

HOPKINS MAY 2026 NEWSLETTER



CLUBHOUSE *Big* PICTURE



On April 8th the Hopkins Clubhouse hosted Commissioner Edleson and her staff for a presentation about Clubhouse. Thank you to the Commissioner for taking the time to come and speak with our members and staff. We look forward to working with you in the future.

Farewell Riley!

"Thank you, good luck with your future endenvours. You got this girl!." -Robin A

"Good luck, Riley! Have fun working with the kiddos. "Please don't gooooo by Mike Posner." - Maleni G

"Thank you and good luck with everything." - Kelsey N

"Good Luck!" - Kathy L

"Good luck!" - Richard W

"Thank you for your time at Vail, Riley. Wishing you well on your next adventure." -Kim C



"Wish you good luck!- Paul H

"Don't be a stranger. Come back and visit." -Daithi F

"Thank you for doing SO much research on resources in our community. I wish you the best!." -Nikki R



History Theatre 2026



History Theatre April 28th, 2026.
What a dazzling night! Ramco was so mesmerizing with their opening of the show! All of the creativity that flows through their history pieces.

Hopkins brought the need for Clubhousees which we do need! That opened our part of the show. We were so fortunate to have this show in our time of need.

Ranee S.



On April 23rd, 2026, History Theatre as the Ramsey group said, "His story, her story, our story, your story, welcome to the Vail Community Clubhouses".

Performing at the History Theatre is the culmination of many months of work. History Theatre Actors come to the different Clubhouses, Ramsey, Uptown, and Hopkins and give us prompts to write on. There are usually three prompts, but they always add that special one. Write on anything you feel like writing. These prompts cover a wide range of material.

After writing our stories, we select those few we want to share at the History Theatre. Once we have selected those stories, we start to put them in the order they will be presented in. Who will be first, second, Next, we time our presentation, so it fits within the timed guidelines. Then we practice that presentation several times. We even have a rehearsal at the History Theatre. On the day of the performance, we arrive at the History Theatre early. We do a walk through and then eat dinner.

Then we relax for a little while and enter the Theatre taking our seats. Performance time Ramco1 performs.

Applause at all their great stories. Then Hopkins performs more applause. Then Uptown performs more applause. Finally, Ramco2 performs more applause. An Audience question and answer session was followed by a meet and greet. All in all, a wonderful night full of impactful and meaningful stories from our members again at the History Theatre.

Richard W.



CULINARY N' WELLNESS DEPARTMENT



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.

Member Shoutouts!

Congrats to Nate B. on your new job. Thank you for running our March Madness tournament, We are glad to have you as a member at the Hopkins Clubhouse!



May 5th: Cinco de Mayo Fiesta
Social w/ Maleni

May 16th: Hopkins Outing:
Mainstreet Days 11-2

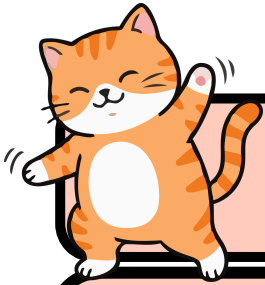
May 25th: Memorial Day
Open 10a-2p

May 30th : Uptown Outing:
10:30 Picnic at Taylor's Falls

Hopkins Outing to Munkabeans and Picnic!



SAMANTHA'S CORNER



It has been an incredible start to the season for our Clubhouse. As we move into the next few months, it's a perfect time to look back at what we've achieved together and where we are. We recently had a fantastic turnout for Day on the Hill! Meeting directly with legislators was a powerful experience, and it gave us a vital opportunity to advocate for the resources our community relies on. It was a great moment to reflect on why the Clubhouse is such an important resource; the more we share our mission, the more we can expand our reach and support others. We have been organizing "slowly but surely," and that steady work is clearly paying off:

Welcoming New Faces

We are thrilled to have several new members joining our community lately. Growth is a sign of a healthy Clubhouse, and it creates wonderful opportunities for current members to step into leadership roles.

- Be a Mentor: If you see a new person, please reach out and welcome them!
- Share Your Story: Talk to them about your experience here and find out what they are interested in.
- Collaborate: Invite them to join in on whatever project or task you are currently working on.

Spreading the Word: Our Next Goal

For the next few months, our primary focus is provider outreach. We want to ensure that therapists, psychiatrists, and other clinical team members across the region know exactly what we do and how we can support their clients.

How You Can Help:

- Personal Outreach: If you have a therapist, psychiatrist, or other provider on your team, please tell them about the Clubhouse! Your personal experience is the best recommendation they can receive.
- Open Provider Meetings: We are inviting outside providers to visit the Clubhouse or attend an upcoming open meeting to see our model in action.
- Flyers: We will have flyers available soon to make it easy for you to share our information.

Showing the community that we are growing helps us stay strong and ensures that the Clubhouse remains a vibrant, welcoming space for everyone. Thank you for all the hard work you do to make this place what it is!

