



***Upward Bound
5th Street Express***

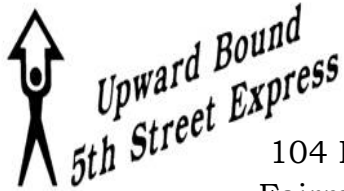
104 E 5th St.
Fairmont, MN. 56031

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chair Fitness @ Library 10:00am Walk Grp. 2:00pm	2 Open 9am-11am Wii Bowling 1pm-3pm	3 Minnesota State Fair Trip Leave 8:30am Open w/ Samantha C. 9am-3pm	4 Darek Mtg 8:30am Open 10am-12pm Games 1pm-3pm	5
6	7 Labor Day Clubhouse Closed	8 Mankato Shopping Leave 9am	9 Wii Bowling 9am-11am Open 1pm-3pm	10 Open 9am-11am Dollar General Shopping 1:00pm	11 Darek Mtg 9am-12pm Open w/ Samantha C. 9am-3pm Activity @ Library 1:00pm	12
13	14 Board Meeting 9:00am Open 1pm-3pm	15 10 Co Activity "Fish-Nic" DNR Electrofishing Presentation + Fishing Leave 9:30am	16 Clay Co. (IA) Fair Disability Awareness Day Leave 8am	17 Deep Clean + Pizza & Ice Cream Start 11am Walk Grp. 3:00pm	18 Open 9am-11am Plastic Canvas w/ Mary F. 1pm-3pm	19
20	21 Wood Burning 9am-11am Open 1pm-3pm	22 10 Co Activity U of M Landscape Arboretum Leave 8am 	23 Darek @ All-day Training Open w/ Samantha C. 9am-1pm	24 Open 9am-11am Games 1pm-3pm	25 AM 10 County Planning Mtg (Mankato) Embroidery w/ Mary F. 1pm-3pm	26
27	28 Open 9am-12pm Movie + Pizza and BDay Cake Start 3pm	29 Let's Paint! 9am-12pm Open 1pm-3pm	30 Open 10-12 Rock Painting, Bubbles & Kites @ Park 1pm-3pm Free Comm. Meal 5:30pm	SEPTEMBER 2026		

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



Upward Bound
5th Street Express

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

Email: upwardbound@midconetwork.com



SEPTEMBER Newsletter



September's "10 County" Activities:

September 15th: "Fish-Nic" along the river in Saint Peter

This is not an official 10 County Activity but all counties were invited. We will have a picnic lunch before watching an electrofishing presentation by the DNR. They will share lots of fun and interesting information about the fish they catch. Members who have fishing gear can then fish afterwards (a fishing license is required to fish) or just hang out and visit with others .



September 22nd: U of M Landscape Arboretum in Chaska

We will have lunch with the other clubhouses and then walk and drive throughout the beautiful, large University of Minnesota Landscape Arboretum. This will be an all-day activity due to the travel time. Bring money for any purchases, snacks, etc.



We had a great time at the "Sota Street Studio"
10 County Activity in July

Check out the amazing painted and glazed bowls and mugs that our members painted! See many more clubhouse activities, pictures and updates throughout your newsletter. Great things inside and outside the clubhouse!



Board Meeting Minutes July 13th, 2026

Time: 9:00am

Present: Darek, Jane, Samantha, Nicole, Karlee, Jessy Mark, Jewel

Absent: Nicole, Peter

MSC to approve Secretary's minutes.

MSC to accept Treasurer's report.

Old Business:

- The plaque for the bench in Charlotte Park has been installed, as the painting has also been completed.
- Darek contacted the Empower staff and they will be at the next CAC meeting in August.
- Nicole R. is moving out of state, so she has resigned from her position. MSC to approve her resignation.
- Darek has been applying for grant funding for a new van. He is still waiting on responses from most of them, but the application process for those are done and just waiting for the results.
- The 10 Count "Day Camp" in the park activity went very well. Six counties total attended.
- The Fairmont High School robotics team has responded that they would be willing to come in and help set up the 3D printer, as well as schedule a separate activity to teach members how to use it.
- No news on the Take What You Need project at this time.

New Business:

- It was suggested that we check with Melissa B. regarding the open member at large position.
- Jewel thought that having a dance for a 10 County activity would be a good idea. She and Jessy (clubhouse rep for planning meetings) exchanged info to continue.
- Darek will be going on vacation. Several adult mental health case managers, staff and members will be doing open hours to keep the clubhouse open during this time.

New Member Applications: Application for Ian S. approved.

