

The Bridge Connection

August 2026

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

COORDINATOR'S CORNER

Being thoughtful means taking the time to consider the feelings, needs, and perspectives of others. It also includes being mindful of your own thoughts and actions. Practicing thoughtfulness can have a positive impact on mental health in several ways.

First, thoughtful actions help build stronger relationships. When people feel valued and respected, trust grows, leading to healthier friendships, family connections, and work relationships. Strong social connections are linked to lower levels of stress, anxiety, and loneliness.

Second, being thoughtful encourages empathy. Taking the time to understand another person's situation can reduce conflict and improve communication. Positive interactions with others often create feelings of happiness and satisfaction, which support emotional well-being.

Thoughtfulness also promotes self-awareness. Reflecting on your words, decisions, and emotions can help you better manage stress and respond to challenges in a calm and balanced way. Instead of reacting impulsively, thoughtful people are more likely to make choices that support their long-term well-being.

Finally, acts of kindness and consideration can improve your mood. Helping others or showing appreciation often creates a sense of purpose and fulfillment. These positive experiences can increase self-esteem and contribute to a more optimistic outlook on life.

In conclusion, being thoughtful benefits both others and yourself. By practicing kindness, empathy, and self-reflection, you can strengthen relationships, reduce stress, and support your overall mental health.



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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:

Aug 5th, 2026, at 2pm

New Ulm Conference Room | 1117 Center St. New Ulm



August 14th



August 20th

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Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Fun at the Fair



BLUE RIBBON

BOOTH

BUMPER CAR

CANDY APPLE

CONTESTS

CORN DOG

COTTON CANDY

DISPLAYS

EXHIBIT

FAIRGROUNDS

FARM ANIMALS

FERRIS WHEEL

FLOWERS

FUN HOUSE

HOUSE OF MIRRORS

LEMONADE

MERRY-GO-ROUND

MUSIC

PARADE

POPCORN

ROLLER COASTER

SIDESHOW

SNOW CONE

TICKET



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Hidden Pictures®

Shake Break

By David Helton



Can you find these hidden objects?



wedge of lemon



button



slice of pizza



tack



ring



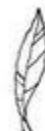
envelope



horseshoe



teacup



feather



magnifying glass



slice of bread



candle



key



golf club



carrot



bell



slice of pie



ladle

In this big picture, find the wedge of lemon, button, slice of pizza, tack, ring, envelope, horseshoe, teacup, feather, magnifying glass, slice of bread, candle, key, golf club, carrot, bell, slice of pie, and ladle.

Highlights

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2026 Annual Picnic

10 CO. PICNIC-FREEBORN COUNTY

Tuesday, August 18th from 11:00-2:00PM

Edgewater Park Pavilion

Edgewater Drive, Albert Lea MN 56007



**Please come and
enjoy some Food, Fun,
Games, Socialization and
Vitamin D!**



Hosted by: The Next Step Clubhouse

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Free Activities include:

Bingo

Open Hours/Walking

Puzzles & Games

Blend & Bloom

NU Roots Haircuts

Morning Joe

United Way Backpack

"Best Buds"

10 County Picnic

Boating & Bobbers

Switch Bowling/Bowling

Music & Munchies

Arts & Crafts

Brown Co Fair

Nat'l Thoughtful Day

Aug 5: Boating and Bobbers on Lake Sleepy Eye. Pick up at 12pm. Spend the afternoon enjoying a relaxing pontoon ride or trying your hand at catch-and-release fishing on Lake Sleepy Eye! No fishing license or equipment is needed—they'll provide everything you need. After your time on the lake, we'll stop for a sweet treat at Dairy Queen before heading home. Come enjoy a fun afternoon on the water!

Aug 6: Grocery Gang/Open hours. Pick up 1pm. You may choose to shop at Cashwise, Aldi or Walmart. You will need money for any purchases made. Please plan to carry your own groceries and feel free to bring reusable shopping bags if you would like.

Aug 7: Shopping and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and any purchases made.

Aug 10: Birthday Bash and lunch from 11-3. There is a \$1 donation for the meal. Come celebrate your birthday or a friends.

Aug 11: NU Roots Haircuts. Pick up at 8:30 am. You may choose to get a haircut, facial wax, or shave. This is a no cost to you, Bridge on Center will pay for the service.

Aug 14: Brown County Free Fair. Pick up at 1pm. You will need money for any purchases made. Join us for a fun day at the county fair! Spend time with friends, visit the animals, explore the exhibits, and enjoy all the fair has to offer. It's a great opportunity to get out, socialize, and make some wonderful memories together!

Aug 18: 10 County Picnic in Albert Lea. Pick up at 9am. Come enjoy some food, fun, games and socialization at Edgewater Park Pavilion..

Aug 20: Steele County Fair and lunch in Owatonna. Pick up at 9am. You will need money for lunch and any purchases made. Steele County Free Fair is widely recognized as one of the largest county fairs in Minnesota. The fair features more than 2,000 livestock exhibits, extensive 4-H and FFA competitions and agricultural displays. Hundreds of commercial and food vendors, carnival rides and so much more!

Aug 27: Grocery Gang/Open Hours. Pick up 1pm. You may choose to shop at Cashwise, Aldi or Walmart. You will need money for any purchases made. Please plan to carry your own groceries and feel free to bring reusable shopping bags if you would like.

Aug 28: National Thoughtful Day at the Clubhouse from 1-3pm. This day reminds us that small acts of kindness can have a lasting impact. Whether it offers a kind word, lending a helping hand, or simply checking in on someone, thoughtful gestures help build stronger connections and brighter communities. Take a moment today to spread kindness, you never know the difference it might make.

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ACTIVITY CALENDAR

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8-12 Movie & popcorn Amanda
3 12:30 PU United Way Backpack Project	4 9-11 Open Hours	5 12 PU Boating Bobbars DQ treat after	6 1-4 Grocery Gang Open Hours	7 10 :30 PU Shopping and lunch in Mankato	8 8-12 Farmers Market Amanda
10 11-3 Birthday Bash and lunch	11 8:30 PU NU Roots Haircuts	12 1-4 Arts & Crafts	13 1-3 Best Buds Taste testing Cola drinks	14 1 PU Brown County Fair	15 8-12 Diamond Art Angie
17 9-11 Morning Joe	18 9 PU 10 Co picnic in Albert Lea	19 1-3 Bingo	20 9 PU Steele Co Fair and lunch	21 1-3 Park Playoffs	22 8-12 Open Hours Amanda
24 1-3 Puzzles & Games Claire	25 9-11 Walking/Open Hours	26 11-3 Grill Out and Games	27 12:30-4:30 Grocery Gang Open Hours	28 1-3 Nat'l Thoughtful Day	29 8-12 Open Hours Geri
31 1-3 Blend & Bloom					

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