

Clubhouse Hours
M-F 8:30-4:30p

Thurs. Open til 6:30p

Weekend: Zoom Socials/Outings


Daily Meetings:

APRIL 2024 - VAIL PLACE CALENDAR

AM 9:00 Morning Meeting, 9:15 - 9:30 Dept. Meetings
PM 1:00 Afternoon Meeting, 1:15 - 1:30 Dept. Meetings

Departments:

Culinary n' Wellness;
Member Development;
TRAC: Tech/Reception/
Admin/Communications

MONDAY	TUESDAY	WEDNESDAY	THU OPEN TIL 6:30 APRIL	FRIDAY	SAT & SUN
<p>1 8:30 The Mighty Monday Morning Meeting w Mark (on Zoom) 2:00 Clubhouse Philosophy 3:00 Meditation 3:00 History Theater</p>	<p>2 10:00 Development Mtg 1:00 History Theater 3:00 Open Resource Hour: Open 4:30 Clubhouse Closes</p>	<p>3 10:00 Tour Training 10-12 Study Group 2:00 TRAC Planning Meeting 3:00 Remnants (formerly known as the Renovators)</p>	<p>4 2:00 (DMM) Meal Planning 3:00 Wellness Talk: Compassionate Psychiatry w/ John G. 4:00 Positive Affirmation Jars w/ Mykea 5:00 Dinner 6:30 Clubhouse Closes</p>	<p>5 2:00 MICD 3:00 Dance Party</p> 	<p>6 <u>Saturday</u> 9:00 Running Group 12:00 Lunch Bunch w/ Jonathan (Zoom)</p> <p>7 <u>Sunday</u> 1:00 Tom's Social Hour (Zoom)</p>
H O P K I N S W E E K					
<p>8 8:30 The Mighty Monday Morning Meeting w Mark 10:00 Employment Supports 2:00 Clubhouse Philosophy 3:00 Meditation 3:00 History Theater</p>	<p>9 Staffless Day 1:00 History Theater 3:00 Open Resource Hour: on Friday this week ></p>	<p>10 10:00 Tour Training 10-12 Study Group 2:00 Culinary and Wellness Planning Meeting</p>	<p>11 2:00 (DMM) 3:00 Wellness Talk: Pronoun Awareness w/ Kruella 4:00 Raneer & CJ's Activity: Japan Education 5:00 Dinner</p>	<p>12 11:00 Peer Support Specialist Resource Hour w/ Tom N 2:00 MICD 3:00 OT Appreciation Celebration + Emily's Farewell Party 3:30-7 PM *Outing* NAMI Game Night-Van w/ Nate</p>	<p>13 <u>Saturday</u> SEE FRIDAY OUTING 9:00 Running Group 12:00 Lunch Bunch w/ Jonathan (Zoom)</p> <p>14 <u>Sunday</u> 1:00 Tom's Social Hour (Zoom)</p>
U P T O W N W E E K					
<p>15 8:30 The Mighty Monday Morning Meeting w Mark 1-3:30 Normandale Campus Visit 2:00 Clubhouse Philosophy 3:00 Meditation 3:00 History Theater</p>	<p>16 10:00 Development Mtg 1:00 History Theater 3:00 Open Resource Hour: Meals on Wheels</p>	<p>17 10:00 Tour Training 10-12 Study Group 2:00 Member Dev Planning Meeting 3:00 Remnants</p>	<p>18 2:00 (DMM) 3:00 OT Wellness Walk 4:00 Nintendo Switch Social 5:00 Dinner 5:30 Equity Advocacy and Justice</p>	<p>19 9-12 Clubhouse Mini Retreat 2:00 MICD 3:00 Karaoke Birthday Social</p>	<p>20 <u>Saturday</u> 9:00 Running Group 12:00 Lunch Bunch w/ Jonathan (Zoom)</p> <p>21 <u>Sunday</u> 1:00 Tom's Social Hour (Zoom)</p>
H O P K I N S W E E K					
<p>22 Earth Day - Outdoor WOD 8:30 The Mighty Monday Morning Meeting w Mark 2:00 Clubhouse Philosophy 3:00 Meditation 3:00 History Theater</p>	<p>23 1:00 History Theater 3:00 Open Resource Hour: Affordable Gym Memberships</p>	<p>24 10:00 Tour Training 10-12 Study Group 2:00 TRAC Planning Meeting 3:00 Passover Celebration</p>	<p>25 2:00 (DMM) 3:00 Wellness Talk: Benefits of Running & Walking w/ Jonathan D 4:00 Backyard Yardszee w/Eric 5:00 Dinner</p>	<p>26 Augsburg Visit 10:30-12:00 2:00 MICD 3:00 Drum Circle</p>	<p>27 <u>Saturday</u> 7:45 Get in Gear Running Event w/Chad 10:30-2:30* Outing to Hastings w/ Daithi</p> <p>12:00 Lunch Bunch w/ Jonathan (Zoom)</p> <p>28 <u>Sunday</u> 1:00 Tom's Social Hour</p>
U P T O W N W E E K					
<p>29 Staff Training Day Clubhouse Closed! On Zoom Activities: 8:30 The Mighty Monday Morning Meeting w Mark 1:00 Gab-a-thon w/ Randy</p>	<p>30 10:00 Development Mtg 1:00 History Theater 3:00 Open Resource Hour: Talk Resources & Celebrate Delaney's Last Day</p>	<p>May 1 May - Wednesdays Open til 6:30 10:00 Tour Training 10-12 Study Group 2:00 (DMM) 3:00 Remnants 4:00 Friends the TV Show Social 5:00 Dinner 6:30 Club Closes</p>	<p>May 2 — 2:00 Culinary and Wellness Planning Meeting 3:00 Wellness Talk: Breathwork 4:30 Clubhouse Closes</p>	<p>May 3 2:00 MICD 3:00 Ink Friends Art Group</p>	<p>May 4 <u>Saturday</u> 12:00 Lunch Bunch w/ Jonathan (Zoom)</p> <p>May 5 <u>Sunday</u> 1:00 Tom's Social Hour (Zoom)</p>
H O P K I N S W E E K					



