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

UPTOWN CLUBHOUSE - SEPTEMBER 2025

OPEN RESOURCE HOUR FROM 2-3P IN THE RESOURCE ROOM!

Daily Meetings:

AM 9:00 Morning Meeting,
9:15 - 9:30 Dept. Meetings
PM Dept Meeting after 1p
Meeting

MONDAY	TUESDAY	WEDNESDAY OPEN TIL 6:30PM	THURSDAY	FRIDAY	SAT & SUN
1 Labor Day Open 10-2	2 10:00 Development Work Group 2:00 Writing Group	3 10:00 CAV Development 1:00 Shared DMM 3:00 Improv Social w/ Nishi	4 11:00 TE Development 1:30 Group Movement 2:00 Baking Club	5 1:00 Week at a Close 1:30 History Theater 3:00 Cribbage Social	6 <u>Saturday</u> 9:00 Walk/Run Club @ Uptown 11:00- Hopkins Outing to Convention Grill 7 <u>Sunday</u> 1:00 Lunch Bunch w/ Randy
8 10:00 Second Floor Committee Meeting 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Clubhouse Planning 3:00 Acrylic Painting	9 10:00 Development Work Group 2:00 Writing Group Shuttle to Hopkins at 11 AM	10 10:00 Enrollment Committee 1:00 DMM 3:00 Classic Rock Music w/ Tony	11 10:00 Stakeholder Meeting in Mankato 11:00 TE Development 1:30 Group Movement (Zumba with Sarah) 2:00 Baking Club	12 1:00 Week at a Close 1:30 History Theater 3:00 Dog Park/Walking Social	13 <u>Saturday</u> 9:00 Walk/Run Club @ Uptown 11-2p- Uptown Clubhouse Open 14 <u>Sunday</u> 1:00 Lunch Bunch w/ Randy
C a m p i n g T r i p					
15 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Clubhouse Planning 3:00 Yard Game Hour Start of Hispanic Heritage Month	16 10:00 Development Mtg 2:00 Writing Group	17 10:00 CAV Development 1:00 DMM 2:00 AV Club 3:00 Karaoke Social with Eric A	18 9:30 Clubhouse Coalition Trip to St. Cloud 11:00 TE Development 1:30 Group Movement 2:00 Baking Club 3:00 Latino/a Heritage Movie Night	19 1:00 Week at a Close 1:30 History Theater 3:00 Apple Cider Social	20 <u>Saturday</u> 9:00 Walk/Run Club @ Uptown 10:30 Movie Theater Outing w/Theo- Leaving from Uptown 21 <u>Sunday</u> 1:00 Lunch Bunch w/ Randy
22 11:00 Clubhouse Philosophy 1:00 Week at a Glance 2:00 Clubhouse Planning 3:30 Tennis Autumn Equinox 1:19 PM	23 10:00 Development Work Group 2:00 Writing Group Shuttle from Hopkins to Uptown  Rosh Hashanah 	24 10:00 Enrollment Committee 1:00 DMM 2:00 Clubhouse Diversity Council 3:00 Rosh Hashanah Celebration	25 11:00 TE Development 1:30 Group Movement (Zumba with Sarah) 2:00 Baking Club 3:00 Drum Circle	26 1:00 Week at a Close 1:30 History Theater 3:00 Price is Right Social	27 <u>Saturday</u> 9:30 NAMI Walk at Minnehaha Falls - leaving from Uptown and Hopkins 28 <u>Sunday</u> 1:00 Lunch Bunch w/ Randy
29 Clubhouse Closed for Staff Training	30 10:00 Development Mtg 2:00 Writing Group: 3:00 Ethnic Food Outing	October 1 10:00 CAV Development 1:00 House Meeting 2:00 AV Club 3:00 Rudy Watching Social w/ Harry	October 2 11:00 TE Development 1:30 Group Movement 2:00 Baking Club	October 3 1:00 Week at a Close 1:30 History Theater 3:00 Halloween Decorating Social	October 4 <u>Saturday</u> 9:00 Walk/Run Club @ Uptown Clubhouse 11-2p- Hopkins Clubhouse Open October 5 <u>Sunday</u> 1:00 Lunch Bunch Randy



Zoom: Hybrid Meetings in **The Meeting ID's are:**

Uptown Zoom (Red) - 878 196 3865
Hopkins Zoom (Blue) - 453 031 2513
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

September 2025 Daily Schedule

Open M-F 8:30-4:30p

Wednesdays open til 6:30p

9:00a Morning Meeting

9:15a Department Meetings

9:30a-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

4:00p Weds & 3:00p 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.

CAV- Counsel, Ambassador, Volunteer.

Enrollment Committee- Meeting to discuss the enrollment of new members

Clubhouse Planning- Meeting to plan upcoming events and the calendar

TE Development- Meeting to discuss our current TE positions and work on securing new ones

Development Meeting/Work Group- Meeting to discuss and plan for upcoming events with the agency

NEED HELP FINDING RESOURCES?!

Clubhouse Members can come to the Resource Room at the Clubhouse Monday-Friday from 2-3p to get help with employment, education, housing, food support, paperwork, etc with help from Staff and other Members!

Weekend Programming

***Sign up: Week of the Saturday Outing at Front Desk**

Run/Walk Club @ Uptown every Saturday 9:00 AM

September 6: Hopkins Outing to Convention Grill

September 13: Uptown open 11-2

September 20: Movie outing from Uptown

September 27: NAMI Walk- shuttle leaving from Uptown

STAFF PHONE NUMBERS


Chad 952-529-1403

Sarah 612-434-3601

CJ 952-212-8027

Elaine 612-760-3147

Theo 612-968-9445

<div>  <h2>September Lunch Menu</h2> </div>				
LUNCH M-F AT NOON		MEALS \$2		DINNER WEDNESDAYS AT 5PM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Labor Day BBQ</div>	<div>2</div> <div>Beef Stroganoff</div>	<div>3</div> <div>South Indian Fusion w/ Nishi</div>	<div>4</div> <div>Swiss Chicken Casserole w/ Shelley</div>	<div>5</div> <div>Blue Plate</div>
<div>8</div> <div>Wings & Waffle Fries w/ RJ</div>	<div>9</div> <div>Spaghetti and Meatballs w/ Tony</div>	<div>10</div> <div>Italian Fusion</div>	<div>11</div> <div>Pizza</div>	<div>12</div> <div>Blue Plate</div>
<div>15</div> <div>Grilled Cheese & Tomato Soup</div>	<div>16</div> <div>Goulash w/ Rebecca</div>	<div>17</div> <div>Swedish Fusion</div>	<div>18</div> <div>Fancy Sandwiches</div>	<div>19</div> <div>Blue Plate</div>
<div>22</div> <div>Borsht and Challah</div>	<div>23</div> <div>Chickpea Stew & Rye Bread w/ Sebastian</div>	<div>24</div> <div>Korean Fusion</div>	<div>25</div> <div>Mr. Pibb Pulled Pork w/ Curtis</div>	<div>26</div> <div>Blue Plate</div>
<div>29</div> <div>Clubhouse Closed</div>	<div>30</div> <div>Greek Pasticio w/ Jonathan D</div>	<div>October 1</div> <div>German Fusion</div>	<div>October 2</div> <div>Corn Dogs & Fries w/ Sebastian</div>	<div>October 3</div> <div>Blue Plate</div>