



*Upward Bound
5th Street Express*

104 E 5th St.
Fairmont, MN. 56031

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Open 9am-11am Walk Group 2:00pm	3 Open 9am-11am Open 1pm-3pm	4 Open 8:30-11:30am Wii Bowling 1pm-3pm	5 Mankato Shopping Leave 9am Open w/ Samantha C. 10am-4pm	6 Darek Mtg 8:30 Open 10am-12pm Samantha C. Games 1pm-3pm Open 3-5pm	7 Open Time with Samantha C. 9am-12pm
8	9 Board Meeting 9:00am Walk Group 2:00pm	10 Open 8:30-11:30am Open 1pm-3pm	11 Wii Bowling 9am-11am Open 1pm-3pm	12 Open Open Crafts Time 9am-11am 1pm-3pm	13 Closed A.M. Darek Mtg. Card Games 1pm-3pm	14
15	16 Walk Grp 10am Sugar Cookies w/ Joy 12pm Movie & Popcorn 1:00pm	17 Open 8:30-11:30am "Peer Pop Up" w/ Lura S. (at clubhouse) 1pm-3pm	18 Open 9am-11am Wii Bowling 1pm-3pm	19 Open 9am-11am Plastic Canvas w/ Mary F. 1pm-3pm	20 Samantha C. Open 10am-9pm Easter Craft 1pm-3pm Darek Off	21 Open Time with Jessy 2pm-5pm
22	23 Wood Burning 9am-11am Open 1pm-3pm	24 Open 8:30-11:30am Paracord Keychain Craft Project W/ Christian 1pm-3pm	25 Closed A.M. "This Is Our Town" @ Hist. Soc. 2:00pm Free Comm Meal 5:30pm	26 Open 9am-11am Embroidery w/ Mary F. 1pm-3pm	27 10 Co Pln Mtg Samantha C. Open 9-11a Games 1pm-3pm Open 3-9p * MOVIE * 6:45pm	28 Open Time with Jessy 2pm-5pm
29	30 Open 9am-12pm Movie + Pizza and BDay Cake Start 3pm	31 Let's Paint! 9am-12pm Open 1pm-3pm	MARCH 2026			

Coord. Darek: (507) 618-5428

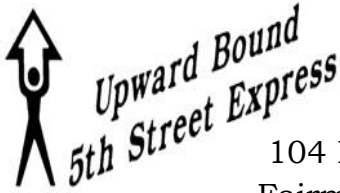
Text or call for rides or to sign up for activities.

Activities / Rides:

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
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MARCH Newsletter



Hello to all of our clubhouse friends! Hopefully this newsletter finds you healthy and withstanding the colder temperatures and looking forward to spring coming right around the corner! Please read your newsletter thoroughly as, like always, there are lots of great things going on at the clubhouse this month that you may want to sign up for!

Congratulations to those who were elected at our Annual Meeting on Sunday, February 22nd: Peter E. (President), Jane L. (Vice President), and Samantha C., Jewel R., and Mark B. (At-Large members). Joy was elected to take over the Treasurer position with Jane vacating it and moving on as Vice President.

We also have Jessy L. (Secretary) and Karlee S. (At-Large member) continuing their current terms.

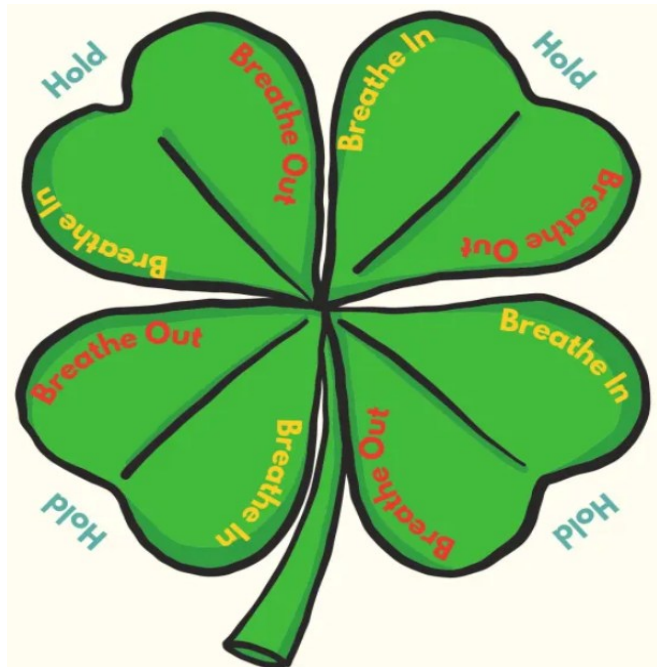
Also, regarding the two available 10 County positions, Samantha C. was elected to be our RMT (Regional Management Team) Representative, and Jessy L. was elected as our 10 County Planning Committee Representative.

