



*Upward Bound
5th Street Express*

104 E 5th St.
Fairmont, MN. 56031



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY 2026			1 Open 9am-11am Walk Group 2:00pm	2 Let's Paint! 9am-12pm Open 1pm-4pm	3 Clubhouse Closed	4 Happy 4th Of July  Clubhouse Closed
5	6 Mankato Shopping Leave 9am	7 Chair Fitness @ Library 10:00am Open 1pm-4pm	8 Open 9am-12pm Wii Bowling 1pm-3pm	9 Open 9am-11am Dollar General Shopping Leave 1pm	10 Darek Mtg 9am-12pm Craft: Flower Hoops w/ Polly M. 1:00pm	11 Open w/ Jessy L. 12pm-4pm
12	13 Board Meeting 9:00am Movie & Popcorn 1:00pm	14 <u>10 Co Activity</u> Lunch + "Sota St." Pottery Ceramic Painting (New Ulm) Leave 11am	15 Open w/ Bethany 10am-4pm Darek Vac	16 Embroidery w/ Mary F. 1pm-3pm	17 Open w/ Miranda 8:30-11:30am and 1pm-4pm	18 Open w/ Jessy L. 12pm-4pm
19	20 <u>10 Co Activity</u> Mankato MoonDogs Game w/ Pat S. Leave 10:30am	21 Open w/ Samantha 9am-1pm	22 Open w/ Nicole 8am-12pm Darek Vac	23 Open w/ Nicole 8am-12pm and 1pm-4:30pm	24 10 County Planning Mtg (Jessy L.) 9:30-11am	25 Open w/ Jessy L. 12pm-4pm
26	27	28 Open w/ Nicole 1pm-4:30pm	29 Open w/ Nicole 8am-12pm and 1pm-4:30pm Darek Vac	30 Plastic Canvas w/ Mary F. 1pm-3pm	31 Open w/ Samantha 10am-3pm	

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*

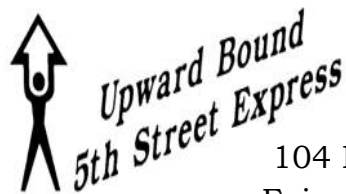
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1 (Sat)	3 Open w/ Samantha 10am-3pm	4 Open w/ Nicole 1pm-4:30pm	5 Open w/ Samantha 9am-12pm	6 Open 9am-11am Dollar General Shopping Leave 1pm	7 Darek Mtg 8:30am Mankato Shopping Leave 9:30am	8
2 (Sun)	←		Darek Vac			
9	10 Board Meeting 9:00am Walk Group 2:00pm	11 Open 9am-12pm Presentation @ Historical Society: The History of Truman 2:00pm	12 Open 8-10am Water Aerobics 11am-12pm Wii Bowling 1pm-3pm	13 Open 9am-11am Plastic Canvas w/ Mary F. 1pm-3pm	14 Darek Mtg 9am-12pm (Closed Morning) Games 1pm-3pm	15
16	17 Open 9am-12pm CAC Mtg. w/ Guest and Food Start 3:30pm	18 <u>10 Co Activity</u> Freeborn County Picnic Leave 9:15am	19 Wii Bowling 9am-11am Open 1pm-4pm	20 Open 9am-11am Disability Awareness Day Martin Co. Fair 12:00pm	21 Wood Burning 9am-11am Open 1pm-3pm	22 Open w/ Jessy L. 12pm-4pm
23	24 Walk Group 9:00am Lunch & BINGO 12:00pm	25 Open 9am-11am Fmt. Lakes Pontoon Ride 12pm-2pm	26 Open 10-12p Let's Paint! 1pm-4pm Free Comm. Meal 5:30pm	27 Mini Golf 10:00am Embroidery w/ Mary F. 1pm-3pm	28 Board Games 9am-11am Open 1pm-3pm	29 Open w/ Jessy L. 12pm-4pm
30	31 Open 9am-12pm Movie + Pizza and BDay Cake Start 3pm	AUGUST 2026				

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JULY & AUGUST Newsletter



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

Email: upwardbound@midconetwork.com



UPCOMING "10 COUNTY" ACTIVITIES:

July 14th Sota Street Pottery

Lunch and ceramic painting in New Ulm.
Now back-up list only to sign up.
(sign up deadline w/ choices was June 12th).



