

CLUBHOUSE *Big* PICTURE



Beach Day at Lake Nokomis!!

On August 15th, Vail Communities celebrated Beach Day at Lake Nokomis.

All three Clubhouses attended the event. All three brought games, Hopkins and Ramco brought food, and Uptown brought chairs and drums and more. Eric and Cleo did the grilling while people played games like cribbage and chess or just socialized in our wonderful community.

Then it was time to eat, and the lines went fast. We all enjoyed burgers, brats, and hot dogs with coleslaw and chips. And yes, they did serve seconds. For dessert, we had DQ Ice Cream Cake. Very nice on a hot day.

All too soon it was nearing 2:00 P.M. and we had to clean up and leave.

Beach Day was a wonderful day to come together as a community.

Richard W.



Visitors in the Club

On July 29th, Vail Communities Hopkins Clubhouse hosted a group of people from Olmstead County. Most of them drove up from Rochester Minnesota. When they arrived, they were given a tour of the Clubhouse and a presentation. Then they joined in our work ordered day.

Nikki made fried rice with the help of some of the people from Rochester. We had lunch. While some of the members told their stories on what they thought about the club. We also talked about the financials of opening a Clubhouse. So that they could open a Clubhouse in Rochester. Then all eight of them went to the conference room. Where they were joined by some members and staff to work on the newsletter and Calander. After that, they said their goodbyes and got in their vans and left with a much greater appreciation of the Clubhouse experience.

Richard W.

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



Ragnar Relay Race!



On the weekend of August 8th, Vail Communities team Mind Over Miles survived and thrived during the RAGNAR relay race starting in St. Paul and up to Duluth! There were some bouts of heat exhaustion and sickness, but spirits remained high! They finished 207.4 miles on Saturday in Duluth and raised over \$14,000 for Vail Communities Clubhouses. Thank you to everyone involved in Vail Communities' participation in the race, runners who endured the trek and volunteers who sold snow cones!



CULINARY N' WELLNESS



The Culinary N' Wellness Department and Baking Club have been busy this month creating some tasty treats and savory meals. We also did a wellness activity walking to Pangos, a local smoothie shop, in downtown Hopkins as a group.



Garden Progress



The garden continues to grow various peppers and tomatoes.

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 in the pantry on the west wall, two shelves. It is stocked each month, Please use and enjoy.

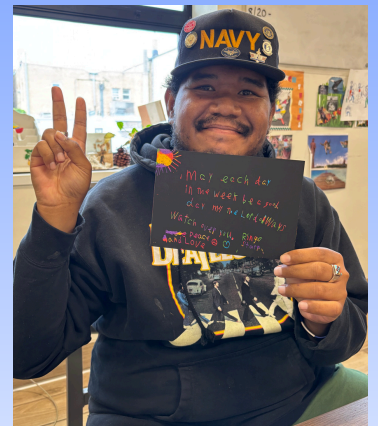


MEMBER DEVELOPMENT

Up and coming socials in August at Hopkins!

- **Art Socials every Monday at 3pm!**
- **Social Recreation every Friday at 3pm!**
- **Lunch Bunch on Zoom with Randy on Sundays at 1pm!**

- September 4th: Inside Out Movie
- September 11th: Birthday Social Cake in a Mug
- September 18th: Nintendo and/or Board Game Social
- September 25th: Oil Painting Social
- October 2nd: Star Wars Social



Thank you Katie and Breanna!

A HUGE thank you to our summer intern, Katie, and our part time staff, Breanna. Katie's last day was August 15th and Breanna's last day was August 23rd. Your hard work and dedication to the Hopkins Clubhouse did not go unnoticed and you will be missed greatly. We wish you well in your future learning adventures and career endeavors! We threw celebrations for Katie and Breanna and made peach cobbler and brownies.

"Hey, Hopkins Clubhouse! Thank you for having me back after my internship was done so I could be here with you all part time. I'll miss seeing all of your wonderful faces! I wish the best for each and every one of you, and I'll definitely come by some time to visit.

Keep supporting each other and making the clubhouse an amazing place to be!

Not goodbye, but see you soon."

Breanna



TRAC

Come to our weekly meetings!

Please see the calendar for days and times.

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

History Theatre- Writing stories that inspire.

CLUBHOUSE CONNECTIONS

Vail Communities at the State Fair!

On August 25th, Vail Communities went to the State Fair. All three Clubhouses were represented. Ramco, Uptown, and Hopkins staff and members all worked at the booth and the art tables. We had a good time and worked in shifts. Our booth was hopping. It was very busy. We had a beautiful day at the fair. Many children came to do art and some adults also. And children also visited our fishing game to be asked a question and win some candy. Some people came and talked to us at the booth about Vail and took information or swag. All too soon it was time to leave and go back to our respective Clubhouses.

Richard W.



SEPTEMBER BIRTHDAYS

Allan H
Barbara K
Michael K

Renee L
Melissa M

Timothy P
Michelle T

Bunny T
Adiwo O

Creative Corner

A Poem by Blake M

A man who lives with dogs as allies
No one could prepare for his big surprise
He told the truth when others told lies
Living out of a barrel, awaiting the sunrise.

Of all the people that have met
This man found love in spiritual debt
Traveled through time to the great reset
Ate with his hands, to embrace his vett

Not even Alexander was a match for him
The barrel was his home, his beauty, his whim
Begging for scraps in a market of limbs
His tombstone cried out for the grim

"Throw me to the wolves" he often proclaimed
"Let them feast upon my corpse, till nothing remains"
"Though it may seem callous, quite possibly insane"
"When the time comes, you'll remember my name"

Samantha's Spot

Thank you to everyone for another great month after decoupling! We have had some great events and thank you to all who have helped with that! We identified this month some goals for the rest of the year and they are:

- Responding to the accreditation
- Find 1-2 more TE positions
- Find 1-2 new Advisory Council Members
- Continue doing Reach Out to Members
- Improve our new Member retention

If you'd like to learn more or help with these things, please come to our enrollment committee, CAV meetings, Development Meeting and TE Development meetings as well as Clubhouse Planning and DMM's.

Thanks Everyone! Let's have a great start to the Fall!



What: Vail Communities is hosting a fundraising event including activities & booths, and games like bingo and a dunk tank with prizes.

Where: Great Northern Room at St. Mary's Greek Orthodox Church
3450 Irving Ave S, Minneapolis MN 55408

When: October 4th 10am-1pm

How can you help? Help us spread the word about this fundraiser and join us for some family friendly fun.