



*Upward Bound  
5th Street Express*

104 E 5<sup>th</sup> St.  
Fairmont, MN. 56031

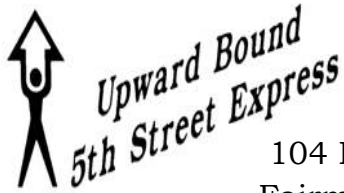


| Sun                                                                        | Mon                                                                                                         | Tue                                                                                                                          | Wed                                                                                                  | Thu                                                                                                                    | Fri                                                                                                                                              | Sat       |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>OCTOBER</b><br><b>2026</b>                                              |                                                                                                             |                                                                                                                              |                     | <b>1</b><br><b>Walk Group</b><br><b>10:00am</b><br><br><b>Open</b><br><b>1pm-3pm</b>                                   | <b>2</b><br><b>Open</b><br><b>9am-11am</b><br><b>Any Ability Activity @ Library</b><br><b>1:00pm</b>                                             | <b>3</b>  |
| <b>4</b>                                                                   | <b>5</b><br><b>Board Meeting</b><br><b>9:00am</b><br><br><b>Open</b><br><b>1pm-3pm</b>                      | <b>6</b><br><u>10 Co. Activity</u><br><b>Mental Health Walk &amp; Speakers</b><br><b>in St Peter</b><br><b>Leave 10:30am</b> | <b>7</b><br><b>Mankato Shopping</b><br><b>Leave 9am</b>                                              | <b>8</b><br><b>Open</b><br><b>9am-11am</b><br><br><b>Dollar General Shopping</b><br><b>1:00pm</b>                      | <b>9</b><br><b>Darek Mtg.</b><br><b>9am-12pm</b><br><br><b>Plastic Canvas w/ Mary F.</b><br><b>1pm-3pm</b>                                       | <b>10</b> |
| <b>11</b><br><br><b>Potluck Snacks + Vikings Game</b><br><b>Start 12pm</b> | <b>12</b><br><br><b>Open w/ Samantha</b><br><b>9am-3pm</b><br><br><b>Darek All-day Meeting</b>              | <b>13</b><br><b>Wood Burning</b><br><b>9am-11am</b><br><br><b>Open</b><br><b>1pm-3pm</b>                                     | <b>14</b><br><br><b>Open w/ Samantha</b><br><b>2pm-5pm</b><br><br><b>Darek Off</b>                   | <b>15</b><br><b>Open</b><br><b>9am-11am</b><br><br><b>Center Creek Orchard</b><br><b>12:00pm</b>                       | <b>16</b><br><b>M.L.H.S. Rummage &amp; Bake Sale</b><br><b>Leave 9am</b><br><br><b>Open</b><br><b>1pm-3pm</b>                                    | <b>17</b> |
| <b>18</b>                                                                  | <b>19</b><br><b>Open</b><br><b>9am-12pm</b><br><br><b>CAC Mtg. w/ Guest and Food</b><br><b>Start 3:30pm</b> | <b>20</b><br><b>Chair Fitness @ Library</b><br><b>10:00am</b><br><br><b>Games</b><br><b>1pm-3pm</b>                          | <b>21</b><br><b>Open</b><br><b>9am-11am</b><br><br><b>Fall paint craft w/ Darek</b><br><b>1:00pm</b> | <b>22</b><br><b>Open</b><br><b>9am-11am</b><br><br><b>Odin Craft Mill</b><br><b>Leave 1pm</b>                          | <b>23</b> Darek Mtg<br><b>Cookie Decorating</b><br><b>11:00am</b><br><hr/> <b>Games</b><br><b>1pm-3pm</b><br><b>SCARY Movie</b><br><b>6:00pm</b> | <b>24</b> |
| <b>25</b>                                                                  | <b>26</b><br><b>Open</b><br><b>9am-12pm</b><br><br><b>Movie + Pizza and BDay Cake</b><br><b>Start 3pm</b>   | <b>27</b><br><b>Let's Paint!</b><br><b>9am-12pm</b><br><br><b>Open</b><br><b>1pm-3pm</b>                                     | <b>28</b><br><b>Open</b><br><b>9am-11am</b><br><br><b>Wii Bowling</b><br><b>1pm-3pm</b>              | <b>29</b><br><u>10 Co Activity</u><br><b>Halloween Party &amp; Lunch</b><br><b>in Le Center</b><br><b>Leave 9:15am</b> | <b>30</b><br><b>Walk Group</b><br><b>10:00am</b><br><br><b>Embroidery w/ Mary F.</b><br><b>1pm-3pm</b>                                           | <b>31</b> |

Coord. Darek: (507) 618-5428  
 Text or call for rides or to sign up for activities.

