

Staff Numbers

Chad: 952-529-1403
Eric: 952-529-0967
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Belle: 612-434-3079
Alli: 612-434-3590

Zoom Info for AM/PM & Virtual Meetings*

Uptown Zoom (BOLD Red) - 878 196 3865

Ramco Zoom (regular red) - 485 388 0508

Hopkins Zoom - 453 031 2513

August 2026 RamCo Calendar



9:00a Morning Meeting

9:30a-12:00p-Department Planning/Training

12:00p Lunch

12:30p Daily Wellness Break

1:00p Afternoon Meeting

1:30p-4:00p-Department Planning/Training

Ramsey Clubhouse

285 Dale St N
St Paul MN 55103
Phone: 952-297-8923

LUNCH M, T, W, TH, & F AT NOON

PLEASE CALL 952.297.8923 BY 11:30AM IF YOU WILL BE EATING LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Social Rec 2:00 Get IT done 3:00	4 Development Meeting* 10-11 Curry with Sebastian Midday Movement: Chair Yoga with Mel 2:30 Evening Tabling Event at Recovery Cafe 5-8	5 Clubhouse Coalition 9-10:30 Cabinet Clean Out Combined DMM 1:00 Cribbage and Games 2-4	6 Resource hour: Autism Resorce Hour w Nishi 1:00 Strawbery Spinach Salad with Ben Mosaics with Marissa 1:30-3:30 LGBTQ/BiPOC group 3:30	7 TE Development 11:00 Sourdough Grilled Cheese Week at a Close* 1:00 Clubhouse Creatives: Suncatchers with Shanna and Steph 3:00	8 Saturday Walk/Run Club at Uptown 9am 9 Sunday Lunch Bunch w/ Jonathan 1:00*
10 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Meals 2:00 Get IT done 3:00	11 Development Meeting* 10-11 Summer Pasta Salad with Shanna Midday Movement: Badminton, Ball Toss, & Pickle Ball with Angela 2:30	12 Neighborhood House Food Pickup - Leaving at 9:30 CAV 10:00* Hoagies with Mel DMM: TBD 1:00 Book Club 3:00	13 Resource hour: DBT Skills w Ben and Steph 10:00 Gyros with Ben Mosaics with Marissa 1:30-3:30 LGBTQ/BiPOC group 3:30	14  Clubhouse Annual Picnic @ Burnes Park Hopkins Clubhouse 1:30-3:30 Shuttle to at 11:00, returns 3:30 *Regular club closes at 11:00	15 Saturday Walk/Run Club at Uptown 9am 16 Sunday Lunch Bunch w/ Jonathan 1:00*
17 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: TBD 2:00 Get IT done 3:00	18 Development Meeting* 10-11 Chicken Caesar Salad with Tat Mindful Self-care: Vail-related Ted Talks with Ben 2:30	19 Clubhouse Philosophy 11:00 Curry with Nishi DMM: TBD 1:00 Wellness Talk: Boundaries with Ben & Shanna 2:00	20 Resource hour: Therapy 101 10:00 Pasta Salad with Angela Mosaics with Marissa 1:30-3:30 LGBTQ/BiPOC group 3:30	21 TE Development 11:00 Mediterranean Wraps Week at a Close* 1:00 Clubhouse Creatives: Coloring & energy balls 3:00 Finalize Newsletter	22 Saturday Walk/Run Club at Uptown 9am 23 Sunday Lunch Bunch w/ Jonathan 1:00*
24 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Card Project Check-in 2:00 Get IT done 3:00	25 Development Meeting* 10-11 Orange Chicken Neighborhood House Food Pickup - Leaving at 12:30 Midday Movement: Koo Koo Kangaroo Video 2:30	26 CAV 10:00* Rubens with Nishi DMM: House Data 1:00 Newsletter Mailing Day Exploring Rondo 2:30	27 Resource hour: ARC grant with Marissa 10:00 Grill out with Ben History Theatre returns!!! (1:30-3:00) LGBTQ/BiPOC group 3:30	28 TE Development 11:00 Blue Plate Week at a Close* 1:00 August Birthday Party 3:00	29 Saturday Walk/Run Club at Uptown 9am 30 Sunday Lunch Bunch w/ Jonathan 1:00*
31 State Fair Day Details coming, TBD if club is open 					KEY: *BOLD RED - combined zoom room Regular Red - RamCo's specific zoom room