July 20th Mankato MoonDogs Baseball Game w/ Pat S.

Watch the MoonDogs play while enjoying as much food and pop as you'd like in the "Dogg Pound". Bring your own sunscreen and dress for weather.

**Pat S. from Human Services will bring our group so please sign up early to help coordinate planning rides!*



August 18th Freeborn County Picnic

We will enjoy a picnic lunch, play games and have fun visiting with all of the clubhouses at a park in Albert Lea.

CAC MEETING / SUPPER

August 17th at 3:30PM

Our guest speaker will be Shelly Larsen, C.P.P., Project Coordinator for the **Empower Coalition**, and a couple of students, who are "working together to empower Martin County youth and families through education and collaboration to prevent substance misuse, support mental health, and promote overall wellness." 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!



**EMPOWER
COALITION**

Special Board Meeting Minutes May 22nd, 2026

Time: 9:00am

Present: Peter, Jane, Jewel, Jessy, Samantha, Karlee, Mark, Darek and Anna

Absent: None

- Discussed concerns regarding a board member resulting in vote to remove one member.
- MSC to appoint Jewel R. as treasurer.
- Darek and Anna spoke more about possible grant funding for activities or van.
MSC to allow Darek and Anna to seek grant funding for a new clubhouse van.
- Darek shared that he had communicated with Analog Games about their tables, three of which were now available if the board was interested in purchasing them for \$20 each. These tables allow for more seating and the ability to push chairs underneath when not being used.
MSC for the purchase of the three tables at \$60 total.

Meeting adjourned at 10:15am.

Respectfully submitted by Coordinator Darek, and reviewed by Secretary Jessica Loewe for accuracy

**COORDINATOR DAREK'S
NEW CELL PHONE #:
(507) 618-5428**

988 SUICIDE & CRISIS
LIFELINE

RESOURCES

Regional Crisis Line 24/7: 877-399-3040

Mental Health Helpline: 800-862-1799

Crisis Mobile Team 24/7: 877-399-3040

Disabilityhubmn.org: 866-333-2466

Crisis Center: 877-399-3040

Senior Linkage Line: 800-333-2433

National Suicide Prevention: 800-273-8255

Veterans Linkage Line: 888-546-5838

Mental Health Texting Service 24/7: Text **MN** to **741741**

Minnesota Warmline: 651-288-0400 or 855-WARMLINE 9am to 9pm

Or text **Support** to **85511**

Suicide & Crisis Lifeline: 988 - 24/7 Call, Text, or Chat

Southern MN Regional Legal Services (SMRLS) Hotline: 888-575-2954 or 651-222-5863

**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.

Board Meeting Minutes June 8th, 2026

Time: 9:02am

Present: Peter, Nicole R., Jane, Jewel, Jessy, Samantha, Darek, Karlee

Absent: Mark

MSC to approve Secretary's minutes.

MSC to receive the Treasurer's report.

MSC to increase DIC Improvements budget by \$200 by reducing gas and food budgets by \$100 each.

Old Business:

- Anna may be visiting again next month to discuss further grants for crisis intervention services.
- The rules and expectations of the clubhouse are now typed up, posted at the clubhouse, and were included in the newsletter. Darek will include them again in next month's newsletter.
- Darek will check in with Joy about the "Take what you need" project.
- Darek and Jessy painted the bench at Charlotte Park.
- The Fairmont robotics team is interested in coming down to the clubhouse to help set up the 3D printer and also show members how to use it.

New Business:

- Jane talked about the local organization known as Empower Coalition. They have an emphasis on mental health. They meet the second Thursday of the month at the CER building in the mornings. The group is focused more towards youth but can still give good advice for adults. Jane believes this group is branching out into adults age ranges as well. Samantha will see about getting a guest speaker from Empower Coalition to come talk at a CAC Meeting.
- Jewel was curious why the DIC is not in the parade this year. Darek informed her that it was not brought up by the board, and that he has a family obligation that day and would not be able to drive the van.
- The Human Rights Organization of Fairmont will be in the parade. If anyone wants to walk with them, they are more than welcome to.
- The new estimate for the plaque for the Charlotte Park bench was quoted at \$124.81 by Lakes Attire & Awards. The board discussed various samples provided. MSC to purchase the plaque option #4.
- Darek has been working on grants to get a new van. He has submitted four applications so far. He will keep the board updated as the grants are approved or denied. He has several more grant applications he is considering and may apply for.
- Nicole R. was official appointed as an At-Large member of the board.
- The upcoming 10 County "Day At The Park" may have to be moved to June 23rd due to inclement weather, heat, and wind forecasted.

