

The Bridge Connection

June 2026

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

COORDINATOR'S CORNER

Mistakes are part of being human. No one moves through life without saying the wrong thing, making a poor decision, missing an opportunity, or falling short of their own expectations. Yet many people carry mistakes far longer than they carry their successes. They replay moments in their minds, criticize themselves harshly, and allow one difficult experience to define their worth. Learning how to let go quickly after a mistake is not about ignoring responsibility, it is about giving yourself the freedom to grow, heal, and continue living fully.

The first step is accepting that mistakes do not make you a failure. A mistake is an event, not an identity. One wrong choice does not erase your kindness, intelligence, effort, or potential. Often, people speak to themselves more cruelly than they would ever speak to someone they love. Being kind to yourself means replacing self-punishment with understanding. It means acknowledging, "I made an error, but I am still worthy of patience and compassion."

Kindness toward yourself creates room for growth. When people stay trapped in shame, they stop learning because they become focused on blame instead of improvement. But when you look at a mistake calmly, you can ask meaningful questions: What can this teach me? What would I do differently next time? How can this experience make me wiser or stronger? Every setback contains a lesson if you are willing to listen without tearing yourself apart.

Letting go quickly does not mean pretending nothing happened. It means taking responsibility, making amends if necessary, and then allowing yourself to move forward instead of staying emotionally stuck. Life keeps moving, and every moment spent endlessly reliving the past is a moment lost from the present. You deserve to experience joy, connection, creativity, and peace without being chained to old regrets.

It is also important to remember that growth often comes from discomfort. Some of the strongest, wisest, and most compassionate people became that way because they learned through failure. Mistakes teach humility, resilience, empathy, and perspective. They remind us that perfection is impossible and that life is a continuous process of learning.

Living life to the fullest requires emotional freedom. When you forgive yourself, you create space for new experiences and possibilities. You become more willing to take chances, love deeply, try again, and pursue the things that matter to you. Fear of mistakes can make life small, but self-compassion makes life expansive.

At the end of the day, you are not meant to spend your life punishing yourself for being imperfect. You are meant to grow through your experiences, carry the lessons forward, and continue becoming who you are meant to be. Learn what you can, let go of what no longer serves you, and keep moving forward with courage and kindness toward yourself. That is how you truly live life to the fullest.

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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 will be meeting jointly in January 2026. The 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 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 the monthly MHWAT 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:

June 3rd , 2026 at 2pm

Public Health Conference Room | 1117 Center St. New Ulm



Juneteenth is celebrated each year on June 19 to honor the end of slavery in the United States. The holiday marks the day in 1865 when enslaved African Americans in Texas were informed of their freedom, more than two years after the Emancipation Proclamation was issued. Juneteenth is a time to celebrate freedom, African American culture, achievements, and the ongoing journey toward equality and justice. Communities often observe the day with parades, music, educational events, family gatherings, and cultural festivals.

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10 County Activity at Sota Street in New Ulm on the Morning of July 14th



NEW ULM'S FIRST PAINT YOUR OWN POTTERY STUDIO

How it Works:

- You pick it.
- Choose from one of the two pre-picked pottery pieces pictured!
- You paint it.
- They have all you need to create a custom piece of art!
- They fire it.
- They'll fire it in their kiln, resulting in a glossy finish (to all surfaces where glaze has been applied). Please note: To seal your pottery, making it impervious to liquid, dirt, and abrasion, please be sure to glaze every surface.
- You take it.
- You will receive your piece back after a few weeks.



Please note there is limited space. You must **sign up by June 11th and inform me with your pottery choice.**

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June Mini Crossword

ACROSS

- 4. Leisurely free time
- 5. Light-emitting beetle
- 8. Protective eyewear
- 9. Swinging canvas bed
- 10. Red melon with black seeds

DOWN

- 1. Time away from work
- 2. Al fresco meal on a blanket
- 3. Popular romantic event in June
- 6. June solstice
- 7. Male parent
- 8. Apparel for swimming

© Puzzle Cheer

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10 County "Day Camp"

Date: June 10th, 2026

Time: 11:00am - 4:00pm

Location: 260 W. Lair Road
Fairmont, MN 56031
(Gomsrud Park)

Activities! Fun!

