



Nicollet County News & Views
Support & Healing
Person to Person

Newsletter by and for Mental Health Consumers

November 2021

WHO'S WHO?





GET INVOLVED!



PUC BOARD OPENING

We have an opening in the Power Up Clubhouse Board of Directors!

If you are interested in the position, please send letter of interest to Missy Haefner. Please include your strengths and the reason you feel that you would be a good addition to the board.

RMT (Regional Management Team)

Opening Effective ASAP

THANK YOU TAMMY for all your time spent representing the clubhouse at RMT!

Please contact Missy Haefner with interest in becoming the new PUC representative at RMT meetings.

Include a letter of interest, your strengths and the reason you feel you'd do well at this position.

EQUINETHERAPY



Thursday, Nov 18th

PUC Board Meeting—12:30 pm

Annual PUC Member Meeting—1:30 pm



PHONE: (507) 934-4444 - Download Calendar at POWERUP.SCCBI.INFO

November 2021

Please see next page for details on each activity.

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
1	2	3	4	5	6	
		11-2pm Connections Lunch & Birthday Club Seinor Center	6p - 10 County Dinner at MSU & MSU Play "Hay Fever"	10:30-12p Women's Group 12-2p Bring your own craft & lunch Room #217		
7	8	9	10	11	12	13
	9a- 11a Walking & Coffee Group Madison East Center 11a NM Produce	12-2p Levee Park Clean up and Hot Apple Cider	Veteran's Day PUC Closed 	11-1:30p Mental Health Recovery Discussion (Bring own lunch) at PUC		
14	15	16	17	18	19	20
			10-12:30p Hair cuts at the PUC & lunch	12:30p - PUC Board Meeting 1:30p Annual PUC Member Meeting Room #217	11a-1p Men's Group at Curiosi-Tea House	
21	22	23	24	25	26	27
	9:30-11a Walking & Coffee Group St Peter Community Center Room #217	12-3p Movie & Popcorn at PUC (Bring your own lunch)		PUC CLOSED 		
28	29	30	10 county Year-end Party			
		11- 2p Mental Health Recovery Discussion Lunch provided Room #217				

Activity Details for November

November 3rd - Connections Lunch & Birthday Club 11a-2p at St Peter Community Center in the Senior Room (601 South Washington – Enter at Door B and the senior room will be on your right). Please join us for lunch with some of the AMH team members and then we will celebrate October birthdays.

November 4th – 10 County MSU Play 6p at Minnesota State University (Mankato) Theatre. The address for the theatre is: 320 Maywood Ave, Mankato. If you are driving yourself, please park in the lot off of Birchwood St. and Ellis Ave. Limited Availability – please sign up ASAP and names may need to be drawn if over our limit. Transportation will be provided, but is limited. The play starts at 7:30p, however we will be meeting at the MSU Student Union MavAve Food Court at 6pm to have dinner (provided by the clubhouse). Masks will be required for the entirety of the play. “Hay Fever” By Noël Coward is a classic comedy about four eccentric members of the Bliss family, Hay Fever tells the story of their outlandish behavior when they each invite a guest to spend a weekend at the family country house. As the guests arrive, it becomes clear that it is not them who will be the problem, but the family themselves. This play is a shrewd, farcical look at a dysfunctional family oblivious to their ill-mannered behavior.

November 5th – Women’s Group 10:30a-12p & Bring your own craft & lunch 12p-2p at St Peter Community Center in the St Peter Room – Rm 217 (601 South Washington – Enter at Door B and follow hallway to Rm 217). Please join us for Women’s Group and then stay for socialization while working on a craft, knitting or crocheting project, or any activity of your own. If not joining Women’s Group, you are welcome to join us for the craft/activity portion around 12pm. Please plan to bring your own craft & lunch. If you don’t have a craft project, please contact PUC staff as we have items we can bring from PUC.

November 8th – Walking & Coffee Group 9a-11a at Madison East Center (1400 Madison Ave) – enter at the southwest entrance near Davita Dialysis. Please join us for a nice indoor walk and a chat over coffee at Sadaka Delil

North Mankato Produce at 11am at Belgrade United Methodist Church parking lot (325 Sherman Street, North Mankato). If you don’t have transportation to pick up produce on your own, please contact us to sign up.

November 9th – MAC Levee Park Clean-up and Hot Apple Cider 12p-2p – meet at Levee park (101 S. Front St., St. Peter). Please join us for the park clean-up and then relax with some hot apple cider! We are hoping for nice weather – fingers crossed!

November 12th – Mental Health Recovery Discussion 11a-1:30p – meet at the clubhouse. We will have great discussions around mental health, time to socialize, and eat lunch together. Please bring your own lunch! Space is currently limited at the clubhouse and therefore we may have to draw names if over our limit. Also, just a reminder that masks are required while in the clubhouse.

November 17th – Free Haircuts & lunch at PUC 10a-12:30p - meet at the clubhouse. There will be limited availability for this activity as there will be one hairstylist here and she can only fit in a certain amount of members for the 2 hour window (10a-12p). The clubhouse will be paying for the haircuts and will also be providing lunch. Please sign up ASAP so we can determine availability.

Activity Details for November, Cont.

November 18th – PUC Board Meeting 12:30p & Annual PUC Member Meeting 1:30p at St. Peter Community Center in the St Peter Room – Rm 217 (601 South Washington – Enter at Door B and follow hallway to Rm 217). If you have anything you would like to present on to the PUC Board, please let Missy know ahead of time so we are able to schedule a specific time for you to join the meeting. If not wanting to present to the PUC Board, please plan to join at 1:30p for the Annual PUC Member Meeting where members will provide updates on committees and discuss how things have gone for the PUC overall. Also, please come to the meeting with any ideas/suggestions for PUC operations/activities in general.

November 19th – Men's Group 11a-1p at Curiosi-Tea House (1745 Commerce Dr, North Mankato). Please join us for some great discussion and some tea with Mike!

November 22nd – Walking & Coffee Group 9:30a-11:30a at St. Peter Community Center in the St Peter Room – Rm 217 (601 South Washington – Enter at Door B and follow hallway to Rm 217). Please join us for a nice indoor walk and a chat over coffee!

November 23rd – Movie & Popcorn at PUC 12p-3p at PUC. Please join us for a mellow afternoon of socialization and watching a movie with popcorn! Please pack a lunch or eat beforehand.

November 30th – Mental Health Recovery Discussion 11a-2p at St. Peter Community Center in the St Peter Room – Rm 217 (601 South Washington – Enter at Door B and follow hallway to Rm 217). We will have great discussions around mental health, time to socialize, and eat lunch together. PUC will be providing lunch!



Wednesday, December 1st – we are currently in the process of planning the 10 County Year-end Party and are aiming for December 1st, however it hasn't been confirmed yet. Please tentatively hold the date if you are interested in joining the fun party with other clubhouses!



Thanksgiving Baskets

For residents of Blue Earth County and North Mankato ONLY

If interested or have questions, please call (507) 345-7508

November 8th - 19th, 2021

2021 COVID-19 Procedures- for everyone's safety

- **This year Thanksgiving baskets will be pre-ordered for curbside pick-up.**
 - **Orders will be placed same day as pick up (this is different than last year).**
 - **Recipients will be able to customize their orders online or by phone.**
- Distribution will again be two weeks to help social distancing**

Nicollet County News & Views
123 So. Minnesota Ave.
P.O. Box 185
St. Peter, MN 56082
Powerup.sccbi.info
(507) 934-4444