Rides Provided by Clubhouse:  
**Bold** = rides available  
 Not bold = rides not available (drop-in only)

\*Prairie Lakes TOKENS are always available for reimbursement to travel to or home from the clubhouse\*



104 East Fifth Street  
Fairmont, MN. 56031  
Phone: 507-238-9021

Email: [upwardbound@midconetwork.com](mailto:upwardbound@midconetwork.com)

# OCTOBER Newsletter



## OCTOBER 10 CO. ACTIVITIES:

### October 6th: Mental Health Walk

We will have a small lunch and then do the mental health walk in St. Peter. There will be speakers and provider Information. See flyer for details.

### October 29th: Halloween Party / Lunch

We will have our yearly Halloween Party featuring lunch, karaoke, the costume contest, and even a pumpkin judging competition!

Visit with other clubhouses. See the flyer for more information!



### HOLIDAY MEAL

Our big annual  
Holiday Meal will be:  
**Thurs, November 19th!**  
You won't want to miss it!

Save  
the  
Date!



**VIKINGS  
vs.  
SAINTS  
Game**

**+ POT LUCK SNACKS**  
**Sun October 11th 12pm**  
Bring a snack to share and  
enjoy the game on our large  
screen tv with other members!

## **CAC MEETING / SUPPER**

**October 19th at 3:30PM**

Our guest speakers will be Betsy Tino (Kiwanis member) and James Rabe (Kiwanis board member) from Early Risers Kiwanis. They will talk about everything the Kiwanis organization does, including the Aktion Club. It's sure to be lots of great info!

Clubhouse RMT representative Samantha will also provide a Regional Management Team update & answer questions. Food will be served afterwards so be sure to sign up!

**These are always great meetings and a nice time to learn new things and visit with other members!**



## Board Meeting Minutes

### September 14h, 2026

**Time:** 9:00 a.m. - JL Call to order

**Present:** Jane L., Samantha C., Karlee S., Darek O., Jewel R., Mark B., Melissa B., Nicole A.

**Absent:** Peter E., Jessica L.

Motion to approve Secretary's minutes, 2nd, passed

Motion to approve Treasurer's report, 2nd, passed

#### Old Business:

- Robotics team - email sent; have not heard back yet; Darek will reach back out; looking at other options as well
- Grant updates - a few partially granted, some waiting on approvals, may not hear until end of the year, and two more (Opioid Settlement Grants) were submitted recently.
- Take What You Need project is in the works; Jane and Samantha will take the lead
- Kim C. will not be accepting the cleaning position; September has a deep cleaning day scheduled
- Jewel offered to take the cleaning position; motion made, 2nd, passed

#### New Business:

- Disability Awareness Day went really well; great turnout and feedback
- Request for laminator purchase; motion to approve up to \$150, 2nd, passed
- Discussed supplies for the Rock Painting event
- Discussed the old tables - there are 4 - 2'x4' tables available for sale - \$25 for members in the newsletter; if they do not sell, they will be posted on Marketplace for \$50; motion made to sell, 2nd, passed
- After a recent visit with the state, Nicole recommended the board review 1 policy & potential changes at upcoming board meetings. This will ensure everything is aligned moving forward, so we're aware of all policies, everything is up to date, and we can make any necessary by-law adjustments. Guest policies will also be reviewed. Reviews will begin in October.
- Safety questions were discussed. Key holder policy states that they may ask people to leave.

**New Member Applications:** Applications for Nicole D., Julia (Jay) F., Dan H., and Christy D. approved.  
One application was tabled to reviewed next month.  
One application was denied.

#### Suggestion Box:

- Pop can tab container to collect for the Ronald McDonald House - motion to approve, 2nd, approved
- Request made for a digital clock for on the wall by the bulletin board - motion to approve up to \$50, 2nd, approved.
- "Member Spotlight" section to begin in the newsletter. This will feature Clubhouse members and give them a space to share their hobbies, interests, and things they're currently into or working on. The hope is to encourage interaction between members with similar interests and possibly lead to members meeting up or doing activities together at the Clubhouse. Members will be chosen at random and contacted for a casual, conversational interview to learn more about them and what they enjoy doing.
- Discussed a possible Pop-up 'Dolly Parton's 9-to-5 Day' movie on Friday, September 25th.

Meeting adjourned at 10:37am

Respectfully submitted by Samantha C., Acting Secretary

**ATTENTION:** Are you a member and interested in buying one of our 24"x48" tables? We recently purchased a few longer tables so we have several available for sale. Contact Coordinator Darek before October 30th if you are interested in buying one for **\$25**. Any remaining tables will then be offered for sale to general public. These are heavy duty tables and do not have folding legs.