Thank you to all of our previous board members and 10 County representatives, and those who were interested but did not get elected at this time. All of this would not be possible without the interest, participation, input, and time given by each of you. We have elections every February, and board meetings are always open to anyone who would like to attend.

Coordinator Darek has a new cell phone number, so please update it for any future texts and phone calls:

Coordinator Darek: (507) 618-5428

"What lies behind us and what lies before us are tiny matters compared to what lies within us." Ralph Waldo Emerson



CLOVER BREATHING

Trace the shamrock with your finger, breathing in and out with each curve.

Board Meeting Minutes

Monday, February 9, 2026

Time: 9:00am

Present: Joy P., Melissa B., Jane L., Karlee S., Samantha C., Peter E., Darek O., Nicole A.

Absent: Jessie L.

Motion to correct old business: The Empower group meets at 11:30am. The time was incorrect in the January minutes.

MSC to accept secretary's minutes as corrected.

MSC to receive treasurer's report. The budget reflects modified/projected changes to be approved at the Annual Meeting.

Old Business:

- Kimberly C. is open to giving up the cleaning position for now, due to unforeseen circumstances. Jane and Peter have offered to clean in the interim in order to hold the position for her if she'd like to return at a later date. The motion was made and accepted by the board.
- There has been no recent communication from the City Parks Dept about replacing the bench at Charlotte Park. If possible, we would like it to include a plaque to dedicated to Jim Wood and sponsored by the Drop In Center.
- The Annual Meeting is on Sunday, February 22nd, 2026. Joy will be bringing BBQ's, hash browns, and will be providing prizes for BINGO. Darek will buy buns and beverages. Jane will bring a fluff salad.

New Business:

- The 3D printer and software is set up. We discussed looking into who could come in to teach a class on how to use it, including the possibility of some high school kids (i.e. the robotics team).
- Discussed activities for the March calendar. An activity was approved for St. Patrick's Day.
- Approved a spring trip to the Mall Of America planned for April. This trip will have a minimum of three members to attend or it will be subject to cancellation.
- Discussed an incident that occurred when paramedics needed to be called and an incident report was filled out.

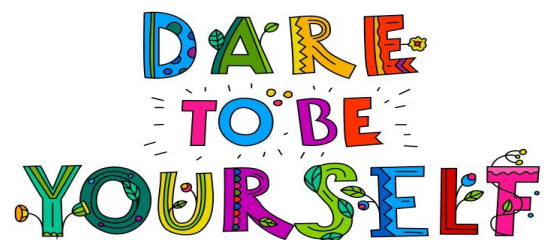
New Member Applications: Applications for Christopher L. and Jewel R. were approved.

Suggestion Box:

- Filing taxes information requested - information will be provided by Darek on a couple of different options.
- Request for new ink pads for stamping projects.

Meeting adjourned at 9:52am.

Respectfully submitted by Samantha C., Acting Secretary, with Jane L. also contributing notes.



Annual Meeting Minutes

February 22nd, 2026

Time: 2:57pm

Total of 20 members present, as well as Darek and Nicole.

Joy P. opened the meeting. The group did introductions and shared their favorite activities. Reminded people to use the suggestion box or talk to Darek or other board members if you have ideas for new activities.

Darek reported on the Treasurer's Report and the budget for 2025. He broke it down by month. He then proposed changes to the budget for 2026 based on the 2025 spending, which came to 107% for the year, primarily due to unexpected van maintenance costs, as extra money was brought over from the clubhouse savings account to cover the excess.

There are no policy revisions to be voted on for this year.

Nicole reported on the latest RMT meeting, and that the upcoming Stakeholder's Meeting has been set for May 5th, 2026.

Activities suggested were card tournaments, a trip to the Wabasha Caves, and diamond painting.

Darek gave the quarterly and yearly reports for 2025, with some comparison to 2024 as well.

- 74 members came through the door
- Almost 1500 duplicate numbers (members coming on multiple days)
- 5.5 average members attending per day
- 23 new members were approved this year

These reports are always accessible and available to see, just ask Darek to look and he will assist you.

Mary F. gave a report on last year's 10 County Activities and also gave some information on the planned upcoming 2026 activities for the year.

