



News & Views Support & Healing Person to Person

Newsletter by and for Mental Health Consumers
September 2026

Activity Spotlight



SEPTEMBER BIRTHDAYS

Cindy 1st
Fawn 16th

Mario 12th
Karen 20th
Brooke 29th

Renae 15th
Amea 29th

September is Self-Care Awareness Month

SELF-CARE IDEAS



Self-Care Reminders

1. Be really kind to yourself.
2. Say "yes" to meeting a need.
3. Pay attention to how you talk to yourself.
4. Pause and take really deep belly breaths.
5. Cheer yourself on.
6. Be gentle with your feelings.
7. Do one thing that makes you really happy.
8. Love yourself the best you can.

@BlessingManifesting



<https://mdopenbook.com/blog/self-care-tips>

FALL WORDS CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4				26									19					24							



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20 23 10 14 26 9



***** Friendly reminder - Please sign up at least two days before the activity, as we need to plan accordingly (purchase supplies, order food, etc). You are more than welcome to sign up late as well; we just cannot guarantee there will be enough supplies or food. *****

September 2026 Phone: (507) 934-7200 Website: lighthouseonmarshall.sccbi.info						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1p-3p Games	2 10a-12p Hike & Lunch Seven Mile Park	3 9a-12p Thrift Store Shopping (Mankato)	4 11a-1p Men's Group & Lunch (Patrick's on 3rd)	5 LOM Closed
6 LOM Closed	7  LOM CLOSED	8 10a-12p Volunteer Meeting	9 10a-12p Anxiety Group	10 12p-2p Games	11 1p-3p St Peter Arts Center & Coffee	12 LOM Closed
13 LOM Closed	14 11a-12:30p NM Produce Distribution 12p-2p Women's Group & Lunch (Kavo)	15 11a-2p Second Step Clubhouse's Fish-nic (Mill Pond St. Peter)	16 12:30p-2:30p National Guacamole Day & Games	17 10:30a-12:30p Walking Group at Sibley Farm (Mankato)	18 9a-2p Touch of Country Crafts (Waseca)	19 LOM Closed
20 LOM Closed	21 1p-3p Monday Meditation w/Kandace	22 8:30a-4p 10 County at MN Landscape Arboretum	23 10a-12p Clear Limits	24 1p-3p Games	25 12:30p-2:30p Yard Games (Spring Lake Park)	26 LOM Closed
27 LOM Closed	28 9a-11a Visiting Friends	29 10a-12:30p Goofy Goat Farm	30 12:30p-2p Fall Craft			

Drop-In Details: If you would like to stop by outside of the scheduled activities listed above, please note that the doors to the clubhouse lobby will be open from 9a-4p, Monday through Friday. Staff may not be available to you; therefore, if you hope to visit with staff or be able to access the activity room, please call ahead to see if someone will be available.

Please note: the "LOM Social" times on the calendar do not require a call ahead or sign-up.

September Activity Details

If an activity is not listed below, it will be held at LOM, and there is no specific information to relay. Please note that some of the activities that would typically be held at LOM (Games, Anxiety Group, etc.) might need to be held at a different location. LOM staff will reach out to those signed up for the activity, if that is the case.

2nd Hike & Lunch at Seven Mile Park - Lunch Provided - Meet at Seven Mile Park (47454 US-169, St Peter) by 10am for a hike around the park. If you are not interested in hiking, you could still join us and plan to relax in the park while others go for a hike. After hiking, we will have a picnic lunch. Please have True Transit drop you off and pick you up from Seven Mile Park.

3rd Thrift Store Shopping (Mankato) - Meet at LOM by 9am. Transportation home will be provided by LOM.

4th Men's Group & Lunch at Patrick's on 3rd (St. Peter) - Lunch Provided - **Please note the time change for Men's Group - going forward, it will be held from 11am-1pm.** Please join us for lunch at Patrick's on 3rd (125 S 3rd St, St Peter)!

11th St. Peter Arts Center & Coffee - Please meet us at the Arts Center (315 S Minnesota Ave, St Peter) to explore their exhibits. Afterward, we will walk over to River Rock (301 S Minnesota Ave, St Peter) for some coffee! Please have transit drop you off at the Arts Center and pick up you up from River Rock.

