

Hopkins Clubhouse

19th Ave. S.,
Hopkins, MN 55343
Phone: 952-938-9622

JANUARY 2024 VAIL PLACE

Open M-F 8:30-4:30 Thu 8:30-6:30 (January)
Weekend Virtual Socials: Sat 12p & Sun 1p
Sat Outings*: 2nd & 4th Week 10:30a-2:30p

Uptown Clubhouse

1412 W 36th St.,
Mpls MN 55408
Phone: 612-824-8061

M-F: AM: 9a Morning Meeting > 9:15 Department Meetings 9:30-12:00 Work Ordered Day - 12:00 Lunch PM: 1p Afternoon Meeting > 1:15 Department Meetings 1:30 Work Ordered Day					
MON 8:30-4:30	TUES 8:30-4:30	WEDS 8:30-4:30	THU 8:30-6:30	FRI 8:30-4:30	SAT & SUN
1 NEW YEARS DAY UPTOWN OPEN 10A-2P MEAL @ 12P < SHUTTLE HOLIDAY TIMES 8:30a The Mighty Monday Morning Meeting w Mark J	2 3:00 Open Resource Hour U P T O W N W E E K	3 1:00 Decision Making Meeting (DMM)	4 11:00 Open Resource Hour 4:00 Backyard Bonfire 5:00 Dinner	5 2:00 MICD 3:00 Birthday Karaoke Social	6 <u>Saturday</u> 12p Lunch Bunch w/ Jonathan (Zoom) 7 <u>Sunday</u> 1p Tom's Social Hour (Zoom)
8 8:30a The Mighty Monday Morning Meeting w Mark J 10a Employment Supports 3p Meditation	9 3p Open Resource Hour: Housing 5:30 Community Conversation Ramsey County Clubhouse	10 2:00 Other Stuff w/ Computers Planning Meeting 3:00 Renovators H O P K I N S W E E K	11 2:00 Decision Making Meeting (DMM) 3:00 Wellness Talk: Finding Providers 4:00 Taylor Swift Social 5:00 Dinner & Cocoa in a Jar w/ Ranee S	12 2:00 MICD 3:00 Board Game Social	13 <u>Saturday</u> 10:30-2:30 Outing* to New Prague 12p Lunch Bunch w/ Jonathan (Zoom) 14 <u>Sunday</u> 1p Tom's Social Hour (Zoom)
15 MARTIN LUTHER KING DAY UPTOWN OPEN 10A-2P MEAL @ 12P < SHUTTLE HOLIDAY TIMES 8:30a The Mighty Monday Morning Meeting w Mark J	16 3:00 Open Resource Hour: Transportation U P T O W N W E E K	17 2:00 Dudes in the Kitchen Planning Meeting	18 2p Decision Making Meeting 3p Wellness Talk: Making Wellness Happen w/ John G 4p Making Dragon Dream Catchers 5p Dinner	19 2:00 MICD 3:00 Drum Circle	20 <u>Saturday</u> 12p Lunch Bunch w/ Jonathan (Zoom) 21 <u>Sunday</u> 1p Tom's Social Hour (Zoom)
22 8:30 The Mighty Monday Morning Meeting w Mark J 10a Employment Supports 3:00 Meditation H O P K I N S W E E K	23 10:00 Development Meeting 3:00 Open Resource Hour: Food w/ Jane	24 2:00 Like Employment Planning Meeting 3:00 Renovators 5-7pm Vocational Celebration	25 10:00 Blood Pressure Group 2:00 DMM 3:00 Wellness Talk: Weights & Cardio w/ Kevin S 4:00 Nintendo Switch Social 5:00 Dinner	26 9-12p Mini Retreat 2:00 MICD 3:00 Beach Themed Social	27 <u>Saturday</u> 10:30-2:30 Outing* Snowshoeing/Hike at Lowry Nature Center 12p Lunch Bunch w/ Jonathan (Zm) 28 <u>Sunday</u> 1p Tom's Social Hour (Zoom)
29 8:30 The Mighty Monday Morning Meeting w Mark J 3:00 Meditation 3:00 History Theater	30 1:00 History Theater 3:00 Open Resource Hour: Legal aid w/ Jane U P T O W N W E E K	31 2:00 Other Stuff with Computers Planning Meeting	Feb 1 2p DMM 3p Wellness Talk: All about Carbs w/ Sebastian 4p "Life on Our Planet" w/ Morgan Freeman 5p Dinner	Feb 2 2:00 MICD 3:00 Thumb Print Art Collab	Feb 3 <u>Saturday</u> 12p Lunch Bunch w/ Jonathan (Zoom) Feb 4 <u>Sunday</u> 1p Tom's Social Hour (Zoom)
 Black - In Person Only					
Sign for Outing at Front Desk - Week of Outing					
Zoom: Red - Primary 878 196 3865 Blue - Backup Zoom 453 031 2513 & Call in Zoom 888-788-0099					

