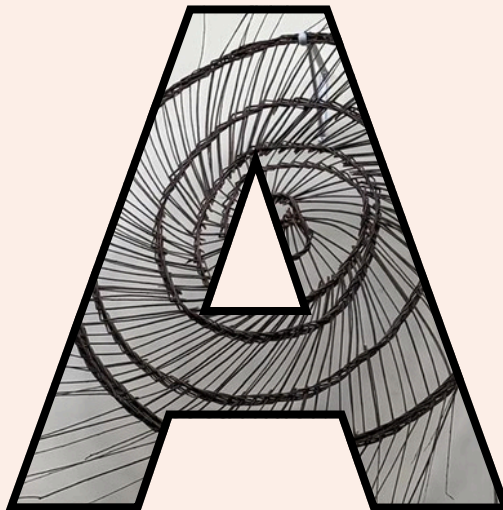
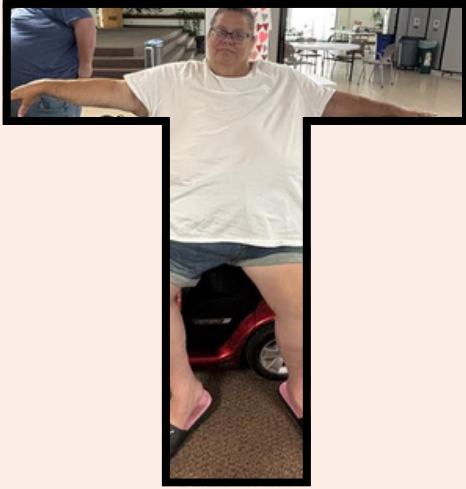


JULY

2026

SUMMER SEASON



@VAILCOMMUNITIES

Check St. Paul Events Calendar

**YEAR BOOK
EDITION**

WE'VE GOT SPIRIT, HOW ABOUT YOU?

SPIRIT WEEK:
MONDAY: HIPPIE DAY
TUESDAY: TWINNING TUESDAY
WEDNESDAY: SPORTS DAY
THURSDAY: HALLOWEEN DAY
FRIDAY: PROM DAY

WE FORGOT TO TAKE PICS MONDAY... WHOOPS

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



2026 (so far) highlights

we have funding!



Hosted the All Club Party



Visiting with Commissioner
Connelly



Mental Health Day on the Hill



12th Annual History Theater



Ralph Coleman gets a hug from fellow club members after becoming emotional

We were in the news!



Tabling at lots of events!



Vail @ a Loons game!



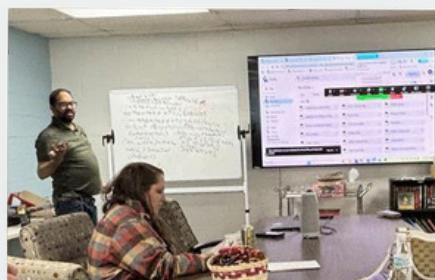
RamCo @ a Twins Game



Corey Sauer visited the Club!



Giving lots of presentations!



Member led writing classes



Member led mosaic class

RAMCO QUOTES

“Hey boo” -Shanna

“BOO? I’m not a ghost”-Kyle

“Thank you for being weird”

**“COMING TO VAIL IS
COMPARABLE TO TAKING MY
FIRST SIP OF COFFEE IN THE
MORNING”- BEN**

As rams continues their journey onward, they come across a pond, fed cool water from up the mountain path. Paused for respite. The moon and stars reflect in the oasis waters, promising what dawns in time.



-Meredith

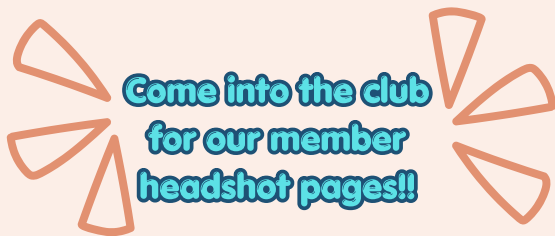
“I don’t have friends, I have homies -Nishi”

-Tat

electric pencil sharpener goes off

“Is that an upset duck?”

-Rachel



COMING UP

AT RAMCO

Calendar highlights:

7/1: Outing: State Fair employment

7/3: open from 10-2 for an Independence Day celebration

7/14 & 7/29 Food shelf outings

7/15: Wellness talk: Setting boundaries with Shanna and Ben at 2:30

7/15: Mosaic Stepping Stones Art Class with Marissa starts weekly at 1:30

7/30: Exploring Rondo: Hallie Q Brown Community Center at 10:00

7/31: July Birthday Party with a Switch Social at 3:00

***Evenings and weekends will still be paused in July! Feel free to gather as a community outside the club whenever 😊**



Shout out to Mindy and Autumn who are supporting at RamCo in July!!!



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 1:30AM IF YOU WILL BE EATING LUNCH

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

MEET THE COMMUNITY!



Alli



Alli



Angela



Antoine



April



Belle



Ben



Bonnie



Cai



Chris



Chad



Dianne



EJ



Eric



Gaochia



Jarell

MEET THE COMMUNITY!



Jason



Julianne



Kyle



Kue



Marissa



Maria



Martha



Mel



Meredith



Mustafa



Nishi



Rachel



Ralph



RJ



Robert



Sebastian

MEET THE COMMUNITY!



Soleil



Sara



Sara



Shanna



Susan



Tat



Tom