Please see Darek for more information on 2026 activities. As well as suggestions for other activities that the clubhouse can do.

The following 2-year board positions were voted on:

- President - Peter E.
- Vice President - Jane L.
- At-Large - Jewel R.
- At-Large - Samantha C.

The following 1-year board positions were voted on:

- At-Large - Mark B.
- Treasurer - Joy P.

(Treasurer vacated by Jane L. as part of accepting Vice President nomination and election).

After the vote, the board for the coming year is:

- President: Peter E.	- Treasurer: Joy P.
- Vice President: Jane L.	- Secretary: Jessy L.
- At-Large: Jewel R.	- At-Large: Karlee S.
- At-Large: Samantha C.	- At-Large: Mark B.

The following 10 County Positions were also voted on:

- RMT Representative: Samantha C.
- Planning Committee Representative: Jessy L.

The meeting was adjourned at 4:00pm and was followed by BINGO and a meal.

Respectfully submitted, Jessica Loewe, Secretary

Activities this month:

Walk Group - We will walk outside whenever possible, and at the mall if it is cold or rainy weather. March 2nd, 9th, and 16th



Mankato Shopping Trip - March 5th Leave 9:00am

We will shop in Mankato. Must bring money for purchases and lunch.



Wii Bowling - March 4th, 11th, and 18th

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! - March 31st 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 - March 6th, 13th, and 27th

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



Wood Burning - March 23rd 9am-11am

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 then turn it into a magnet, decoration, gift, or a piece to hang on the wall.



Open Crafts Day - March 12th 9-11 & 1-3

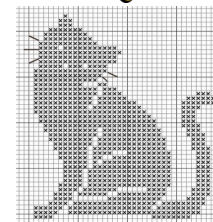
Come work on your embroidery, plastic canvas, diamond art, painting, wood burning, knitting, or whatever else type of craft you'd like to spend time on!



Plastic Canvas with Mary F. - March 19th 1pm-4pm

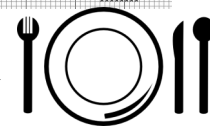
Embroidery with Mary F. - March 26 1pm-4pm

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.



Free Community Meal - March 25th 5:30pm

Meal provided by First Congregational Church in Fairmont. Rides provided with van as room allows so be sure to sign up for this delicious meal.



"Peer Pop Up" with Lura S. - March 17th 1pm-3pm

See the graphic insert in your newsletter or at the clubhouse for more information!

Paracord Key Chain craft with Christion - March 24th 1-3pm

Clubhouse member Christion will show you the basics of some paracord technique and teach you how to make your very own key chain. Select from a variety of colors to use and make your own with Christion's help! Sign up required!

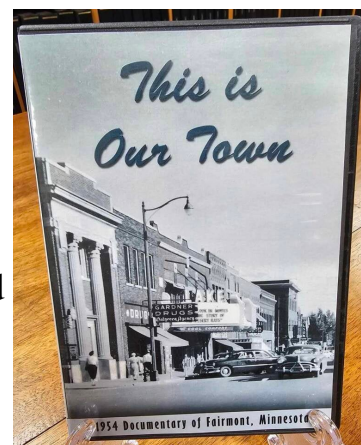


"This Is Our Town" short movie at the Martin County Historical Society - March 25th 2:00pm

Digitally recovered in 2004 from the original 16mm movie reels, "This is Our Town" provides a historic glimpse of what Fairmont, Minnesota was like in 1954. Originally produced by Robert M. Carson, the hour long documentary highlights various aspects of life in the 1950's. This unique film reveals many of the businesses and people that have helped build the town of Fairmont.

Also includes the following Martin County films: 1934 National Corn Husking Contest, 1939 Cow Milking Contest, Martin County soldiers marching off to World War II, Warren Nelson's "Decoration Day" song inspired by the WW II film and Charter Communications interview about "This is Our Town".

*This is a rescheduled viewing due to January's cancellation (blizzard warning).



HAPPY BIRTHDAY TO OUR MARCH BIRTHDAYS!

3/2 Merrilee B.

3/2 Sarah D.

3/7 Mary F.

3/8 Annie K.

3/12 David B.

3/12 Eric V.

3/17 Kaylynn W.

3/20 Ashley S.

3/23 Samantha C.

3/27 Jori B.



Movie + Pizza & Birthday Cake

March 30th at 3:00pm

We'll watch "The Portable Door" (2024).

This is an adventure/comedy movie rated PG-13.