January 2024
Open M-F 8:30-4:30p
Thurs. Open til 6:30p

Clubhouse Work Ordered Day
Culinary & Wellness;
Business & Communication;
Employment/Education+

January Daily Schedule (M-F)

9a Morning Meeting

9:15a Department Meetings

9:30a-12:00p Clubhouse Work Ordered Day

12:00p Lunch \$2

1:00p Afternoon Meeting

1:15-1:30p Department Meetings

1:30p Clubhouse Work Ordered Day

4:00p Thu & 3:00p Fri > Social Rec Activity

5:00p Thu Dinner \$2

CLUBHOUSE TOURS & PRESENTATIONS TU & TH 11 AM-12 PM

SHUTTLE SCHEDULE



Shuttle Departs Closed Clubhouse

to go to Open Clubhouse at:

8:40 & 11:30 AM

Later: Shuttle Returns at:

11 AM, 2:30 & 4 PM

Eve Shuttle - Thu Eve: 6 PM

Holiday Shuttle:

Departs Closed Clubhouse

to go to Open Clubhouse > 10:00 AM

Departs Open to Return at 1:30 PM

Social Recreation:

Weekdays: Thurs. 4-6:30p (Jan.)
 & Fri. 3-4:30p

Weekends: On Zoom Socials:
Saturdays: 12p Lunch Bunch
w/ Jonathan

Sundays: 1p Tom's Social Hour

Saturdays: 2nd & 4th Saturday
Outings* ➔

2nd & 4th Saturday Outings

Sat. Jan. 13th 10:30-2:30:

Outing to New Prague

Sat. Jan. 27th 10:30-2:30:

*Snowshoeing/Hiking at Lowry
 Nature Center
 w/ Lunch*

*Sign up: Week of the Outing at
 the Front Desk

STAFF PHONE NUMBERS

Chad 952-529-1403
 CJ 952-212-8027
 Daithi 952-529-1100
 Eric 952-529-0967
 Lilly 952-529-1009
 Meredith 952-945-4261
 Mindy 952-300-5378
 Nathan 952-529-1166
 Samantha 952-406-9284
 Theo 952-945-4250



LUNCH M-F AT NOON

January Lunch Menu

MEALS \$2

SUPPER (JAN) THU 5 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 1 New Years Day	2 Sandwiches	3 Lisa's Chili & Cornbread	4 Megan H's Thai	5 Blue Plate
8 Teal's Cobb Salad & Fluff	9 Jazzy Homemade Mac n/ Cheese	10 Soup, Salad, & Bread	11 Burrito Bowl's	12 Kelsey's Shrimp Fettucine Alfredo
15 Martin Luther King Day	16 Rose's Creamy Mushroom Meatballs	17 Turkish Fusion	18 Jane's Lasagna	19 Blue Plate
22 Vince's Shrimp Taco's	23 Greek Fusion	24 Fillipino Fusion w/ Grace & CJ	25 Mykea's Clam Chowder	26 Mac & Cheese w/ Lilly & Sebastian
29 Jonathan D's Quiche	30 Mykea's Taco Salad	31 Randy's Turkey Chili	Feb 1 Kevin's Cincinatti Chili	Feb 2 Blue Plate