

\*\*\* May 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 Ragnar Fun Run	9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:30 Wellness Wisdom 1:00 Decision Making Mtg. 3:00 Smoke-Free Smoke-Break (Backyard Social Time)	9:30 Department Mtgs. 10:30 Walking Club 11:00 Meditation 11:00 BD Weekly Mtg 1:00 Department Mtgs. 1:30 AV Club 2:00 Healthy Lifestyles for Tobacco Users 3:00 OPEN TOUR 4:00 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
	<b>Mental Health Awareness Month</b>  <b>*Bolted events are great for new members*</b>	3:00 Smoke-Free Smoke-Break (Backyard Social Time) 3:30 Russian Deli for May Day-Speak Russian w/Tom (m.e.) <b>6:00 Mykea's Nintendo Switch Game</b>	1:00 Community Hospitality Dept. Mtg. 2:00 Healthy Lifestyles for Tobacco Users 3:00 Ragnar Planning Mtg 3:30 Cinco de Mayo Pinata Smashing 6:00 Mask Making w/Andrew (m.e.)	<b>Clubhouse Closed</b> Combined Clubhouse Staff Training Day	Vail Uptown <b>Closed</b>  (Hopkins Open 11-2)
6	7	8	9	10	11
<b>Ramadan Begins</b> 1:00 History Theater Writing Session 1:30 Healthy Baking <b>3:30 Café of the Month</b>	2:00 Speaker's Bureau 3:00 Hopkins AV Support 3:30 Courage Kenny Art Exhibit w/ James S. (m.e.) 6:00 Price is Right	3:00 Smoke-Free Smoke-Break Backyard 3:30 Cell Phone Tips – w/ Michele M. (m.e.) 5:30 Ragnar Mtg. @ Hopkins 6:00 Wii Game w/ Sebastian (m.e.)	1:00 C.H.D. Meeting 1-3 Free Bike Tune-Up 2:00 Healthy Lifestyles for Tobacco Users 3:30 Wellness Hike @ Eloise Butler Flower Garden w/ Josh 6:00 Vail Drum Circle	10:30 Program Calendar Meeting 1:30 AV Club at Hopkins 1:30 Friday Fix-it Time 3:30 Philosopher's Stone David (m.e.)	Vail Uptown Open 11am-2pm  10:00 Northfield Trip w/ Jonathan D. (m.e.) 12:30 Reiki
13	14	15	16	17	18
1:00 History Theater Writing Session 3:00 Q&A with the Doctor	<b>11:00 New Member Newsletter Mtg</b> 2:00 Enrollment Report 3:00 Hopkins AV Support 3:30 Go eat the best Ice cream in town w/ Josh 6:00 Scrabble w/ Gwen 6:00 Basketball Horse	9:00 Backyard build time 2:00 Mish's Clubhouse Faculty Report (m.e.) 3:00 Smoke-Free Smoke-Break (Backyard Social Time) 3:30 Mindful Bowling 6:00 Cribbage w/Mykea	1:00 C.H.D. Meeting 2:00 Healthy Lifestyles for Tobacco Users 3:00 Ragnar Planning Meeting 3:30 Tennis 101 6:00 Vail Music Jam	9:00 Backyard build time 10:30 Wellness Biking Together Around Lake 1:30 Friday Fix-it Time <b>3:30 Fishing at Cedar Lake</b>	Vail Uptown <b>Closed</b>  (Hopkins Open 11-2)
20	21	22	23	24	25
1:00 History Theater Writing Session 2:30 Talk to Vicky 3:30 Spirituality Circle	2:00 Speaker's Bureau 3:00 Stretch your Body w/ Josh (Outdoors 3:30 Free Movie at Hopkins Cinema 6:00 Healing Touch 6:00 Outdoor Fire Pit S'mores & Hotdog	2:00 Snack Bar Mtg. 3:00 Smoke-Free Smoke-Break Backyard 3:30 May B Day & Karaoke Party 6:00 Not your Grandma's checkers	1:00 C.H.D. Meeting 2:00 Healthy Lifestyles for Tobacco Users 3:00 Yoga with Lynn! 3:30 DJ Dance Party w/Matt (m.e.) 6:00 Free Style Acrylic Painting w/ Jude (m.e.)	1:30 Friday Fix-it Time 1:30 AV Club at Hopkins <b>3:30 Music Jam w/Addie &amp; Sam</b> 3:30 Thrifty Shopping (Thrift Shop or Garage Sale)	Vail Uptown Open 11am-2pm  12:30 PBS Doc.film "The Case of Insanity" w/ David F. (m.e.) & Discussion 12:30 Reiki
27	28	29	30	31	
<b>Memorial Day</b> Vail Place Open 10-2	3:30 How to Support our Transgender Community with Guest Speaker – Shannon Kearns 6:00 Leather work	1:00 House Meeting 3:00 Smoke-Free Smoke-Break Backyard 3:30 Driving Range Golf 6:00 Trivia Bingo	1:00 C.H.D. Meeting 2:00 Healthy Lifestyles for Tobacco Users 3:00 Ragnar Planning Mtg <b>3:30 Rose Garden Hike</b> 6:00 Creative Writing w/ Marya Hornbacher	1:30 Friday Fix-it Time 1:30 AV Club 5:30 NAMI Present "My Stigma Is Stigma-ier Than Yours" at Bryant Lake Bowl	

