

The Bridge Connection

July 2026

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

COORDINATOR'S CORNER

Summer sunshine has a way of lifting our spirits. A bright day can encourage us to get outside, connect with friends, stay active, and enjoy nature, all of which can have a positive impact on mental health. Whether it's a walk in the park, a picnic, or simply relaxing outdoors, spending time in the sun can boost mood and help us feel more energized.

But while sunshine can be good for the mind, too much of it can take a toll on the body. Sunburn, dehydration, and overheating can quickly turn a fun summer day into an uncomfortable experience. Feeling exhausted or unwell from the heat can affect our mood, concentration, and overall enjoyment.

The good news is that staying sun-safe is easy. Think of sunscreen, water, and shade as your summer's best friends. Apply sunscreen before heading outside, keep a water bottle nearby, and take breaks in cool, shaded areas when the temperature rises. A hat and sunglasses can add both style and protection.

With a little planning, you can soak up the joys of summer while protecting your health. So, get outside, enjoy the sunshine, and make happy memories, just remember to give your skin and mind the care they deserve. After all, the best summer days are the ones that leave us feeling refreshed, not roasted!

Looking for a fun reason to go out and explore this summer? Stop by the Clubhouse and pick up a Summer Scavenger Hunt Bingo Card from the Coordinator. Complete the activities, discover new places, and make the most of the season while checking off squares along the way.

Whether you're enjoying local parks, attending community events, or trying something new, there's something for everyone on the bingo card. Once you've completed your card, turn it in to receive a special prize!

It's a great way to stay active, create memories, and celebrate all that summer has to offer. Pick up your bingo card today and start your summer adventure!



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Saturday Attendance

Call the
coordinator's office
507-233-6880
before noon on
Friday

If you call after hours or
Sat AM, Call the
Weekend Cell number
507-766-9461
for staff to pick you up.



Are you a BOC member?

Would you like to use areas of the New
Ulm Rec Center like the pool, weights or
the machines?

Would you like to find out if you'd use
your own annual membership?

**Make arrangements with
Jackie to use the BOC pass!**

*****Please Note***:** All members are required to present the BOC walking pass before using the walking track at the New Ulm Recreation Center. Please use the sign out form to check the pass out and back in. The pass is hanging on the bulletin board upstairs!

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Local Advisory Council/ Mental Health Wellness & Action Team

LAC began meeting jointly with MHWAT in January 2026. MHWAT is a joint committee of Human Services, Public Health, and Heart of New Ulm to promote mental health awareness and education across Brown County. **MHWAT/LAC meets monthly on the first Wednesday of every month at 2pm in the New Ulm Room located in the Community Services Building.** All LAC Members are welcome to be part of these monthly meetings and projects to increase mental health awareness and education in Brown County.

Please reach out to Baylee at 507-233-6884 or Stephanie at 507-359-6534 with any questions.

Our next meeting is:

July 1st, 2026, at 2pm

Public Health Conference Room | 1117 Center St. New Ulm



10 County event July 21st
Moon Dogs will be taking on
Bismark Larks



July 30th at the Clubhouse
presented by Brown County

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Find the Fours!

Directions: Find and circle 4 of each of the objects pictured below.



FREE

from Growing Play

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Free Activities include:

Bingo

Open Hours/Walking

Puzzles & Games

Sota Street

Fire Extinguisher Training

Morning Joe

Card Club

"Best Buds"

Park Playoffs

Moon Dogs Game

Switch Bowling/Bowling

Music & Munchies

Arts & Crafts

Blend & Bloom

Goofy Goat Farm

July 8: Birthday Bash and lunch from 11-3. There is a \$1 donation for the meal. Come celebrate your birthday or a friends.

July 9: NEW Blend & Bloom is a group that brings people together to enjoy healthy smoothies and hands-on gardening. Participants learn about growing fruits, vegetables, herbs, and flowers while exploring simple, nutritious smoothie recipes. It's a fun way to connect, learn, and promote healthy living.

July 10: Oak Leaf Park and Wildlife Refuge, and Bumps for lunch. Pick up at 9am. You will need money for lunch. The wildlife sanctuary is a 32-acre refuge that features elk, deer, waterfowl, and various other animals to the southwest of Oak Leaf Park.

July 13: Park Playoffs from 1-3. Park Playoffs is a fun event where we visit different parks around town to play games, hang out and enjoy the outdoors. Each stop is something new, just show up, join in, and have a good time!

July 14: 10 County Sota Street. Pick up at 8:30 am. You needed to sign up in June to attend this group.

July 16: Shopping and lunch in Mankato. Pick up at 10:30am. You will need money for lunch and any purchases made.

July 21: 10 County Moon Dogs game and Dog Pound. Pick up at 10:30 am. Come enjoy some baseball with friends and free lunch at the Dog Pound. Moon Dogs will be taking on the Bismark Larks.

July 22: Grocery Gang. Pick up in Sleepy Eye at 12:30pm, pick up in New Ulm at 1pm. You may choose to shop at Cashwise, Aldi or Walmart. You will need money for any purchases made. NOTE: everyone will need to carry their own groceries, so plan accordingly (bring a tote, backpack, or whatever works best for you).

July 27: Grill out and games from 11-3. There is a \$1 donation for the meal.

July 29: Thrift store shopping in New Ulm. You will need money for any purchases made.

July 30: Fire Extinguisher Training from 1-4 at the Clubhouse. Training provided by Brown County Maintenance Department. Ready, Aim, Extinguish! Join us for an exciting hands-on experience and put out an actual fire. Learn basic fire extinguisher use, practice on a real fire, build confidence and be prepared, stay safe and protect others.

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ACTIVITY CALENDAR

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1-4 Arts & Crafts	2 1-3 Music & Munchies	3  CLOSED FOR THE FOURTH OF JULY	4 CLOSED 
6 1-3 Bingo	7 9-11 Open Hours	8 11-3 Birthday Bash and lunch	9 NEW 1-3 Blend & Bloom	10 9 PU Oak Leaf Park and Bumps lunch	11 Closed No Staff
13 NEW 1-3 Park Playoffs	14 8:30 PU 10 Co Sota Street	15 1-3 Switch Bowling and Games	16 10:30 PU Shopping and lunch in Mankato	17 1-3 Card Club Claire	18 8-12 Goofy Goat Farm Amanda
20 9-11 Morning Joe Claire	21 10:30 PU 10 Co Moon Dogs Game	22 12:30-4:30 Grocery Gang	23 1-3 DYOT "Do Your Own Thing"	24 1-3 Puzzles and Games	25 8-12 Open Hours Crazy Days Geri
27 11-3 Grill Out and Games	28 9-11 Walking/Open Hours	29 1-4 Thrift Stores in New Ulm	30 NEW 1-4 Fire Extinguisher Training	31 1-3 Best Buds Taste Testing Pringles	

Jackie: 233-6880 Weekend Cell: 766-9461

Mental Health Staff	
Claire.....233-6851	Baylee.....233-6884
Emily.....233-6850	Christie.....359-6559
Julie.....359-6591	Stephanie.....359-6534
Kelsey.....359-6662	Ashley.....359-6536