Suggestion Box:

- Flying kites in the park
- Blowing bubbles in the park
- Rock painting

Meeting adjourned at 9:44am

Respectfully submitted, Jessica Loewe, Secretary



CLAY COUNTY (IOWA) FAIR

Disability Awareness Day

September 16th

Leave 8:00am

Free admission, several
free rides, animals,
booths, and all kinds of
fun throughout the fair.

MN STATE FAIR: September 3rd Leave 8:00am - This is an all-day activity among lots of people and you will need to be comfortable splitting up and meeting back up at a specific time and place. Admission is free but you will need to bring money for food and any purchases before, during, and after the fair. Please bring a cell phone.

Board Meeting Minutes August 10th, 2026

Time: 9:00am

Present: Darek, Peter, Mark, Melissa, Nicole, Jane, Samantha, Karlee, Jessica, Jewel, Anna

Absent: None

MSC to approve Secretary's minutes.

MSC to accept Treasurer's report.

Old Business:

- Empower will be here to speak at the August CAC Meeting.
- Darek updated status of the grant applications for a new van. Two have been partially granted and he is waiting to hear back from several others as well.
- The Fairmont High School robotics team has not yet responded to Darek's last email. We are waiting for a response regarding scheduling 3D printer setup and training.
- MSC to appoint Melissa B. to the open At-Large position.
- No update on the Take What You Need project.
- Elena is resigning from the cleaning position. It was suggested to check with Kimberly C. before opening the position back up to other members to apply.

New Business:

- Discussed updating the bulletin board to a "grateful vine" theme or a tree with leaves of thankfulness.
- Darek is back from vacation.
- Empower has shared that they are looking for a part time book-keeper / support staff.
- Samantha suggested a possible way to get additional subscriptions for streaming options. Samantha and Darek will look further into this.
- Disability Awareness Day at the fair is Thursday, August 20th. The free passes are available for people with disabilities. Prairie Lakes Transit will again be giving free rides to and from the fair all day.
- Anna provided information on upcoming Crisis Intervention Training and how we as a nonprofit can help sponsor or fund the food for the upcoming training sessions with additional grants. She would like to apply to Blue Cross as well as others that would not interfere with our current grant applications for a new van. Anna and Darek will talk more about where she will apply and which applications we already have in for the van.
- MSC to partner with Anna to allow her utilize the clubhouse as a fiscal agent in her grant applications for the food portion of the trainings.

New Member Applications: One application tabled pending further information about potential state-based funding requirement changes.

Suggestion Box: - Doing a quarterly deep clean activity to help clean clubhouse

Meeting adjourned at 9:52am

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. September 1st and 17th



Mankato Shopping Trip - Sept 8th Leave 9:00am

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



Dollar General Shopping - Sept 19th 1:00pm

Wii Bowling - September 2nd and 9th

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! - September 29th 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 - September 4th and 24th

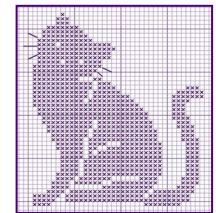
Join us for fun games with your friends. Pick from Yahtzee!, Scrabble, Dominoes, Euchre, Battleship, Uno, Connect 4, Skip Bo, and more!



Plastic Canvas with Mary F. - Sept 18th 1pm-3pm

Embroidery with Mary F. - Sept 25th 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 - Sept 1st 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 - Sept 11th 1:30pm

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 - September 21st 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.



Free Community Meal - September 30th 5:30pm

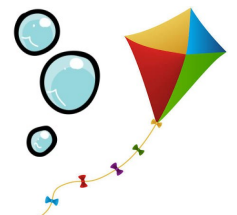
Meal provided by First Congregational Church in Fairmont. Rides provided with van as room allows so be sure to sign up for this delicious meal.



Rock Painting, Blowing Bubbles, and Flying Kites In The Park



September 30th 1pm-3pm - We will gather at Gomsrud Park to paint rocks (paint and take home or help member Karlee paint some for her garden). We will also have bubbles to blow and share, and feel free to bring your own kite to fly!



Deep Cleaning + Pizza Lunch and Ice Cream

September 17th 11:00am start

We will all clean different areas of the clubhouse to deep clean and also catch up on any dirty or neglected spots. It is important that we all chip in to help keep our space clean and inviting and looking great!

Afterwards we'll provide Domino's pizza and ice cream dessert for all those who help with the cleaning!



HAPPY BIRTHDAY TO OUR SEPTEMBER BIRTHDAYS!

