing pickleball, fishing, yardwork, and hanging out with family and friends...

For over 40 years, I have been in sales/management, and I love what I do- it brings me energy, passion, and friendships!

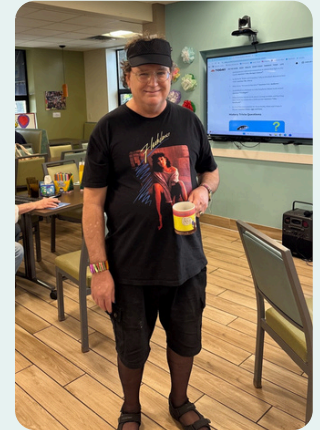
Over the years, I have volunteered in different capacities..The one thing that has been the common thread is relationships.. I like "connecting" with people- listening and learning about their lives, hopes, dreams, challenges, etc..Having had some mental health challenges in my life, Vail aligns with my personal wishes to learn more about mental health and recovery. My goal is simply to be an active listener and participant in the lives of those seeking hope, friendship, teamwork, and happiness.

I have very much enjoyed meeting many members and staff at Hopkins Clubhouse, and look forward to my weekly visits with everyone!!!

Member Shoutout!

Shoutout to Brian Shumm for being a good friend & neighbor.

-Nate



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.



July 3rd: Clubhouse Closed in Observance of 4th of July

July 4th: Clubhouses Open
Holiday Hours 10-2 with a free lunch!

July 7th: Visit from Hennepin County

July 15th: Raspberry Festival starts- Search for Raspberry Medallion

July 18th: Tabling at Raspberry Festival/Farmers Market

July 21st: Picnic and Outing to Normandale Japanese Garden

Introducing Robin A...

Interview by Teal G.

How long have you been a member? 20 years

What do you like best about working the snack bar? Talking with people

How many children do you have? 2

How many grandchildren do you have? 3, 2 boys and 1 girl (Jonas, Kali, and Julian)

What is your favorite social activity? Going to a movie

What is your favorite movie? Mrs. Doubtfire or Annie

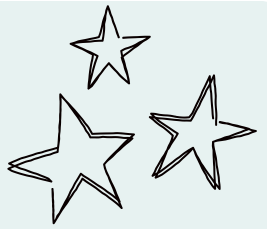
What is your favorite game? Uno

If you could travel anywhere in the world, cost free, where would you go? Sweden to see my relatives!

Do you have any pets? I have a cat named Binky- she is still playful even though she is 7 years old

Can we count on you to continue to do a stellar job at the snack bar? Oh yes!

If there was one thing you want members to know about you, what would it be? I love tutoring kids!



SAVE THE DATE!

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



JULY SOCIALS:

