

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



Uptown Clubhouse ~ June 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
1 1:00 Week at a Glance 12:45 Tour of Macalester with Tom N. 2:00 Clubhouse Planning	2 10:00 Development Meeting 2:30 Snack Bar Baking	3 11:15 Meditation w/ Frank (MLE) 1:00 DMM 3:30 Ghost Initial viewing w/ Alexi	4 2:00 Writing Group w/ Nishi (Ramco Zoom) 3:00 Health Wisdom: Psych Meds	5 1:00 Week at a Close	6 Saturday 9:00 Walk/Run club 7 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom only)
8 1:00 Week at a Glance 2:00 Clubhouse Planning 4:00 Indian Movie Club w/ Nishi OPEN UNTIL 6:30PM TONIGHT	9 10:00 Development Meeting 2:30 Snack Bar Baking	10 11:15 Meditation w/ Frank (MLE) 1:00 DMM 3:30 Nintendo Switch Social w/ Sebastian	11 2:00 Writing Group w/ Nishi (Ramco Zoom)	12 1:00 Week at a Close	13 Saturday 9:00 Walk/Run club 14 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
15 1:00 Week at a Glance 2:00 Clubhouse Planning	16 10:00 Development Meeting 2:30 Snack Bar Baking	17 10:00 Camp Knutson Info Session 11:15 Meditation w/ Frank 1:00 DMM 2:30-6:30 We're Not Closing Celebration!	18 2:00 Writing Group w/ Nishi (Ramco Zoom) 3:00 Health Wisdom: Taking Requests for Topic	19 Juneteenth Open 10-2	20 Saturday 9:00 Walk/Run club 21 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
22 All Clubhouses Closed for Staff Training	23 10:00 Development Meeting 2:30 Snack Bar Baking	24 11:15 Meditation w/ Frank (MLE) 1:00 DMM 3:30 Creative Journal Release Party Open Mic	25 2:00 Writing Group w/ Nishi (Ramco Zoom)	26 1:00 Week at a Close	27 Saturday 9:00 Walk/Run club 10:30 Outing to Springbrook Nature Center 28 Sunday 1:00 Lunch Bunch w/ Jonathan (Zoom Only)
29 1:00 Week at a Glance 2:00 Clubhouse Planning 4:00 Horror Movie Club with AJ - Alien OPEN UNTIL 6:30 PM TONIGHT	30 10:00 Development Meeting 2:30 Snack Bar Baking				



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

RamCo Meeting ID: 485 388 0508



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



Outings & Weekend Programming

Sign-Up at Front Desk Week of Outing

Monday, June 1: Tour of Macalester College with Tom N. Leaving from the clubhouse at 12:45
June 14th: Hopkins Outing to Hopkins PRIDE 11-4
June 27th: Outing to Springbrook Nature Center



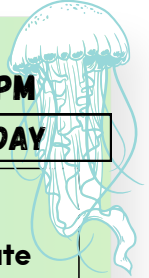
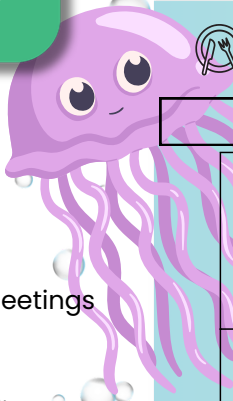
STAFF PHONE NUMBERS

Sarah: (612) 434-3601
CJ: (952) 212-8027
Elaine: (612) 760-3147
Mindy: (651) 418-5692
Rebecca: (612) 968-9445
Chad: (952) 529-1403

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 Mon, Weds, Thurs, 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



June Lunch Menu

LUNCH M-F AT NOON		MEALS \$2	DINNER WED AT 5PM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salmon and Veggies	2 Bowtie Alfredo and Salad	3 French Fusion	4 Cashew Chicken	5 Blue Plate
8 Big Ole Seinfeld Salad	9 Chicken Chili w/ Jonathan	10 Japanese Fusion	11 Shrimp Linguine w/ RJ	12 Blue Plate
15 Stuffed Mushrooms & Peppers w/ Tom N	16 Tofu Stir Fry	17 Indian Fusion	18 Blue Plate	19 Juneteenth Open 10-2 Free Meal @ Noon
22 Quesadillas and Chips and Salsa and Guac	23 Chicken Ceasar Salad	24 Jamaican Fusion	25 Grilled Cheese and Soup	26 Blue Plate
29 Sloppy Joes with tater tots & coleslaw w/AJ	30 Spaghetti and Garlic Bread			