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



Movie & Popcorn

March 16th at 1:00pm

We'll watch "Leap Year" (2010).

This is a romantic comedy movie rated PG.

Come relax and watch a movie with friends.

This movie takes place in Ireland.

March 17th is St. Patrick's Day :)



Before the movie on March 16th:

Shamrock Sugar Cookie decorating with Joy
Decorate and eat sugar cookies, or take
them home after the movie! STARTS 12PM!



In addition to all of our many indoor and outdoor clubhouse activities and also our 10 County Activities, what else can you do nearly any time at the clubhouse ???

Plastic Canvas	Scrapbooking	Crossword puzzles	Embroidery
Stamping	Word searches	Board games	Bead work
Visit with others	Painting	Use the computer	Relax in safe place
Wood burning	Watch TV	Card games	Work on a puzzle
Paracord projects	Sewing machines	Wii Bowling	3D printer
Other Wii games	Coloring pages	Play Pac Man arcade	Make friends
Find resources	Diamond painting	Watch shows and movies on Amazon Prime	
Card making	Fill out paperwork	Many craft supplies and much more	

There's always a reason to get out and visit the clubhouse – It's here for you!



We have enjoyed a lot of fun recent activities, including the crafts and snacks for Valentine's Day and Mardi Gras! Come join us!



We have a website:
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.

We post a lot of updates, activity reminders, and helpful information on our Facebook page.

Do you need help creating a Facebook account?

Contact Darek and he can help you get one set up!

It is an easy way to stay in touch with the clubhouse but also friends and family.

PEER POP-UP – FAIRMONT



DROP-IN PEER SUPPORT

When: Every 3rd Tuesday of the Month | 1:00 PM – 3:00 PM

Where: Upward Bound 5th St Express | 104 E 5th St, Fairmont, MN 56031

Join us for a free, confidential peer support event where you can connect with others, share stories, and explore resources around mental health and wellness in a safe, welcoming space.

This is a casual, drop-in opportunity—open to all and no registration required.

HOSTED BY WELLNESS IN THE WOODS & RECOVERY ON THE ROAD

Facilitated by Lura Solie, a long-time South-Central MN resident with over 15 years in mental health leadership and lived experience. Lura is a Certified Peer Specialist passionate about creating safe spaces and building community through shared stories.



SHOW UP FOR COMMUNITY, SHOW UP FOR SUPPORT!

Come connect, share, and feel supported. This free event is open to all—just show up!

Member submissions:

Healing Chat

By Jessica Oeffler

Come in and sit
Coffee? Tea?
One sugar or three?

We'll talk
We'll chat
We will take our lives back

A word at a time
Declare our hearts
At the borderline

Sip it slow
Make it last
There is no point in looking back

Left foot right
Move towards the light
Keep on healing yourself tonight

Weekend and Evening Open Times with Samantha and Jessy

Clubhouse board members Samantha C. and Jessy continue to host additional open hours. This is a great opportunity for those members who are looking for something to do on weekends, evenings, and days with clubhouse activities out of town. Come and visit, work on a project, watch tv (we have cable and there's lots of free content on Amazon Prime), use the computer, play games, or use it for a time to talk and have a safe place to go.

Samantha and Jessy will often share reminders on our private Facebook group as well! Local rides may be possible with Samantha C. if you contact her at (507) 650-1323 ahead of time.
See calendar for specific dates and times

Dear Depression

Samantha Casper 2024

I've tumbled down like a fallen stone,
Carried shadows that chilled the bone.
A broken voice, screaming but silent,
A troubled mind with thoughts so violent.

Darkness pressed down on my chest.
Sleepless nights stole what was left.
I can't remember who I am -
Feeling weak, I can barely stand.

My whole life
Doesn't seem to mean a thing.
It's all fallen apart...
I've fallen apart.

Isolating - avoiding places,
Guilt from seeing their faces.
It's all pain that I deserve...
Oh, when will I learn?

Heaviness from feeling lonely,
Memories that haunt me.
I'm scared this is all I know.
I'm scared to be alone.

When I speak, it's like thin air.
Their eyes look through me - like I'm not there.
I'm screaming softly, unheard, unseen...
Just a ghost inside my own routine.

Scars etched too deep to fade,
Visual reminders of thoughts engraved.
Any peace I had been searching for
Has been locked in a bureau drawer.

'Cause I don't deserve it.
No, I don't deserve it.
I'm not worth it...

Oh, Dear Depression,
What have you got for me today?
I was hoping to feel okay for a change.
'Cause Dear Depression - I'm worn out.