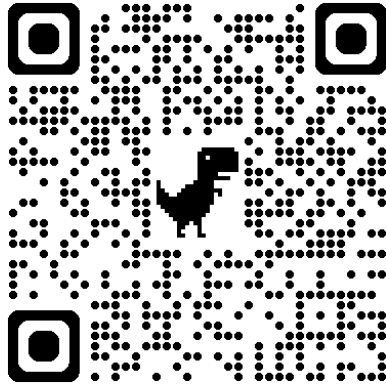


UPTOWN UPDATES

September 2025

September Photo Contest

Submit a photo of yourself in nature, with a plant, or with a tree! The winner will receive a prize. Entries must be submitted by the last day of September. Scan the QR code to enter.



Fun Stuff this Month

9/3: Improv Social w/ Nishi
9/10: Classic Rock Music w/ Tony
9/17: Karaoke Social w/ Eric A
9/18: Clubhouse Coalition Trip to St. Cloud
9/24: Rosh Hashana Social
9/26: Apple Cider Social
9/27: NAMI Walk

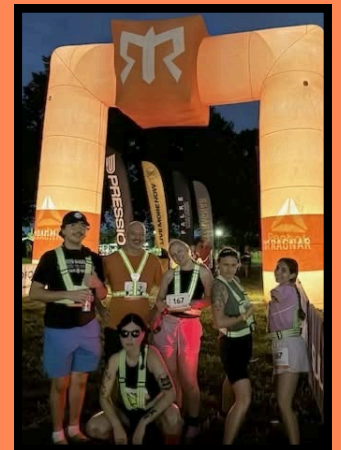
Ragnar

Team Mind over Miles from Vail Place successfully completed the 200 + mile Ragnar 2025 from Minneapolis to Duluth. The weather was not conducive to easy running, with high heat and humidity, but we managed to strive onward and persevere. And we had a pretty fun time along the way! We ran along country roads and trails, and tried to get some sleep in between, lying on the ground. I don't think anyone slept much, but the energy of the whole Ragnar helped carry us along. By the time we reached Duluth, everyone was exhausted. But also feeling very proud, and thinking ahead to Ragnar 2026. Vail staffed two of the relay stations as well, out near Stillwater and Hugo Minnesota. I enjoyed visiting with Vail members and staff, who were working to help people park their vans, and making sure the relays went smoothly from one runner to the next.

What's more is our running team raised over \$14,000 for Vail Place! Friends and relatives of us runners stepped to the plate to financially support our team.

Thank you to everyone who took part, and see you in 2026!

Jonathan Davis



The Ragnar exchange 9 was two fold; busy and excitingly fun! Snow Cones was a total hit, we raised about \$100 from selling Snow Cones and Christmas cookies.
-Sebastian W.

IN THE KITCHEN



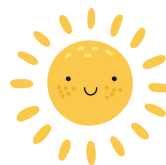
SEPTEMBER BIRTHDAYS



Timothy M
Maleni M
Ciara M
Nishi P
Bryan P
Michelle T
Nicholas V
Janet W

Scott A
Shelly B
Shelley B
Joan E
Laheen G
Deb H
Nate K

GARDEN!



Beach Day

The clubhouses spent the day at Lake Nakomis on August 15th. Despite the blue green algae preventing us from swimming, we had a fun day of grilling, games, ice cream cake, and sunshine.



TRAC & MEMBER DEVELOPMENT

State Fair



The Second Floor

We have officially begun 2nd floor planning at the Uptown Clubhouse!! We've had a number of ideas discussed and we have received feedback and are hoping to have a decision made on the DMM on September 10th !! We want to hear from you still though: how would you like the second floor to look like? And what types of needs do you have that the clubhouse could help further support? We appreciate your patience as we generate new iterations of what our clubhouse can be!!

Goodbye Bethany!

Dear Clubhouse Communities —

Thank you for letting me be a guest at The Clubhouse this summer! You have all been my teachers. Thank you for your kindness, patience, honesty & vulnerability, humor, curiosity, creativity, and inspiring commitment to your well-being, and that of others!

There is so much wisdom in this place!

Take good care!

♥ Bethany
(summer intern)

NAMI Walk

On September 27th, the clubhouses will be participating in the NAMI Walk at Minnehaha Regional Park. This walk is a fundraiser to raise money for mental health treatment. This will be a 5k walk starting at 11:00 AM, and a shuttle will be leaving from the Uptown clubhouse earlier that morning. See the September calendar for more details.



History Theatre

History Theatre has started up again! The Uptown session will be held on Fridays at 1:30.

History Theatre is an opportunity to write and share your story, and you will have the choice to participate in the History Theatre performance next year.

"I have been in History Theatre since the first performance and I plan to keep doing it" -Frank



DG *"I am excited for History Theatre to start again" -
Mike O*

Upstairs impressionist/perspective drawing
by Sebastian W.

