

\*\*\* September 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 11:00 Meditation 1:00 Planning Meeting 2:00 Healthy Snack Bar Food Prep	9:00 New Member Enrollment 9:30 Department Mtgs. 11:00 Meditation 11:00 Newsletter Mtg. 1:00 Department Mtgs. 1:30 Tobacco Support Group	9:30 Department Mtgs. 11:00 Meditation 11:30 Wellness Wisdom 1:00 Decision Making Mtg.	9:30 Department Mtgs. 11:00 Meditation 11:00 BD Weekly Mtg 1:00 Department Mtg. 1:00 CHD Weekly Mtg. 3:00 OPEN TOUR	8:45 Employment Meeting 9:30 Department Mtgs. 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>
<b>2</b> <b>Labor Day</b> Uptown Vail Open 10-2	<b>3</b> 10:00 History Theater Production Fall Season Starts 2:00 Speaker's Bureau 3:30 Hidden Falls Park Agate Hunting 6:00 Price is Right	<b>4</b> 3:30 Tennis beginner To advance 5:30 Make Ice cream and play cribbage	<b>5</b> Vail Place Annual Picnic at Burns Park 3:30 – 6:30 Clubhouse closes at 2:30	<b>6</b> 3:30 Mpls. Institute of Art " Hearts of Our People"	<b>7</b> Uptown Vail Closed Hopkins Club Open 11-2
<b>9</b> 3:30 Café of the Month	<b>10</b> 2:00 Donor Thank You 3:30 Dart Tournament 6:00 Video Improv. with Andrew (m.e.)	<b>11</b> 3:30 Horse Tournament with Meagan P. (m.e.) 6:00 Stress Management Kit Making w/ Miles (m.e.)	<b>12</b> 3:30 Canvas Bag Painting w/ Mykea (m.e.) 6:00 Vail Drum Circle	<b>13</b> 3:00 Addie's Afternoon Music Extravaganza 3:30 Yoga w/ Lynn	<b>14</b> Uptown Vail Open 11-2 11:30 Football/Spa Day with Katie 12:30 Reiki
<b>16</b> 3:30 Ethnic Food Eat Out at Lao-Thai Restaurant w/ Daithi	<b>17</b> 10:00 History Theater 2:00 Speaker's Bureau @ Revel Health 3:00 Hopkins AV Club 3:30 Touch Football At Kenwood w/ Josh 6:00 Healing Touch 6:00 Acrylic Painting w/ Jude (m.e.)	<b>18</b> 2:00 Snack Bar Mtg 3:30 Mindful Bowling 3:30 Scrap Booking w/ Mykea (m.e.) 6:00 Trivia Bingo	<b>19</b> <b>Vocational Dinner at the Clubhouse</b>	<b>20</b> 3:30 David BB's Philosopher's Stone (m.e.)	<b>21</b> Uptown Vail Closed Hopkins Club Open 11-2
<b>23</b> 3:30 Lake Harriet Peace Garden	<b>24</b> 2:00 Donor Thank You 3:30 Badminton or Ping Pong ( Rain ) w/ Gwen (m.e.) 6:00 Outdoor Fire pit and S'mores	<b>25</b> 3:30 September B Day and Karaoke Party 6:00 Hardcore Pictionary with Andrew	<b>26</b> 3:30 Spanish Class w/ Jonathan (m.e.) 6:00 Vail Music Jam w/ Eileen	<b>27</b> 3:00 Marya Hornbacher's Creative Writing 3:30 Fishing w/ Chad	<b>28</b> Uptown Vail Open 11-2 10:30 NAMI WALK 12:30 Reiki
<b>30</b> 2:30 Talk to Vicky 3:30 Spirituality Circle					