New Member Applications: Michael T.'s application was reviewed again and approved.

Suggestion Box:

- Trip to Sherburn Dollar General on a Thursday. Darek will put this back on the calendar.
- Plain and Peanut M&M's in vending machine. Darek will look into cost of this.
- Going to a tulip farm was suggested - would need to be next year.

Meeting adjourned at 10:01am

Respectfully submitted, Jessica Loewe, Secretary

Reminder: This newsletter is a combination for July and August because Coordinator Darek will be on vacation (see last page). Be sure to keep your newsletter and calendars handy during this time! They're still extra full of lots of great gatherings and activities! AND the clubhouse will even be accessible while Darek is gone!

Activities this month:

Walk Group - We will walk outside whenever possible, and at the mall if it is cold or rainy weather. July 1 and August 10th and 24th



Mankato Shopping Trip - July 6th & Aug 7th Leave 9:00am
We will shop in Mankato. Must bring money for purchases and lunch.



Dollar General Shopping - July 9th and August 6th

Wii Bowling - July 8th and August 12th and 19th

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! - July 2nd and August 26th 1pm-4pm

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



Board & Card Games - August 14th and 28th

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. - 7/30 and 8/13 1pm-3pm

Embroidery with Mary F. - 7/16 and 8/27 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.



Water Aerobics at Fairmont Aquatic Park

August 12th 11:00am-12:00pm

Transportation provided but cost to members will be \$3 for the session. Have fun exercising in the pool with your fellow clubhouse members.



Chair Fitness at the Library - July 7th 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!



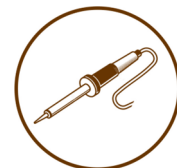
Mini Golf - July 27th 10:00am

Weather permitting. Clubhouse putters and balls will be provided.



Wood Burning - August 21st 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 turn it into a magnet, decoration, gift, or a piece to hang on the wall.



Free Community Meal - August 26th 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.



Lunch and BINGO! - August 24th 12:00pm

Come join us for a light lunch and then visit with others and win some prizes as we play BINGO afterwards.



FLOWER HOOPS W/ POLLY

Friday, July 10th 1:00pm

Come make your own flower hoop with the help of member Polly M. Display it at the clubhouse, take it home to hang on your wall, or give it away as a gift for someone else!



Historical Society Presentation: The History of Truman August 11th 2:00pm

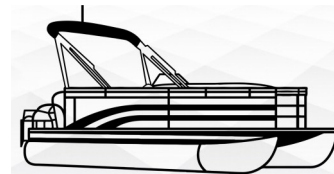
Join us for a presentation on the history of Truman, MN. These presentations are always relaxing and interesting!



PONTOON RIDE ON FAIRMONT LAKES

Tuesday, August 25th 12pm-2pm

Please eat prior to arrival/pick up or bring your own snacks. Bottled water will be provided. The pontoon is wheelchair accessible. Keep in mind weather - it may be hot or sunny or breezy. *Sunscreen will be provided or bring your own if needed. We will meet at 11:45am at Gomsrud Park parking lot. This service is provided by volunteers of local "Let's Go Fishing" program.



Martin County Fair - Aug 20th 12pm

There will be FREE admission for clubhouse members who sign up and attend through the clubhouse. Sign up and talk to Darek or member Jane for details.



Guest Dalaine Remes spoke about Mid-MN Legal Aid at our June CAC Meeting.



Come Join Us!

As a reminder, we do have several clubhouse expectations and rules which are agreed to as part of the application process, but we wanted to remind everyone of those here as well (see below). We also have several specific policies, which are also listed below, with more information at the clubhouse regarding each of those.