Zoom: Hybrid Meetings in Red 878 196 3865 (using free app) or Call in only 888-788-0099, then 878 196 3865

*Black - In Person Only

*Sat: Week of Outing Sign up - Front Desk

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

Hopkins Clubhouse
 15 - 9th Ave. S.,
 Hopkins, MN 55343
Phone: 952-938-9622

April 2024 Daily Schedule
Open M-F 8:30-4:30p
Thursdays Open til 6:30p

- 9:00a 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 Thursdays & 3:00p Fri** > Social Rec Activity
- 5:00p Thursdays** Dinner \$2

Clubhouse Work Ordered Day
Culinary n' Wellness;
Member Development;
TRAC: Technology, Reception,
Administration, Communications
CLUBHOUSE TOURS & PRESENTATIONS
TU & TH 11:00 AM-12:00 PM

NEW SHUTTLE SCHEDULE 

Regular Shuttle Departs
Closed Club to go to Open Club at:
8:40 AM & 11:30 AM
Shuttle Returns: 11 AM, 2:30 PM, 4:00 PM
Extended Day Returns - 3:00PM & 6:00 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:
 Thursdays 4:00-6:30p
 Fridays 3:00-4:30p

Weekends: *Outings* →

On Zoom Socials:
Saturdays: 12:00p Lunch Bunch
w/ Jonathan
Sundays: 1:00p Tom's Social Hour

Outings


***Sign up: Week of the Friday & Saturday Outing at Front Desk**

Special Friday Eve April 12th
 Outing - NAMI Game Night
 at Roseville GameZenter
 w/ Nate - From 3:30-7 PM
 3:30 PM - Van Leaves Club
 Event Details at namimn.org

Sat. April 27th
 10:30-2:30: Outing to Hastings
 w/ Daithi

STAFF PHONE NUMBERS

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

 **LUNCH M-F AT NOON** **April Lunch Menu** **MEALS \$2** **SUPPER (APRIL) THURS 5 PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sandwiches	2 Fish & Roasted Veggies	3 Chicken & Salad	4 Classic Soft Tacos 5 pm Dinner (left-overs)	5 Breakfast
	H O P K I N S W E E K			
8 Sandwiches	9 Curry Lunch w/ Taros	10 Lasagna w/ Broccoli and Mixed Fruit w/ Tony	11 Chinese Stir-Fry 5 pm Dinner (left-overs)	12 Blue Plate
	U P T O W N W E E K			
15 Sandwiches	16 Michelle's Jamaican Jerk Chicken	17 German Fusion w/ Richard	18 Fernando's Spaghetti w/ Garlic Bread 5 pm Dinner (left-overs)	19 Breakfast
	H O P K I N S W E E K			
22 Sandwiches	23 Homemade Tomato Soup & Grilled Cheese w/ Ranees	24 Israeli Fusion	25 Ranees Pancakes, Sausage, and Fruit 5 pm Dinner Agnes's Beef Stir Fry	26 Blue Plate
	U P T O W N W E E K			
29 Jane's Moussaka	30 Veggie Rice Bowls w/ Peanut Sauce	May 1 Grilled Chicken Sandwiches w/ Mike O. 5 pm Dinner	May 2 Lisa's Tater Tot Hotdish	May 3 Breakfast
H O P K I N S W E E K				