

*** April 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

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>
9:30 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 9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:00 Newsletter Mtg. 1:00 Department Mtgs. 4:00 5 Minute Ragnar Fun Run	9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:30 Wellness Wisdom 1:00 Decision Making Mtg.	9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:00 BD Weekly Mtg 1:00 Department Mtgs. 1:00 CHD Weekly Mtg. 1:30 A/V Club 1:30 Healthy Lifestyles for Tobacco Users 3:00 OPEN TOUR 4:00 10 Minute Ragnar Fun Run	8:45 Employment Meeting 9:30 Department Mtgs. 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	2	3	4	5	6
“A Breath of Fresh Air” ALL DAY Healthy Community Celebration Free Lunch Yoga w/ Lynn 3:30pm 1:00 History Theater	2:00 Snack Bar Meeting 3:30 Mini Golf at Gland Slam 6:00 Copper Rubbing Craft	10:30 Greening the Gazebo Group Mtg 3:30 Mykea’s Vacation Adventure & pics (m.e.) 6:00 Cribbage Tournament	1-5 Legislative Visit 1:30 Healthy Lifestyles for Tobacco Users 3:30 Weisman Museum 6:00 Vail Drum Circle	1:30 AV Club – Employment Video Development 1:30 Friday Fix-it Time 3:30 Movie at Hopkins Theater	Vail Uptown Closed (Hopkins Open 11-2)
8	9	10	11	12	13
1:00 History Theater Writing Session 3:30 Café of the Month	2:00 Speaker’s Bureau 3:00 Video Editing training w/Hopkins 3:30 Russian Language Class w/ Tom N. (m.e.) 6:00 Price is Right	3:30 Savannakhet Laos Presentation w/ Char V. (m.e.) 6:00 Checkers Class & Game	1-5 Legislative Visit 1:30 Member Memorial for Tom Dvorak 3:30 Wellness Hike at Theodore Wirth w/Josh 6:00 Leather Work 6:00 Free Style Acrylic Painting w/ Jude	10:30 Program Calendar Meeting 1:30 Healthy Baking 1:30 Friday Fix-it Time 3:30 Philosopher’s Stone David (m.e.)	Vail Uptown Open 11am-2pm 10:00 Wabasha Eagle Center 12:30 Reiki
15	16	17	18	19	20
1:00 History Theater Writing Session 2:00 Dr. Q and A 3:30 Climate Change Presentation w/ Jonathan & Patrick (m.e.)	3:30 Passover Celebration w/ JFCS 6:00 Spring Collage Art w/Mykea (m.e.)	11:00 Greening the Gazebo Group Mtg 3:30 Mindful Bowling 6:00 Origami Box w/ Sebastian (m.e.)	1-5 Legislative Visit 1:30 Healthy Lifestyles for Tobacco Users 3:30 Ethnic Food E.O. 5:30 Swing Dance 6:00 Vail Music Jam	Good Friday 1:30 Friday Fix-it Time 3:00 Wellness Spring Hike at Richardson Nature Center 3:30 Scrabble w/Gwen (m.e.)	HAPPY EASTER Vail Uptown Closed (Hopkins Open 11-2)
22	23	24	25	26	27
Earth Day 1:00 History Theater Writing Session 2:00 Earth Day Backyard Cleaning & Preparing for planting	2:00 Speaker’s Bureau 2:00 Omni Theater and Science Museum “Cuba” 3:00 Video Editing training w/Hopkins 6:00 Open Fire Pit w/ S’mores & Hot Dogs	3:30 April B Day & Karaoke Party 6:00 Trivia BINGO	1-5 Legislative Visit 1:30 Healthy Lifestyles for Tobacco Users 3:00 Diversity Cultural Presentation of Puerto Rico by Naomi 6:00 Creative writing w/Marya H	1:30 Friday Fix-it Time 3:30 Tasty Music Hour w/Addie & Sam	Vail Uptown Open 11am-2pm 11:00 YouTube Music 12:30 Reiki
29	30				
1:00 History Theater Writing Session 2:30 Talk to Vicky 3:30 Spirituality Circle Speaker’s Bureau at Andrew Residence	2:00 Emily’s Going Away Party 3:30 Kitchen Ping Pong 5:00 Employment Dinner & Celebration 6:00 Employment program & discussion				

