

\*\*\* March 2019 Vail Uptown Clubhouse Program Calendar \*\*\*

**VAIL PLACE:** 1412 W 36th St., Minneapolis, MN 55408 Phone: 612-824-8061 Fax: 612-824-9474 [www.vailplace.org](http://www.vailplace.org)

**HOURS:** Mondays & Fridays 8 – 4:30;

Tuesdays, Wednesdays & Thursdays 8 – 7:30;

Alternate Saturdays 11 - 2

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:15 Stretch Group 9:30 Department Mtgs. 10:00 OPEN TOUR 10:30 Walking Club 11:00 Meditation 1:00 Planning Meeting 2:00 Healthy Snack Bar Food Prep	9:00 New Member Enrollment 9:15 Stretch Group 9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:00 Newsletter Mtg. 1:00 Department Mtgs. 3:00 Mykea's Study Buddies	9:15 Stretch Group 9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:30 Tobacco Talk 1:00 Decision Making Mtg.	9:15 Stretch Group 9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:00 BD Weekly Mtg. 1:00 Department Mtgs. 1:30 AV Club 1:00 CHD Weekly Mtg. 3:00 OPEN TOUR	8:45 Employment Meeting 9:15 Stretch Group 9:30 Department Mtgs. 9-11 Tech Assistance with Mark 10:30 Walking Club 11:00 Meditation 1:00 Department Mtgs. 1:30 Dual Diagnosis (MICD) Mtg.

***SOCIAL, EDUCATIONAL AND WORK DAY EVENTS***

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
				1 3:30 Richardson Nature Center Snow Hike	2 Vail Uptown Open 11-2 12:30 Reiki
4 <b>Clubhouse Closed for Staff Training</b>	5 8:00 Day in the Life Tour 2:00 Snack Bar Meeting 2:30 Tobacco-Free Mtg @H2 3:30 Fat Tuesday Almost Spring Party w/Matt(m.e.) 6:00 Price is Right 6:30 Basketball Game	6 3:30 Visit Humane Society Golden Valley w/ Eric C. 6:00 Checkers w/Daithi	7 3:30 Kitchen Ping Pong 6:00 Collage & Acrylic Painting	8 1:15 Visit Hopkins AV Club 3:30 David BB's Philosopher's Stone (m.e.)	9 Vail Uptown Closed Hopkins Open 11-2
11 1:00 History Theater 2-4 Clubhouse Social by Business Dept. 3:30 Café of the Month	12 <b>No New Member Enrollment</b> 2:00 Speaker's Bureau 3:00 Video Edit Training 3:30 Ice Skate w/ Josh & Thomas 6:00 Leather Work 6:30 Basketball Game	13 2:30 Sea Salt TE Kickoff Mtg (Jobs Available Soon!) 3:30 Mindful Bowling 6:00 Trivia BINGO	14 <b>9:00 Day on the Hill (Lunch Included)</b> 3:30 Irish Piano Recital Janet W. (m.e.) 4:15 Spicy Food Eating Challenge w/Thomas 6:00 Vail Drum Circle	15 11:00 Program Calendar Mtg. 3:30 Minneapolis Institute of Art	16 Vail Uptown Open 11-2 10:00 Snowshoeing @ William O'Brien State Park (w/ Lunch) 12:30 Reiki
18 1:00 History Theater 2:30 Agency-wide Tobacco-free mtg	19 12:00 Reach Out Report with Katie (in dining room) 2:00 Tea & Biscuit Break 3:30 Ethnic Food Eat Out (\$) 6:00 Healing Touch 6:00 Cribbage Tournament Basketball Playoff TBA	20 10:30 Conversation w/ Marya Hornbacher 3:30 Wii Game w/ Sebastian (m.e.) 6:00 Karaoke Birthday Party 6:00 Ragnar Rally!	21 <b>Spring Equinox</b> 1:30 Member Memorial For Dale Knight 3:30 Irish Celebration Music, Food & Culture 6:00 Irish Traditional Music w/ Musicians	22 1:15 Visit Hopkins AV club 1:30 Snack Bar Baking 3:30 Music Jam with Addie & Sam	23 Vail Uptown Closed Hopkins Open 11-2
25 10:00 Downhill Ski at Afton Alps. (\$15 w/lunch ) 1:00 History Theater 2:00 Talk to Vicky 3:30 Spirituality Circle	26 2:00 Speaker's Bureau 3:00 Video Edit Training w/Jonathan & Kevin 3:30 Winter Wellness Hike @ Lakewood Cemetery 6:00 Scrabble w/ Gwen(m.e.) Basketball Game TBA	27 3:30 Texas Hold 'em w/ Eric 3:30 John's Pink Floyd Music Hour (m.e.) 6:00 Fishing Coaching for upcoming season w/ Roger & Chad (m.e.)	28 <b>New Member Day!</b> 12:00 New Member award Lunch 2:00 Tobacco Talk w/Nurse Julie & Josh 3:30 French Class w/ Jonathan & Scott 5:30 Swing Dance 6:00 Vail Music Jam	29 <b>Clubhouse Retreat 9:30-3:00 (Free Lunch)</b> 3:30 Hopkins Mann Theater Movie	30 Vail Uptown Open 11-2 10:00 Flora and Fauna of St Paul Conservatory