

Staff Numbers

Chad: 952-529-1403
 Eric: 952-529-0967
 Cai: 763-406-6419
 Belle: 612-434-3079
 Alli: 612-434-3590

Zoom Info for AM/PM & Virtual Meetings*

RamCo Meeting ID: 485 388 0508

Combined Zoom ID: 878 196 3865
 (using free app)

 Call in only 888-788-0099, then 878 196 3865




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
		1 Clubhouse Coalition 9-10:30 SE support: State Fair 10:00 Curry Beef Bowl Combined DMM 1:00 Cribbage and Games 2-4	2 Resource hour: Farmers Markets + EBT 10:00 Jerk Chicken Bowls LGBTQ/BiPOC group 3:00	3 RamCo is open 10-2 with Cai and Alli for a 4th of July Celebration!	4 Saturday Uptown and Hopkins will be open for the 4 th of July Celebration 10a-2p 5 Sunday Lunch Bunch w/ Jonathan 1:00*
6 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: August Meals 2:00 Get IT done 3:00	7 Development Meeting* 10-11 Chicken Salad Sandwiches Midday Movement: Sunshine Walk 2:30	8 CAV 10:00* Charcuterie with Cai DMM: TBD	9 Resource hour: Autism resources with Nishi 10:00 Nachos with Mel LGBTQ/BiPOC group 3:00 Mindy from Uptown is here!	10 TE Development 11:00 Spring Rolls Week at a Close* 1:00 Clubhouse Creatives: Poetry with Rachel 2:00  Autumn from Hopkins is here!	11 Saturday Walk/Run Club at Uptown 9am 12 Sunday Lunch Bunch w/ Jonathan 1:00*
13 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Activities and Social Rec 2:00 Get IT done 3:00	14 Development Meeting* 10-11 Buddha Bowl Neighborhood House Food Pickup - Leaving at 12:30	15 Clubhouse Philosophy 11:00 Curry Beef Bowl with Antoine DMM: TBD Wellness Talk: Setting Boundaries with Shanna and Ben 2:30	16 Resource hour: Budgeting with Ben 10:00 Hawaiian Pineapple Bowl Mosaics with Marissa 1:30-3:30 LGBTQ/BiPOC group 3:30	17 TE Development 11:00 Spiced Rigatoni with Sara S Week at a Close* 1:00 Clubhouse Creatives with Tom N 3:00	18 Saturday Walk/Run Club at Uptown 9am Hopkins Farmers Market 7-12 19 Sunday Lunch Bunch w/ Jonathan 1:00*
20 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Member Engagement 2:00 Get IT done 3:00	21 Development Meeting* 10-11 Jerk Chicken Bowl Midday Movement: Chair Yoga 2:00	22 CAV 10:00* Corn and Avocado Salad DMM: TBD Resource hour: ABLE accounts with Sara S & Ben 2:00 Finalize Newsletter	23 Resource hour: Affordable fidgets with Seabass 10:00 Korean BBQ Bowls with RJ Mosaics with Marissa 1:30-3:30 LGBTQ/BiPOC group 3:30	24 TE Development 11:00 Gyros Week at a Close* 1:00 Newsletter Mailing Day Summer Sunshine Social: Courtyard Snacks 3:00	25 Saturday Walk/Run Club at Uptown 9am uptown outing to Afton State Park 26 Sunday Lunch Bunch w/ Jonathan 1:00*
27 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Topic 2:00 Get IT done 3:00	28 Development Meeting* 10-11 Taco Salad Mindful Self-Care: Self-Regulation Playlists 2:00 Cyndi Lauper Social 3:00	29 Neighborhood House Food Pickup - Leaving at 9:30 Clubhouse Philosophy 11:00 Sicilian Pasta with Seabass DMM: TBD Social with Ben TBD 2pm	30 Exploring Rondo: Hallie Q Brown Community Center 10:00 Curry Beef Bowl Mosaics with Marissa 1:30-3:30 LGBTQ/BiPOC group 3:30	31 TE Development 11:00 Hawaiian Pineapple Bowl Week at a Close* 1:00 July Birthday Party and Switch Social 3:00	<div style="border: 2px solid black; padding: 5px; text-align: center;">KEY: *BOLD RED - combined zoom room Regular Red - RamCo's specific zoom room</div>