Pontoon Rides! Carnival Games!

Lunch and snacks!

*Come spend the day, visit, and have fun
with your fellow clubhouse members and
members from other clubhouses.*

LUNCH WILL NOT BE SERVED UNTIL 1PM SO BRING A SNACK IF NEEDED

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Free Activities include:

Bingo

Open Hours/Walking

NU Roots haircuts

Nat'l Summer Luau

Morning Joe

Card Club

"Best Buds"

Park Playoffs

Switch Bowling/Bowling

Music & Munchies

Arts & Crafts

10 Co Day Camp/ Picnic

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

June 2: NU Roots haircuts. Pick up at 8:30. You may choose to get a haircut, facial wax or facial shave. Bridge on Center will pay for the service.

June 4: Riverside Environmental Learning Center. Pick up at 1pm. In the mid-1800s, the banks of the river near Riverside Park welcomed steamboats carrying soldiers, supplies and German settlers. Today it is home to the Riverside Environmental Learning Center, housed in the old Franklin School building. The Center hosts a multitude of hands-on displays for visitors. Information and photos about riverboats, the clamming industry, and river fishing are all readily available. Bring your fishing license and gear if you want to fish the river. We will enjoy the outdoors this whole-time weather permitting.

June 10: 10 County Day Camp and picnic. Pick up at 9am. Picnic lunch will not be served until 1pm so bring a snack if needed. There will be pontoon rides, and each clubhouse will have an activity. See flyer for details.

June 11: **SOTA STREET DEADLINE!!!**

June 15: Shopping and lunch in Mankato. Pick up at 10:30. You will need money for lunch and any purchases made.

June 18: National Summer begins Luau at the Clubhouse from 1-4. Celebrate the start of summer with a fun-filled Luau! Join us for tropical vibes, festive activities, great company, and a day full of sunshine and smiles as we welcome the summer season together.

June 20: Ramsey Park and Dari King. You will need money for any purchases made.

June 22: Grill out and Games from 11-3. There is a \$1 donation for the meal.

June 25: Grocery Gang. Pick up in Sleepy Eye at 12:30 pm, 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

June 26: Ramsey Park and Pizza Ranch. Pick up at 10am. Ramsey Park is free to enjoy & open **365 days a year**. It has 256 acres of natural beauty, miles of hiking trails, a zoo with animal feeding, scenic waterfalls, picnic areas, playgrounds & a campground. It is located along the Redwood River in the City of Redwood Falls, MN. You will need money for lunch.

June 29: 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!

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ACTIVITY CALENDAR

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11-3 Birthday Bash and lunch	2 8:30 PU NU Roots Haircuts	3 9-11 Open Hours 1:30 PU LAC / MNWHAT	4 1-4 Riverside Environmental Center	5 1-3 Card Club Claire	6 8-12 Movie & Popcorn Amanda
8 9-11 Morning Joe Claire	9 9-11 Open Hours	10 9PU 10 Co Day Camp and picnic	11 1-3 Switch bowling and games Sota Street Deadline	12 1-3 Music & Munchies	13 8-12 Open Hours Geri
15 10:30 PU Shopping and lunch in Mankato	16 9-11 Walking Open Hours	17 1-3 Bingo	18 1-4 Nat'l Summer begins Luau at BOC	19 Closed 	20 8-12 Dari King & Ramsey Park Amanda
22 11-3 Grill Out and Games	23 9-11 Open Hours	24 1-4 Arts & Crafts	25 12:30-4:30 Grocery Gang	26 10 PU Ramsey Park and Pizza Ranch	27 8-12 Schells Park Amanda
29 1-3 Park Playoffs	30 9-11 Walking Open hours				

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