

Uptown Updates May 2026

Clubhouse Giving Day is May 1st!

Clubhouse Giving Day is an annual day of giving dedicated to raising funds and awareness for Clubhouse International and the life-changing work of Clubhouses around the world. On this special day, we come together as a global community to support mental health recovery and empower individuals living with mental illness.

ATTENTION CREATIVE FOLKS!!

CREATIVE JOURNAL SUBMISSIONS ARE
DUE MAY 8TH
ARTWORK, WRITINGS, RECIPES, POETRY,
PHOTOGRAPHY, ETC ALL WELCOME!
1 PAGE MAX
SEND TO
UPTOWNBIZ@VAILCOMMUNITIES.ORG

Fun Stuff in May

Meditation w/ Frank every Wed. at 11:15!
Snack Bar Baking every Tuesday at 2:30!

May 1st: Car Show Outing

May 4th: Macalester Tour Outing

May 4th: Blade Runner viewing w/ Alexi

May 6th: Nintendo Switch Social

May 8th: Diamond Art w/ Wendy

May 11th: Horror Movie Club

May 13th: Book Club Kick-Off

May 14th: Twins Game Outing

we will have a lottery for tickets as seats are limited

May 15th: Drum Circle

May 18th: Horror Movie Club

May 22nd: Open Art w/ Thia

May 25th: Memorial Day, open 10-2

May 27th: Birthday Social

May 29th: Shootin' Hoops

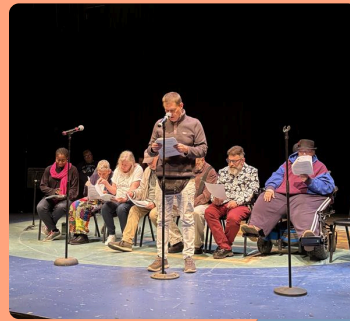
May 30th: Picnic @ Taylors Falls Outing

A Note from Tom N.

"I took it upon myself to visit the Hennepin County Central Library a second time and talked with a social worker about TE positions in any HC library. She gave me a card of a head social worker who then gave me a human resources connection. I am learning that reaching out is all about lucky connections. I have a call in to them to get in contact with Vail Communities about future TE positions. Good luck looking for your own prospects and remember, Connections, Connections, Connections!!!"

History Theater Performance

All who attended and Speaker performers at last night's History theatre are Grateful to those presenting Sharing Vulnerable insights, living Reflections of Recovery from personal difficulty each has Faced! I'm Thankful to Excellent Storytelling from the Heart Hopeful Redemption is Created from this Play--Patrick K



Memorial Day is May 25th! The Clubhouse will be open 10a-2p with a free meal at noon.



Spring Garden Preparation

We need all hands on deck for garden season. Come to the clubhouse May 8th for yard-prep and May 15th for planting.



April Social Rec Highlights



About Tasks Unlimited

Hi My name is April, and i work for Tasks Unlimited, a resource center. I have been working for Tasks for 18 years. I started as a janitor and now work as a peer support specialist. We have mental health groups, activities like art groups, cooking groups, and outings like to Stillwater. We recently remodeled and it looks beautiful. I would recommend stopping by. You just need to have a mental illness to become a member.



April 14th was free cone day at Ben & Jerry's!

TRAC & MEMBER DEVELOPMENT

Enrollment Updates

| | |
|--------------|------------------|
| Total 2026 | Total 2025 |
| Uptown | Uptown |
| Enrollments: | Enrollments |
| 31 | through April: 6 |

As you can see, we have had a much busier year for enrollments than last year! Thanks to everyone for making our new members feel so welcome.

DMM Updates

April 1st: We heard our accreditation preliminary findings
April 8th: We discussed potential fundraising options and gauged interest in each option
April 15th: Ashley came for lunch and stayed for a Q&A session.
April 22nd: There was no DMM proposal.

Nishi's Writing Group

While History Theater is taking a break for the summer. Nishi will be hosting a writing group in May! This will be held every Thursday 2-3P, in person and on Zoom.



Funding Update

Vail Communities has been notified that its state contract with the Minnesota Department of Human Services (DHS) will not be renewed, placing its Uptown and Ramsey County Clubhouses at risk if alternative funding is not secured by/before the contract end date of June 30, 2026.

This decision comes at a time when demand for community-based mental health support is rising. Without renewed funding, hundreds of adults living with serious mental illness will lose access to critical daily supports that serve as lifelines to stability, recovery, and community.

Vail Communities' Uptown and Ramsey County Clubhouses are not optional services—they are essential, evidence-based programs that reduce isolation, prevent hospitalization, and support long-term recovery. Unlike traditional mental health systems that often focus on short-term or crisis-based interventions, the Clubhouse Model provides continuous, relational, life-course support rooted in connection, purpose, and peer leadership.

For many members, Clubhouse is the only place addressing the full impact of mental illness - loss of employment, housing instability, fractured relationships, and declining physical health. These Clubhouses fill gaps left by clinical care alone, ensuring individuals are not just treated, but supported in rebuilding their lives.

Snack Bar Baking has been moved to Tuesdays at 2:30! Health Wisdom is now at 3:30 every other Thursday.



Accreditation Findings

Thank you to James and Angel for visiting us from Clubhouse International and offering suggestions for how we can strengthen our Clubhouse community. Their primary recommendations were to work on new techniques to improve engagement, and to prioritize expanding our transitional employment program.