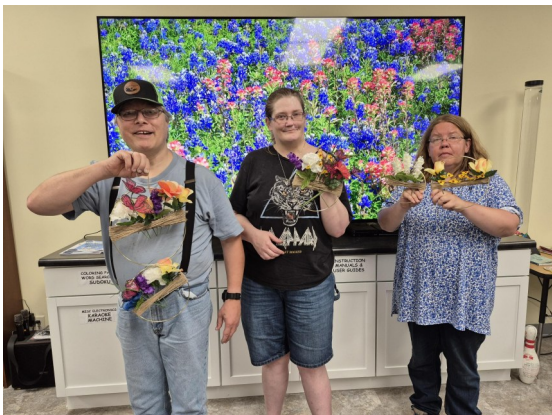
9/6	Christiana B.	9/24	Kimberly B.
9/8	Jessy L.	9/26	Michael W.
9/17	Polly M.	9/29	Darrek U.
9/17	Todd Z.	9/30	Kim K.
9/19	Emily M.		



MOVIE + Pizza & Birthday Cake

Monday, September 28th at 3:00pm

We'll watch "Masters Of the Universe" (2026), a new action/sci-fi movie rated PG-13. Afterwards we will eat and then have cake to celebrate the month's member birthdays!



Come Join Us!



Mankato “Songs On The Lawn”
and sculpture walk

Crazy Pills

Take your little white pill
Two of the tan ones
They keep you happy
They keep you sane
They keep you as a
Fully functioning member of society

Don't you want to be like everyone else?
Numb
Dumb
Blind
Deaf

Why can't I be me?

Take your meds
My dear
You're talking crazy again

By: Jessica Loewe

Submitted by Samantha Casper:

Even in the Dark



In honor of Suicide Awareness Month, I'm sharing the bridge and final chorus from *Even in the Dark* - a song I first wrote in November 2020 and [finally] rewrote in August 2026. This song is meant to be a reminder that even in our darkest moments, we are not alone.
Keep looking for the light, even when it feels far away.



[BRIDGE]

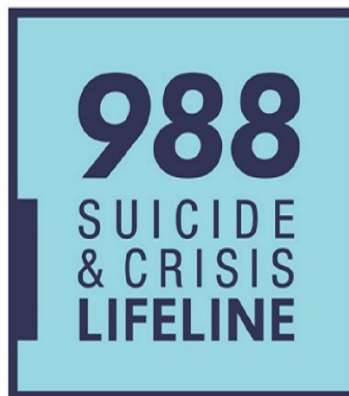
*We all wear wounds we never show
Scars from battles no one knows
But even shattered hearts can mend
It's not the end, **it's not the end***

*So if you're reaching out tonight
I'll stay beside you 'til morning light
Hold on a little more, my friend
This hurt is not how your story ends*

[FINAL CHORUS]

*So, **don't give up, don't let go**
Even when the night feels cold
You're not alone - Even in the dark
There's still a spark inside your heart*

***The weight you carry, we can share**
There's still love - still breath - still air
It's okay to break - to cry - to feel
You're still here... **and you deserve to heal***



If you or someone you know
needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



WORD SEARCH



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L K F O Q U A R T E R B A C K I A V C L
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Z I Z T E S T P L E B O X R Z N E O K L
X N U P R L J I L A U Y O G P E S E E W
X A O E A N D P M C B F Z O U S R K Z X
C L T C F N R G H S D T N C Y O O G I T
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E C C P D C R T E U T E M E R B E H N Z
J L L N O I N H O E N D Z O N E R S G S
B X T A K N U H Y R L I F S Y N Q X S G
T A C K L E S M A B Z F A P B H B D Q F
O H B Y H N U E L B M U F K C A S A N R

CLEATS	FUMBLE	NORSEMAN	STADIUM
COACH	HARRISON SMITH	PURPLE	TACKLE
COIN TOSS	HELMET	QUARTERBACK	TOUCHDOWN
END ZONE	INTERCEPTION	SACK	VIKINGS
FIELD GOAL	JERSEY	SHOULDER PADS	VIKTOR
FOOTBALL	MINNESOTA	SKOL	ZIMMER



10 County Picnic in Albert Lea



Guest speakers from Empower at our August CAC Meeting.



Hello!

At the August CAC meeting, we announced that each month, we be sharing a brief recap of the RMT meetings, right here in the Clubhouse newsletter.

The goal is to keep everyone in the loop on what's happening around the region and highlight any important updates or information in between the CAC meetings.

With this, we've also created a new email address if you want to know more or had any questions? Feel free to reach out at upwardboundRMTrep@gmail.com!

Watch the October newsletter for updates for the September meeting.

- Samantha