





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

# Uptown Clubhouse ~ July 2026

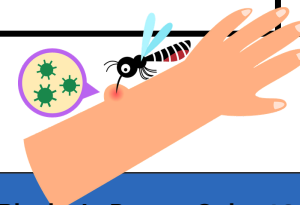


**Daily Meetings:**  
**AM 9:30 Morning Meeting**  
**PM 1:00 Afternoon Meeting**  
 Dept. meetings after AM & PM mtgs

MONDAY	TUESDAY	WEDNESDAY OPEN TIL 6:30PM	THURSDAY	FRIDAY	SAT & SUN
		<b>1</b> 11:15 Meditation w/ Frank (MLE) <b>1:00 DMM</b> 4:00 Tai Chi w/ April B 4:00 Speculative Fiction Writing Group w/Nishi	<b>2</b> <b>3:00 Health Wisdom: Seizures</b>	<b>3</b> <b>Uptown and Hopkins Clubhouse Closed</b> Ramco Open 10-2	<b>4</b> <u>Saturday</u> <b>Open 10-2!</b>  <b>5</b> <u>Sunday</u> <b>1:00 Lunch Bunch w/ Jonathan (Zoom only)</b>
<b>6</b> 1:00 Week at a Glance 2:00 Clubhouse Planning	<b>7</b> 10:00 Development Meeting 2:30 Snack Bar Baking	<b>8</b> 11:15 Meditation w/ Frank <b>1:00 DMM</b> 4:00 Book Club w/April & Thia 4:00 Speculative Fiction Writing Group w/Nishi	<b>9</b> <b>3:00 Health Wisdom: Antioxidants &amp; anti-inflammatory</b>	<b>10</b> 1:00 Week at a Close <i>all day backyard clean-up</i>	<b>11</b> <u>Saturday</u> 9:00 Walk/Run club <b>12</b> <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
<b>13</b> 1:00 Week at a Glance 2:00 Clubhouse Planning 4:00 Horror Movie Club: The Bay w/ AJ <b>**Open until 6:30**</b>	<b>14</b> 10:00 Development Meeting 2:30 Snack Bar Baking	<b>15</b> 11:15 Meditation w/ Frank <b>1:00 DMM</b> 4:00 Speculative Fiction Writing Group w/Nishi 4:15 Brie & Baguette at the Rose Garden	<b>16</b> <b>3:00 Health Wisdom: Permaculture Ethics w/ Mindy Part 3</b>	<b>17</b> 1:00 Week at a Close 3:30 Diamond Art w/ Wendy	<b>18</b> <u>Saturday</u> 9:00 Walk/Run club <b>19</b> <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
<b>20</b> 1:00 Week at a Glance 2:00 Clubhouse Planning	<b>21</b> 10:00 Development Meeting 2:30 Snack Bar Baking	<b>22</b> 11:15 Meditation w/Frank <b>1:00 DMM</b> 4:00 Card Making Art Class w/ Jude 4:00 Speculative Fiction Writing Group w/Nishi	<b>23</b> 3:30 Sticker Making w/ Thia	<b>24</b> 1:00 Week at a Close 3:30 Drum Circle	<b>25</b> <u>Saturday</u> 9:00 Walk/Run club 10:30AftonPark Swimming & Hiking (w/Lunch) <b>26</b> <u>Sunday</u> 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
<b>27</b> 1:00 Week at a Glance 2:00 Clubhouse Planning 4:00 A Beautiful Mind viewing w/ Alexi <b>**Open until 6:30**</b>	<b>28</b> 10:00 Development Meeting 2:30 Snack Bar Baking	<b>29</b> 11:15 Meditation w/Frank <b>1:00 DMM</b> 4:00 Karaoke w/ Leroy 4:00 Speculative Fiction Writing Group w/Nishi	<b>30</b> <b>3:00 Health Wisdom: Talk on Loneliness w/ Shelley</b>	<b>31</b> 1:00 Week at a Close 3:30 Bde Maka Ska wellness walk	



## 4th of July



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

**June 2026 Daily Schedule**  
**Open M-F 8:30-4:30p**  
**Wednesdays 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

July 4<sup>th</sup>: Open 10-2 with a free meal

July 25<sup>th</sup>: Afton State Park Outing



**STAFF PHONE NUMBERS**

Sarah: (612) 434-3601

CJ: (952) 212-8027

Elaine: (612) 760-3147

Mindy: (651) 418-5692

Chad: (952) 529-1403

**July Lunch Menu**



**LUNCH M-F AT NOON**

**MEALS \$2**

**DINNER WED AT 5PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Greek Fusion	2 Thai Peanut Noodle Salad	3 Clubhouse Closed
6 Sensational Salad	7 Chicken Bacon Ranch Wrap & Cucumber Salad w/ Mike	8 Korean Fusion	9 Pasta Primavera w/ Keith	10 Blue Plate
13 Chicken Quesadillas and Veggies w/ Uniyah	14 Buffalo Chicken Pizza with RJ	15 Bastille Day Fusion w/Sara S	16 Hamburger Casserole and Rhubarb Crisp w/ Thia	17 Blue Plate
20 French Onion Soup and Fruit Crumble w/ Tom N	21 Hard Shell Beef Tacos w/ Wynne	22 Thai/Lao Fusion	23 Lasagna and Salad	24 Blue Plate
27 Quiche w/ Jonathan D	28 Sub Sandwiches, Chips, & Watermelon w/ Jane	29 Nigerian Fusion	30 Turkey Burgers w/ Shelley B	31 Blue Plate