## Activities this month:

**Walk Group** - We will walk outside whenever possible, and at the mall if it is cold or rainy weather. October 1st and 30th



**Mankato Shopping Trip** - October 7th Leave 9:00am  
We will shop in Mankato. Must bring money for purchases and lunch.



**Dollar General Shopping** - October 8th 1:00pm

**Wii Bowling** - October 28th

This game is easy to play and enjoyed by several members. If you haven't played before but would like to, let Darek know and he can set up a custom "Mii" player just for you ahead of time. It is easy to learn and we can play in groups anywhere from two to four at a time!



**Let's Paint!** - October 27th 9am-12pm

Choose from various sizes of canvas, wood shapes, ceramics, or other materials and get creative with your imagination. All supplies provided.



**Board & Card Games** - October 20th and 23rd

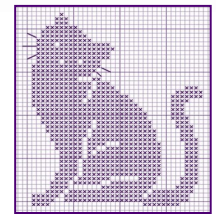
Join us for fun games with your friends. Pick from Yahtzee!, Scrabble, Dominoes, Euchre, Battleship, Uno, Connect 4, Skip Bo, and more!



**Plastic Canvas with Mary F.** - Oct 9th 1pm-3pm

**Embroidery with Mary F.** - Oct 30th 1pm-3pm

Come work on a project or learn a new craft! Materials provided by the clubhouse. Endless designs and fun with help from member Mary F.



**Chair Fitness at the Library** - October 20th 10:00am

Come and exercise with your friends and other community members. Chair fitness can be enjoyed by those of any and all abilities. Do as little or as much as you are comfortable with!

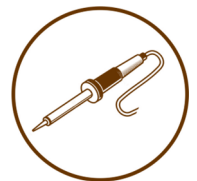


**"Any Ability Adult Activity" at the Library** - October 2nd 1:00pm

Come check out this month's activity led by the library staff! These are activities and crafts that adults of all ages can do. Come have fun with your friends!

**Wood Burning** - October 13th 11am-1pm

Try this unique art! Wood burning pens and some wood provided, or bring in your own wood item. Draw a picture, create a design, write your name, and turn it into a magnet, decoration, gift, or a piece to hang on the wall.



**Fall Painting Craft w/ Darek** - October 21st 1pm

We will paint this colorful fall décor wreath ornament which you can then hang on your wall or your front door throughout fall the season!

Or give it as a gift to a friend or family member for them to enjoy.

Please sign up ahead of time to ensure there are enough supplies and snacks :)



## **MORE activities this month:**

**Odin Craft Mill** - October 22nd Leave 1:00pm

We will browse the crafts at the historic Odin Craft Mill.

Bring cash for crafts or food purchases you might want to make.

\*Paying by card requires higher minimum dollar amount purchase.



**Center Creek Orchard**  
October 15th Leave 12:00pm

Admission is reduced to \$7 for clubhouse members! Enjoy an afternoon outside with the corn maze, haunted forest, games, hay ride, the maze, or buy apples and snacks.

### **Rummage & Bake Sale**

2026

**Huge Sale!**

Infant through Adult Clothing & Shoes  
Toys Books Furniture  
Household Items +++ Much Miscellaneous  
Taking donations Oct 10 until noon Oct 13  
Volunteers: Please sign up when you can help at [www.martinlutherhs.com](http://www.martinlutherhs.com)

**Martin Luther JR/SR High School**  
315 Martin Luther Drive Northrop, MN  
4 miles north of Fairmont & 1/2 mile west [www.martinlutherhs.com](http://www.martinlutherhs.com)  
Honoring Christ...Welcoming All



COOKIE DECORATING: 11am until gone

GAMES: 1pm-3pm **OCTOBER**

SCARY MOVIE: **23rd!**

“SINNERS” (R) starts @ 6pm!

## **HAPPY BIRTHDAY TO OUR OCTOBER BIRTHDAYS!**

10/1 Ramona P.  
10/3 Kristi W.  
10/5 Haley K.  
10/14 Nathan P.

10/18 Melissa B.  
10/25 Christopher L.  
10/31 Slayden Z.



## **MOVIE + Pizza & Birthday Cake** **Monday, October 26th at 3:00pm**

We'll watch “Good Fortune” (2025), which is a new comedy movie rated R.

Afterwards we will eat and then have cake to celebrate the month's member birthdays!





