

HOPKINS JUNE 2026 NEWSLETTER



CLUBHOUSE *Big* PICTURE

GREAT NEWS!!

Words truly can't express our gratitude. Vail Communities is in complete awe and over-the-moon excited to share the news with you: RamCo and Uptown Clubhouses will remain open!💙

Through a deeply transformational and generous gift from an extraordinary donor, Corey Sauer, combined with the recent notification that DHS will provide bridge funding through the end of 2026, Vail can continue to provide life-changing services to our RamCo and Uptown communities.

We are profoundly thankful to Corey, whose compassion and heart have made this possible. We are also thankful to DHS for their continued partnership and commitment to our members and community.

In Mid-May, Michelle, Tom, and Nikki carried out a wonderful presentation for a group of psychiatrists at HCMC! Thank you guys so much for helping!



Twins Game Outing!



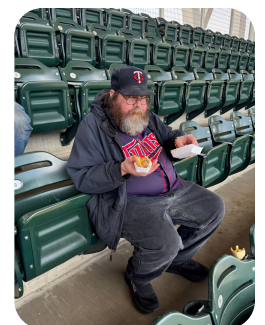
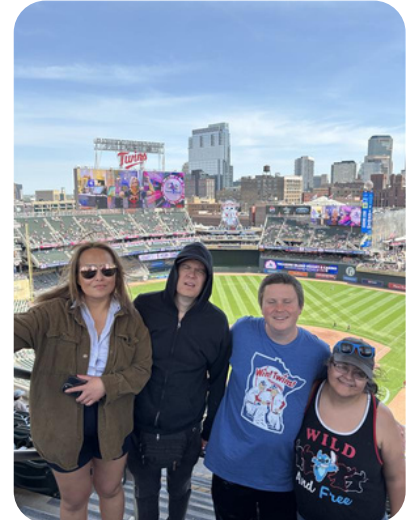
Twins win, Twins win, Twins win! But wait I'm getting ahead of myself. Four of us colleges left Hopkins on the 14th of May to go to the Twins game. We parked in ramp B and walked to the stadium. At the stadium, we met up with our colleges from Ramco and Uptown. Eric had the tickets and we all went inside the stadium. We went up a couple of escalators and then walked the concourse to find our seats. They were way up in section 316. Which was fine because even though high up they were right behind home plate. We all stood for the flag raising and the national anthem and the game began.

The top of the first went fast, but in the bottom of the first the Twins filled the bases. But the Marlins got out of the inning. Top of the second went fast.

In the bottom of the second, the Twins filled the bases again, but this time got key hits and scored five runs. Top of the third went fast. And the Twins scored one run on a walk, a stolen base and a double. Then the game settled down. With neither team scoring for several innings.

The Twins pulled their starter after seven innings and in the top of the eighth inning the reliever gave up a run. The Twins got back three in the bottom of the eighth. Top of the ninth was one, two, three, and the Twins won a 9-1 final score. It was a great game, and everyone enjoyed it.

Richard W.



Veggies, Herbs, and Trees, Oh My!

At the beginning of the spring season, the Hopkins Clubhouse reached out to various greenhouses and garden centers in the Twin Cities Area requesting garden donations for the outside of the Clubhouse.

We heard back from Tonkadale Greenhouse in Minnetonka, who donated 250 dollars worth of vegetables and herb starts. With this we were able to go there in person and hand pick our peppers, tomatoes, cilantro, rosemary, parsley, chives, oregano, and so much more! We brought them back to the Clubhouse and planted them later that week.

We also received a donation of two balled and burlap trees from Bachman's, one for Hopkins and one for Uptown. They delivered the trees at the end of May and we are so excited to plant them and take care of them for years to come!



Mainstreet Days

The Mainstreet of Hopkins was filled with booths of information and vendors who were hopeful of sales. The vendors were selling everything from rock candy (which I bought), all the way to jewelry and yummy mini donuts. I saw some gyros, which were a hit. Hopkins Schools had an education booth and right by the Clubhouse was a stage with different genres of music playing. Vail Communities had a table right in front of the Clubhouse. I brought a friend to see the Clubhouse after we visited our table so he could learn more. I was so proud of the Clubhouse and what we stand for. A very great day at Mainstreet Days was had. Peace Out!