Upward Bound 5th Street Express Expectations, Rules, and Policies

We believe that members have the right to a safe and secure environment which supports their recovery. These rules and expectations are written with that as our primary goal. The person in charge, whether it be staff or volunteers, has the right to take whatever steps they feel are necessary to ensure that the Center is a safe and secure environment for every member to visit.

EXPECTATIONS:

1. Members are welcome to come to the Center during all open hours. Call before coming during non-published hours.
2. Please sign in every time you come to the Center. If you bring a guest, have them sign in also.
3. Out of respect for all members, no borrowing or loaning is permitted in the center. Please bring what you need (cigarettes, money, etc) or plan to do without until you return home.
4. The Drop In Center has a policy covering non-member participation at the Center. A copy of this policy is available from staff and is posted at the Center.
5. Everyone must be appropriately dressed. (Shirt, shoes, etc.)
6. All members are expected to help keep the Center clean.

RULES:

1. Fighting, abusive language, sexual harassment, threats or intimidating behavior will not be tolerated.
2. Weapons, or items considered to be weapons, are not allowed in the Center.
3. No alcohol or street drugs are permitted in the Center or at Center outings. Anyone who comes to the Center intoxicated or high will be asked to leave immediately.
4. The Center is a tobacco free building (includes cigarettes, cigars, chewing tobacco and e-cigs). Smoking is allowed outside in designated areas.

We ask that everyone be respectful and help each other in keeping the rules and expectations of our Center. *Failure to meet expectations, or violation of any rule, will result in your dismissal from the Center for at least the remainder of the day. Return may require a meeting with the Board of Directors.

The above expectations and rules are included in every membership application, and signing the membership application acknowledges reading, and agreeing to abide by, the rules and expectations.

POLICIES:

In addition to the above Expectations and Rules, Upward Bound 5th Street Express has several policies as well. Each policy is posted and accessible for review by any member.

These policies include:

Membership Policy	Building Use Policy For Key Holding Members
Participation Of Non-Members Policy	Building Use Policy For Non-Key Holding Members
Authorized Driver Policy	No Soliciting Policy
Key Holder Policy	Smoking Policy
Lending Library Policy	Emergency Procedures Policy

If you have any questions about any the above expectations, rules, or policies, please talk with the Coordinator or a board member.

HAPPY BIRTHDAY TO OUR JULY AND AUGUST BIRTHDAYS!

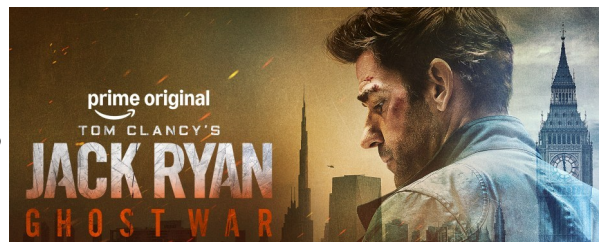
7/4	Stacey W.	7/17	Justin J.
7/8	Anne K.	7/28	Nicole R.
7/8	Connor B.	7/29	Bethany L.
7/10	Connie B.	7/31	Dawn S.
7/11	Jewel R.	8/1	Kristina B.
7/13	Lynn A.	8/3	Dakota S.
7/14	Tom B.	8/5	Lisa M.
7/14	Cassie G.	8/15	Ann R.
7/16	Joni Z.	8/20	Jane L.



MOVIE & Popcorn

July 13th at 1:00pm

We'll watch the new "Jack Ryan: Ghost War" (2026) action/drama movie rated R.



MOVIE + Pizza & Birthday Cake

August 31st at 3:00pm

We'll watch "Larry Crowne" (2011)

This is a comedy/romance movie rated PG-13. Afterwards we will eat and then have cake to celebrate the month's member birthdays!



Coordinator Darek will be on vacation from July 15th through August 5th

However, we plan to have a few activities and clubhouse open time availability during this time! Though rides may not be available, tokens for Prairie Lakes Transit are always available for reimbursement if you ride the transit.

Or you can ride with another member or drive yourself! Come use the computers, work on a craft, watch Prime, or just visit with others and get out of the house!

Thank you to our Human Services staff and clubhouse members for helping keep the clubhouse accessible during this time! See your calendars for which staff or member will be opening the clubhouse on different days!