**JANE L.**

**WHAT HAVE YOU BEEN UP TO LATELY?**

I've been enjoying Clubhouse activities, especially the trips to the Arboretum, and doing crafts. I'm also the secretary of the Fairmont Area Human Rights Organization. (We also sponsor Disability Awareness Day at the Fair.)

**WHAT HOBBIES ARE YOU WORKING ON NOW?**

I've been making flower bottles with dried flowers preserved in mineral oil to give as gifts – and maybe even sell someday.

**ARE THERE ACTIVITIES YOU WISH THE CLUBHOUSE HAD?**

Perhaps a book club – even if it included audiobooks or Audible.

**IF ANOTHER MEMBER READS THIS AND THINKS, "HEY, ME TOO!" – WHAT WOULD YOU HOPE IT'S ABOUT?**

I'd love to connect with others who are interested in getting involved in human rights.



# MENTAL HEALTH AWARENESS Walk

A walk to break stigma & raise awareness



Tuesday, October 6



12:30 pm - 2:00 pm



Minnesota Square Park Pavilion  
1000 S. Minnesota Ave. St. Peter



All are welcome!

Speakers:

- Local Mental Health Providers
- Clubhouse members sharing their recovery stories



We encourage you to bring signs/wear clothing that shows support for mental health



The "Fish-Nic" in St. Peter was a fun day with lunch, a DNR presentation, and fishing.



UPCOMING 10 COUNTY HALLOWEEN PARTY!



## CLUBHOUSE CLEANING POSITION

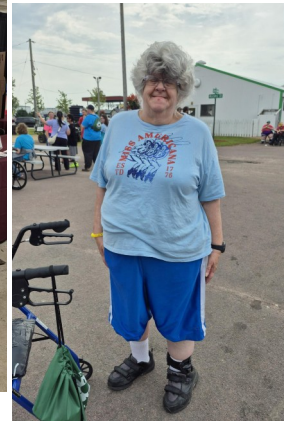


This is the yearly announcement that applications are being accepted from any member interested in applying for the upcoming year's contracted clubhouse cleaning position.

Contract begins January 2027.

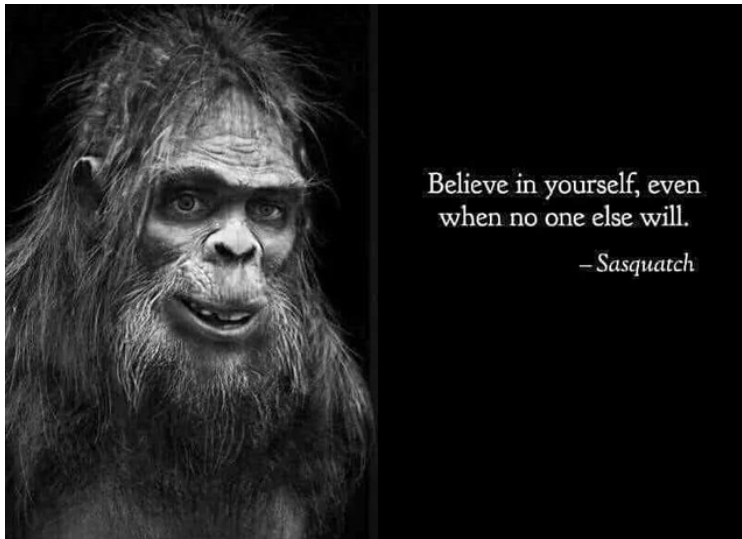
Please contact Darek with any questions or to fill out an application.

Applications due by Friday, November 27th.



Disability Awareness Day at the 2026 Martin County Fair was well-attended and a much enjoyed time! Many clubhouse members checked out the rides, booths, animals, and food throughout the afternoon.





## **Hello!**

*The September RMT meeting was fairly uneventful, with most of the discussion focused on the financial side of things.*

*The group went over county updates and recent site reviews, as well as several financial reports and funding formulas. With budget planning currently underway, a large portion of the discussion centered around the AMHI grant and how funds are allocated and distributed across specific programs and services.*

*Overall, the meeting was primarily focused on reviewing where funding is currently going and how those dollars are allocated throughout the region, along with discussion about where changes could potentially be made moving forward, if needed and/or possible.*

*I'm not going to even begin to pretend to have all of the answers, but please feel free to reach out at [upwardboundRMTrep@gmail.com](mailto:upwardboundRMTrep@gmail.com) with any questions, comments, or concerns. Otherwise, we'll see you at the next CAC meeting on Monday, October 19th!*

*- Samantha*



**We have a website: [www.sccbi.info](http://www.sccbi.info) Click on our clubhouse under the "Clubhouses" tab.**

**We have a private, member's Facebook group. Invitations sent occasionally or ask Darek for invite.**