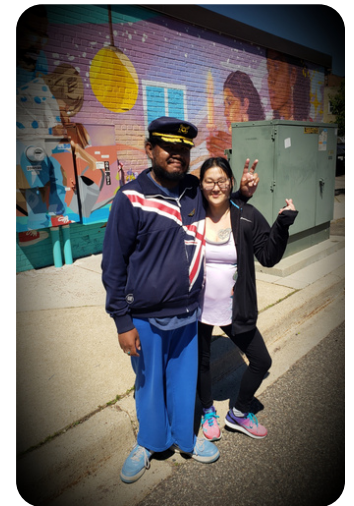
Ranee S

Memorial Day at the Clubhouse!

It was very interesting on Memorial Day! It was more quiet this year. We had some regulars, some surprise members who came whom we haven't seen in a long time. There was a wonderful meal with hamburgers, German Potato Salad (that was phenomenal), and coleslaw. At the Downtown park across the street, the Hopkins American Legion, Hopkins VFW, and the crowd of people celebrated Memorial Day Style. There was a gun salute during the Memorial Day program. Meanwhile, back at the Clubhouse there were a lot of conversations which was really awesome. Everyone came together and enjoyed Memorial Day at the Clubhouse.

Ranee S

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

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.

Shoutouts!

Shout out to EVERYONE who helped spread the word in the community about our funding uncertainty these last couple of months! EVERYONE who wrote a letter or contacted state representatives, legislators, county commissioners, and anyone in between. Thank you to EVERYONE who helped with our garden, EVERYONE who came to the mini retreat, EVERYONE who helped with garden, EVERYONE who went and spoke at the listening sessions in Rochester. Shout out to EVERYONE!



June 4th at 10am: Camp Knutson Info Session

June 14th: Hopkins PRIDE 11-4

June 19th: Juneteenth Open Holiday Hours 10-2

June 22nd: Clubhouse Closed for Staff Training Day

June 27th: Farmers Market

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

July 4th: Open Holiday Hours 10-2 Lunch at 12pm

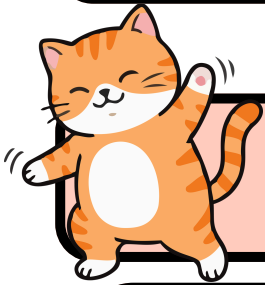
We are doing the Hopkins Farmers Market this year!

Calling people who would like to help represent Vail Hopkins Clubhouse on those days!

Understanding Social Ethics by Donnie L:

In addition to self-knowledge and self-control, social workers must develop a thorough understanding of societal values and ethics. This understanding goes far beyond familiarity with an ethical code; it requires grasping the meaning and practical implications of each principle. Knowing your code of ethics is essential because these principles guide virtually every aspect of professional life. A common base of knowledge is required across social work practice, including theory, research, community behavior and development, and the processes that support clear, accurate communication.

Responsible assertiveness is another essential characteristic of effective social workers. Responsible assertiveness means expressing one's thoughts and feelings in ways that uphold the rights and dignity of others. It is necessary for fulfilling nearly all social roles and functions and reflects our personal and professional power, authority, and responsibility. Therefore, express your knowledge and opinions with respect. These qualities should be evident throughout the practice of social work. A concise summary of these values will aid our ongoing exploration of this phenomenon.



CHAD'S CORNER



I am both relieved and deeply grateful to share that, through our collective effort, we have secured the financial support needed to keep our Clubhouses open and continue our journey side-by-side. This achievement is a testament to the unwavering fortitude, inventive problem-solving, and everyday acts of grace shown by every colleague, staff and member alike -THANK YOU! The encouragement, kindness, and support you have offered one another have made all the difference, meeting each challenge with unity and resilience. You have shown what's possible when colleagues come together, and every gesture, no matter how small, has helped shape our Clubhouses into places of belonging, purpose, and hope. Your spirit of collaboration and mutual support is truly what makes this success possible, and I am profoundly grateful for each of you.

While this renewed stability carries us forward through this year and into 2027, I am especially glad to celebrate this achievement with all of you. Our work is ongoing, and I remain committed, alongside each of you, to building lasting solutions together so our Clubhouses continue to thrive well into the future.

I want to extend my heartfelt thanks to every colleague whose collaboration, strength, and encouragement have anchored us. To our staff: your unwavering support, strength, and commitment to our community have been the foundation and the essence of this successful outcome. To our members: your energy, persistence, and courage in sharing your stories have inspired us all and truly made this achievement possible. Your advocacy and willingness to uplift and support one another are what create our vibrant, welcoming community. I am proud to stand with each of you as we move forward together.