MAY SOCIALS:

- MAY 1ST: ART SOCIAL MAY DAY BASKETS
- MAY 5TH: FIESTA SOCIAL W/ MALENI
- MAY 7TH: KARAKORKE/CRIBBAGE NIGHT
- MAY 8TH: ART SOCIAL: MENTAL HEALTH BEADED BRACELETS
- MAY 12TH: INSIDE OUT MOVIE SOCIAL
- MAY 14TH: FARKLE SOCIAL
- MAY 15TH: ART SOCIAL: POLYMER CLAY
- MAY 19TH: KINGS IN THE CORNER SOCIAL WITH CHIPS AND GUAC
- MAY 21ST: BARBIE SOCIAL W/ RANEE
- MAY 22ND: ART SOCIAL: TANGLE ART
- MAY 26TH: BINGO
- MAY 28TH: GAME NIGHT SOCIAL

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!

MAY BIRTHDAYS

Robin A

Curtis B

Laura H

Fernando J

Matt J

Donnie L

Jes M

Danette M

Rose M

Kelsey N

Erika S

Steve S

Sebastian 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



Clubhouse Hours
M-F 8:30-4:30p








Tuesdays & Thursdays open til 6:30pm
Weekend: Zoom Socials/Outings

Hopkins Clubhouse - May 2026

OPEN RESOURCE HOUR FROM 2-3P IN THE RESOURCE ROOM!

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>4 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Resource Hour</p>	   <p>5 10:00 Development Mtg 2-4 Going to Tonkadele to pick out plants 3:00 Group Movement 4:00 Fiesta Social for Cinco de Mayo with Chips & Queso w/Maleni ☺</p>	<p>6 10:00 Enrollment Committee 1:00 DMN 2:00 Baking Club: Zucchini brownies and classics brownies w/ Jenn and w/Erika</p>	<p>7 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00-4 Writing Group with Nishi 4:00 Karaoke/Cribbage Night</p>	<p>1 1:00 Week at a Close 3:00 Art Social: May Day Baskets w/ Erika</p>	<p>2 Saturday Walk/Run Club @ Uptown 9am 3 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>11 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Resource Hour</p>	<p>12 10:00 Development Mtg 3:00 Group Movement: Walk to Munkabeans 4:00 Inside Out Movie Social</p>	<p>13 10:00 CAV Meeting 1:00 DMN 2:00 Baking Club: Homemade Caramel Candies</p>	<p>14 9:30 New Member Orientation 11:00 TE Development 11:30 Twins Game Outing (Need to sign up) 1:00 Menu Planning 2:00 Writing Group with Nishi 3:00 Group Movement 4:00 Farkle Social</p>	<p>15 12:00 Clubhouse Presentation for Providers 1:00 Week at a Close 3:00 Art Social: Polymer Clay</p>	<p>16 Saturday Walk/Run Club @ Uptown 9am Hopkins Outing: Mainstreet Days 11-2 17 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>18 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Resource Hour</p>	<p>19 10:00 Development Mtg 10:30-12p Mini Retreat 3:00 Group Movement 4:00 Kings in the Corner Social with Chips and Guac</p>	<p>20 10:00 Enrollment Committee 1:00 DMN 2:00 Baking Club: Raspberry White Chocolate Cookies</p>	<p>21 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00-4 Writing Group with Nishi 4:00 Barbie Social w/ Raneae</p>	<p>22 1:00 Week at a Close 3:00 Art Social: Tangle Art</p>	<p>23 Saturday Walk/Run club @ Uptown 9am 24 Sunday 1:00 Lunch Bunch w/ Jonathan</p>
<p>25 Memorial Day Open 10a-2p</p>	<p>26 10:00 Development Mtg 3:00 Group Movement 4:00 Social Bingo</p> 	<p>27 10:00 CAV Meeting 1:00 House Meeting 2:00 Baking Club: Nut Goodie Bars</p>	<p>28 9:30 New Member Orientation 11:00 TE Development 1:00 Menu Planning 2:00-4 Writing Group with Nishi 4:00 Game Night Social</p>	<p>29 1:00 Week at a Close 3:00 Art Social: Sensory Jars</p>	<p>30 Saturday Walk/Run Club @ Uptown 9am Uptown Picnic at Taylor's at 10:30 Rancco Open 10-2 31 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



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

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

Saturday May 16th: Hopkins Outing to Mainstreet Days 11-2

Saturday May 30th: Uptown Outing Picnic at Taylor's Falls @ 10:30

Saturday May 30th: Ramco Open 10-2

STAFF PHONE NUMBERS

Chad 952-529-1403

Samantha 952-406-9284

Daihi 952-529-1100

Nikki 952-300-5378

Autumn 651-418-6755

Kim 651-418-5482



Meals

In May 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.