

Clubhouse Hours
M-F 8:30-4:30p
Wed and blue Mons open til 6:30PM
Weekend: Zoom Socials/Outings

Uptown Clubhouse~August 2026

Daily Meetings:
AM 9:30 Morning Meeting
PM 1:00 Afternoon Meeting
 Dept. meetings after AM & PM mtgs

MONDAY	TUESDAY	WEDNESDAY OPEN TIL 6:30	THURSDAY	FRIDAY	SAT & SUN
3 1:00 Week at a Glance 2:00 Clubhouse Planning	4 10:00 Development Meeting 2:30 Snack Bar Baking	5 11:15 Meditation w/ Frank (MLE) 1:00 DMM 4:00 Game Social	6 On-going Garage Sale Prep 3:00 Health Wisdom: Vocab, Spelling, & Lists w/ Shelley & Mindy 😊	7 1:00 Week at a Close 3:30 Diamond Art w/ Wendy	8 Saturday 10:30 - Outing to the Uptown Art Fair 9 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom only)
10 1:00 Week at a Glance 2:00 Clubhouse Planning 4:00 Horror Movie Club w/AJ Open until 6:30	11 10:00 Development Meeting 2:30 Snack Bar Baking	12 11:15 Meditation w/ Frank 1:00 DMM 4:30 Nintendo Switch Social w/Sebastian	13 On-going Garage Sale Prep 3:00 Health Wisdom: Chair Yoga w/Sebastian and Mindy	14 Picnic Day, 1:30- 3:30 Burnes Park Clubhouse closing @ 12:45, shuttle leaving @ 1:00	15 Saturday 9:00 Walk/Run club 16 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
17 1:00 Week at a Glance 2:00 Clubhouse Planning	18 10:00 Development Meeting 2:30 Snack Bar Baking	19 11:15 Meditation w/ Frank 1:00 DMM 4:00 Book club w/ Thia and April	20 On-going Garage Sale Prep 3:00 Health Wisdom: Recovering from Replacement Surgeries w/ Randy	21 <i>All day second floor clean-up</i> 1:00 Week at a Close	22 Saturday 9:00 Walk/Run club 23 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
24 1:00 Week at a Glance 2:00 Clubhouse Planning 4:30 Horror Movie Club Open until 6:30	25 10:00 Development Meeting 2:30 Snack Bar Baking	26 11:15 Meditation w/Frank 1:00 DMM 4:00 Drum Circle	27 On-going Garage Sale Prep 3:00 Health wisdom: Seizures	28 <i>All day third floor clean-up</i> 1:00 Week at a Close 2:00 History Theatre begins!	29 Saturday 9:00 Walk/Run club 30 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
31 1:00 Week at a Glance 2:00 Clubhouse Planning State Fair Day- Details TBD					



Hybrid Meetings in Zoom

Uptown Zoom (Red) Meeting ID
878 196 3865

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

August 2026 Daily Schedule
Open Tu, Th, Fr 8:30-4:30p
All Wednesdays and some
Mondays open til 6:30p

9:30a Morning Meeting

9:45a Department Meetings

10:00a-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

3:30p Weds, Fri > Social Rec Activity

5:00p Wednesday Dinner \$2

Meeting Glossary

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.

Clubhouse Planning- Meeting to plan upcoming events and the calendar

Outings & Weekend Programming

Sign-Up at Front Desk Week of Outing

Saturday, August 8th: 10:30 AM Uptown Art Fair outing

Friday, August 14th: 1:30 PM All-Clubhouse Picnic

Monday, August 31st: Mental Health Day at State Fair – details TBD

STAFF PHONE NUMBERS

Sarah: (612) 434-3601

CJ: (952) 212-8027

Elaine: (612) 760-3147

Mindy: (651) 418-5692

Chad: (952) 529-1403

**LUNCH M-F
AT NOON**

August Lunch Menu

MEALS \$2 EACH, COMMUNITY LUNCH FUND AVAILABLE

**DINNER MON &
WED AT 5PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sicilian Pasta	4 Ramen w/Tom N.	5 Xinjiang Fusion w/ C J and Phillip S.	6 Salmon and Salad	7 Blue Plate
10 Bacon Spam, beans, and salad w/AJ	11 BLTs & Tator Tots w/ Mike O	12 Bohemian Fusion	13 Wild Rice Squash Soup & Bread w Thia	14 Blue Plate
17 Tamales & Street Tacos w/ Maria & RJ	18 Turkey Chili Dogs w/ Alexi	19 Brazilian Fusion	20 Pork Teriyaki & Corn on the Cob	21 Blue Plate
24 Sensational Salad	25 Veggie Bowls	26 Peruvian Fusion	27 Chickpea Curry	28 Blue Plate
31 Simple Sandwiches				