

# September 2020 Virtual Club Calendar

## Hours of Staff Availability

Mon-Fri:  
8am - 4:30pm

## Daily Meetings

**12:00 Super Quiz/Social Hour**

**4:30 ASL (American Sign Language) with Gwen**

## Staff Phone Numbers

Jamie- 952-529-0392  
Julie- 612-790-8107  
Samantha- 952-406-9284  
Jonathan- 952-300-5378  
Nathan-952-529-1166  
Lilly- 952-529-1009

## Important Phone Numbers

**COPE:** 612-596-1223

**Wellness in the Woods Warmline**  
844-739-6369  
Sun-Sat: 5pm to 9am

**Minnesota Warmline**  
651-288-0400  
Mon-Sat: 5pm to 10pm

Monday	Tuesday	Wednesday	Thursday	Friday
31 10:00 Week at a Glance: Data Chat 1:00 Creative Wellness with Robin and Calynn	1 10:00 Fresh Air 11:00 Zoom Practice Hour 3:00 Radio Show Listening Hour	2 10:00 Communication Mtg (AV & Newsletter) 12:25 Meditation (Zoom) 2:00 Food Shelf Delivery (Ask Staff if Interested) 2:15 Renovators Business Meeting	3 9:30 Virtual Cafe CoffeeTalk 10:00 Education Meeting 3:00 Suggestion Hour 4:00 MICD Meeting	4 10:00 Book Club 1:00 Variety/Social Hour with Amber 2:30 Data Collection  In-Person Meditation (Call staff if interested)*
7  <b>Labor Day</b>  <i>Virtual activities will be off today due to the holiday</i>	8 10:00 Fresh Air 1:00 Learn Excel with Beth 2:30 <b>Speakers Bureau</b> 3:00 Radio Show Listening Hour	9 10:00 Communication Mtg (AV & Newsletter) 12:25 Meditation 1:30 Technology Help w/ Curtis and Derek  In-Person Walk (Call staff if interested)*	10 9:30 Virtual Cafe CoffeeTalk 10:00 Employment Meeting 3:00 Suggestion Hour 4:00 MICD Meeting	11 10:00 Book Club 1:00 Variety/Social Hour with Nate: Birthday Celebration 2:30 Data Collection
14 10:00 Week at a Glance 1:00 Creative Wellness with Robin and Calynn	15 10:00 Fresh Air 1:00 Virtual Vacations: Bali and Greece Presentations 3:00 Radio Show Listening Hour  In-Person Outdoor Hour (Call staff if interested)*	16 10:00 Communication Mtg 12:25 Meditation (Zoom) 2:00 Food Shelf Delivery (Ask Staff if interested) 2:30 <b>Clubhouse Philosophy with Uptown</b>	17 9:30 Virtual Cafe CoffeeTalk 10:00 Education Meeting 3:00 Suggestion Hour 4:00 MICD Meeting  In-Person Arts & Craft (Call staff if interested)*	18 10:00 Book Club 1:00 Variety/Social Hour 2:30 Data Collection
21 10:00 Week at a Glance: Visiting with Vicky 1:00 Creative Wellness with Robin and Calynn 2:30 Calendar Planning	22 10:00 Fresh Air 12:00 Isaac Asimov Super Quiz/Bring your Lunch Social 2:30 <b>Speakers Bureau</b> 3:00 Radio Show Listening Hour In-Person Tech Help w/ Curtis and Derek (Call staff if interested)*	23 10:00 Communication Mtg (AV & Newsletter) 11:00 LucidPress: Learn the Newsletter Program 12:25 Meditation (Zoom)	24 9:30 Virtual Cafe CoffeeTalk 10:00 Employment Meeting 3:00 Suggestion Hour 4:00 MICD Meeting	25 10:00 Book Club 1:00 Variety/Social Hour with Amber 2:30 Data Collection  In-Person Coffee Social (Call staff if interested)*
28 10:00 Week at a Glance: Clubhouse Reboot 1:00 Creative Wellness with Robin and Calynn 3:00 Clubhouse Reboot: Repeat	29 10:00 Fresh Air 1:00 Learn Excel with Beth 3:00 Radio Show Listening Hour	30 10:00 Communication Mtg (AV & Newsletter) 11:00 LucidPress: Learn the Newsletter Program 12:25 Meditation (Zoom)		<b>*In-Person Activities require registration 3+ days prior to event, including a pre-screening call</b>