JULY 2ND: CRIBBAGE W/ ROOTBEER FLOATS

JULY 7TH: BIRTHDAY/ KARAOKE

JULY 9TH: MRS. DOUBTFIRE W/ COWBOY CAVIAR

JULY 14TH: TRIVIA NIGHT WITH VEGGIE AND DIP

JULY 16TH: MUSIC APPRECIATION

JULY 21ST: FUZZY POSTERS W/ JENNY OR NORMANDALE JAPANESE GARDEN OUTING

JULY 23RD: TOY STORY W/ CHIPS AND QUESO

JULY 28TH: BINGO

JULY 30TH: GAME NIGHT W/ POPCORN



JULY BIRTHDAYS

Leslie-Ann A

Felicia C

Nick E

Paul H

Hendrix J

Todd K

Karen K

Chris L

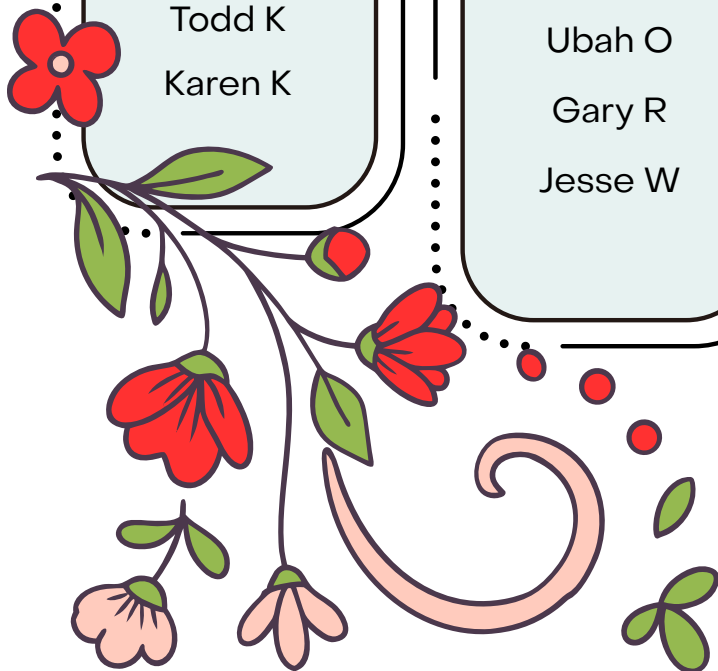
Jim M

Michael M

Ubah O

Gary R

Jesse W



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

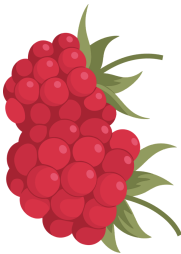




Clubhouse Hours
M-F 8:30-4:30p
Tuesdays & Thursdays open til
6:30pm

Weekend: Zoom Socials/Outings

Hopkins Clubhouse - July 2026

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
 <p>6 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Rhubarb Loaf</p>	 <p>7 Visit from Hennepin County 1-3 10:00 Development Mtg 3:30 Group Movement: Tai Chi w/April 4:00 Birthday/Karaoke Social</p>	<p>1 10:00 Enrollment Committee 1:00 DMN 2:00 Baking Club: Sugar Free Chocolate Chips</p>	<p>2 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Cribbage with Rootbeer Floats</p>	<p>3 Clubhouse Closed in observance of 4th of July</p>	<p>4 Saturday 4th of July!!! Open 10a-2p Lunch at 12p </p> <p>5 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>13 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: No Bake Energy Bites</p>	<p>14 10:00 Development Mtg 11:00 Calendar Planning 3:00 Group Movement: Walk and Nature Photography 4:00 Social: Trivia Night with Veggie tray and dip</p>	<p>8 10:00 CAV Meeting 1:00 DMN 2:00 Baking Club: Pumpkin Loaf</p>	<p>9 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Mrs. Doubtfire movie with Cowboy Cavalr</p>	<p>10 1:00 Week at a Close 3:00 Art Social: Sensory Slime</p>	<p>11 Saturday Walk/Run Club @ Uptown 9am</p> <p>12 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>20 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Oatmeal Raisin Cookies</p>	<p>21 10:00 Development Mtg 3:00 Group Movement 3:00 Outing to Normandale Japanese Garden and Picnic 4:00 Fuzzy Poster Social with Jenny</p>	<p>15 Search for Raspberry Medallion 10:00 Enrollment Committee 1:00-2:30 Raspberry Fest Senior Social 2:00 Baking Club: Raspberry White Chocolate and Macademia for tabling</p>	<p>16 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Music Appreciation</p>	<p>17 1:00 Week at a Close 3:00 Art Social: Decorate Hair Clips</p>	<p>18 Saturday Tabling at Farmers Market 7- 12pm during Raspberry Fest Walk/Run Club @ Uptown 9am</p> <p>19 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>27 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Strawberry Rhubarb Crisp</p>	<p>28 10:00 Development Mtg 11:00 Calendar Planning 3:00 Group Movement 4:00 Social: Bingo</p>	<p>22 10:00 CAV Meeting 1:00 DMN 2:00 Baking Club: Banana Cream Pie</p>	<p>23 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Toy Story Movie with Chips and Queso</p>	<p>24 1:00 Week at a Close 3:00 Art Social: Candle Making</p>	<p>25 Saturday Walk/Run club @ Uptown 9am</p> <p>26 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
	<p>29 10:00 Enrollment Committee 1:00 DMN 2:00 Baking Club: Tanghulu</p>	<p>30 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Game Night Social with Popcorn</p>	<p>31 1:00 Week at a Close 3:00 Art Social: Handmade Scrunchies</p>	<p>1 Saturday Walk/Run club @ Uptown 9am</p> <p>2 Sunday 1:00 Lunch Bunch w/ Jonathan</p>	



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

Uptown Zoom (Red) - 878 196 3865
Hopkins Zoom (Blue) - 453 031 2513
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

4th of July Open Holiday Hours
10-2

Tabling @ Hopkins Raspberry Festival

July 25th 10:30: Uptown Outing to Afton State Park

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

July 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

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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 July 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.