Congratulations and thank you to each and every one of you—WE DID IT! -Chad Bolstrom

JUNE SOCIALS:

JUNE 2ND: PATCH ADAMS MOVIE WITH
POPCORN W/HARRY

JUNE 4TH: 4:00 PATIO PARTY SOCIAL

SUNDAY JUNE 14TH HOPKINS PRIDE 11-4

JUNE 19TH :JUNETEENTH

CLUBHOUSE OPEN 10 AM- 2 PM

JUNE 23RD : 4:00 SOCIAL: VAIL SALON
WITH LISA WITH VEGGIE TRAY AND DIP

JUNE 25TH : 4:00 SOCIAL: GAME NIGHT
SOCIAL

JUNE 30TH : 4:00 SOCIAL: MISS
CONGENIALITY 2

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!

JUNE BIRTHDAYS

Grace B.
Earl B
Christopher
C.
Randy C.
Amber D
Sylvia H.

Richard H.
Joan H.
Angela J.
Darnell L.
Peggy M.
Vickie R.

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 - June 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>1 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Oreo Truffles</p>	<p>2 10:00 Development Mtg 11:00 Calendar Planning 3:00 Group Movement: Walk to Murkabears 4:00 Social: Patch Adams Movie Social w/ popcorn w/ Harry F</p>	<p>3 10:00 Enrollment Committee 1:00 DMM 2:00 Baking Club: Sugar Free Tiramisu</p>	<p>4 10:00 Camp Knutson Info Session 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Patio Party Social</p>	<p>5 1:00 Week at a Close 3:00 Art Social: Mental Health Beaded Bracelets</p>	<p>6 Saturday Walk/Run Club @ Uptown 9am 7 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>8 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: No Bake Energy Bites</p>	<p>9 10:00 Development Mtg 3:00 Group Movement: 4:00 Culvers Outing and Purgatory Park</p>	<p>10 10:00 CAV Meeting 1:00 DMM 2:00 Baking Club: Fudge</p>	<p>11 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Karaoke Birthday Social</p>	<p>12 1:00 Week at a Close 3:00 Art Social: Diamond Art</p>	<p>13 Saturday Walk/Run Club @ Uptown 9am 14 Sunday Hopkins PRIDE 11-4 1:00 Lunch Bunch w/ Jonathan</p>
<p>15 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club Cinnamon Rolls</p>	<p>16 10:00 Development Mtg 11:00 Calendar Planning 3:00 Group Movement: 4:00 Social: Disney Music Social</p>	<p>17 10:00 Enrollment Committee 1:00 DMM 2:00 Baking Club: Scotcheroos/Rice Krispies</p>	<p>18 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Trivia Night</p>	<p>19 Juneteenth Clubhouse Open 10 AM - 2 PM</p>	<p>20 Saturday Walk/Run Club @ Uptown 9am 21 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>22 Staff Training Day! Clubhouse Closed</p>	<p>23 10:00 Development Mtg 3:00 Group Movement: 4:00 Social: Vail Salon with Lisa with Veggie Tray and Dip</p>	<p>24 10:00 CAV Meeting 1:00 DMM 2:00 Baking Club: White Chocolate Macadamia Cookies</p>	<p>25 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Game Night</p>	<p>26 1:00 Week at a Close 3:00 Art Social: Rock Painting</p>	<p>27 Saturday Walk/Run club @ Uptown 9am 7:30-12p- Hopkins Farmers Market 28 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>29 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Baking Club: Chocolate Chip Cookies</p>	<p>30 10:00 Development Mtg 11:00 Calendar Planning 3:00 Group Movement 4:00 Social: Miss Congeniality 2</p>	<p>1 10:00 Enrollment Committee 1:00 DMM 2:00 Baking Club: Raspberry White Chocolate Cookies</p>	<p>2 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00 Hopkins Writing Group 4:00 Social: Star Trek 2: The Wrath of Khan</p>	<p>3 Clubhouse Closed in observance of 4th of July</p>	<p>4 Saturday 4th of July Open 10a-2p Lunch at 12p 5 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

Hopkins PRIDE Festival
Saturday, June 27
11-4p

Hopkins Farmers Market
Saturday, June 27
7:30-12p

STAFF PHONE NUMBERS

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

**June 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.

CAV- Counsel, Ambassador, Volunteer.

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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 June 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.