14th Produce Distribution - If you live in North Mankato and can drive, we ask that you pick up produce on your own. If you live in St. Peter and can drive, we can pick up your produce, and you can pick it up at the clubhouse afterward. It should arrive to LOM by 12:30pm.

***If you do not drive, we will deliver the produce to your home and ask that you be home between 11am and 1pm.**

14th Women's Group & Lunch at Kavo (St. Peter) - Lunch Provided - Please join us for lunch at Kavo Italian Eatery (225 S Minnesota Ave, St Peter).

15th Second Step's Fish-nic (St. Peter) - Please see page 7 for details.

17th Walking Group at Sibley Farm (Mankato) - Join us for a unique walking group as we plan to visit the animals at the Sibley Park Farm. Please meet us by the animals. St Peter residents, please plan to have True Transit provide your rides to and from. North Mankato residents, transportation will be provided.

18th Touch of County Crafts (Waseca) - Transportation Provided - If you like shopping for crafts, or even just "window shopping" for them, this is a fun activity for you! Please note that there is uneven ground, narrow pathways, not many places to sit, and some stairs involved.

22nd 10 County at MN Landscape Arboretum (Chaska) - Lunch Provided - Meet at LOM by 8:30a. Transportation will be provided home afterward.

25th Yard Games at Spring Lake Park (North Mankato) - Please meet us at the shelter near Lake St. & Webster at Spring Lake Park in North Mankato for yard games!!

29th Goofy Goat Farm (Madison Lake) - Please have transit drop you off and pick you up at LOM.

Recipe Corner

It's Soup Season!!!

Copycat Panera Squash Soup

By Rachel Gurk (www.rachelcooks.com)



Ingredients

- 1 tablespoon [extra virgin olive oil](#)
- 1 small yellow onion, diced (about ¾ cup)
- 2 pounds chopped butternut squash (about 6 heaping cups)
- 3 small carrots, chopped (about 1 cup)
- 3-4 cups vegetable broth
- 2 cups apple cider or apple juice (do NOT use apple cider vinegar)
- 1/2 teaspoon [curry powder](#)
- 1/4 teaspoon cinnamon
- dash of nutmeg
- 1/2 cup pumpkin puree
- 2 tablespoons butter
- 2 ounces low-fat (neufchatel) cream cheese
- 1 tablespoon brown sugar, more to taste
- salt to taste
- heavy cream, optional

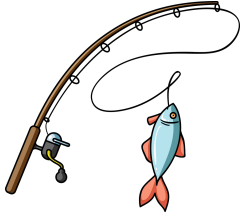
Instructions

- In a large pot, heat oil over medium-high heat. Add onions and saute until translucent, stirring frequently.
- Add squash, carrots, vegetable broth, apple cider, and spices.
- Bring to a boil, reduce heat and simmer for 10-15 minutes, or until squash and carrots are soft. Remove from heat and add pumpkin puree, butter, cream cheese and brown sugar. Puree with a hand (stick) blender or in batches in a normal blender. Blend until very smooth.
- Taste soup and add salt as desired. You may also add extra brown sugar or honey to achieve a taste closer that of Panera's. You can also add a little heavy cream if you want a more decadent soup. If desired, add more vegetable broth to thin soup.
- Return to burner over medium-low heat, if needed to heat the soup back up, and then serve immediately.
- Provides 8 servings total

Notes

- If you want it to be just like Panera squash soup – add more brown sugar and/or honey to taste. Adding more cream will also give it a richer flavor.
- To reduce sodium, use low sodium or no salt added vegetable broth.

Second Step Clubhouse's Fish-nic Activity



Second Step Clubhouse is hosting a Fish-nic (fishing/picnic) on Tuesday, September 15th, from 11a-2p in St. Peter. Please have transit drop you off and pick you up from Mill Pond (227 South Front Street).

While this is not a 10 County event, Second Step has invited all of the clubhouses in the region, and other clubhouses will be joining as well. LOM will provide a picnic lunch for members attending. After lunch, the Minnesota DNR will do a presentation on electrofishing around noon. After the presentation, attendees will be able to fish. If interested in fishing, you will need to have a fishing license and supply your own gear. LOM does have some supplies, so please let staff know if you are in need of any. Please let us know if you have any questions!

Lighthouse on Marshall's Friendly Reminders:

- Please sign up at least two business days in advance for activities. This allows LOM staff enough time to prepare the necessary supplies for everyone.
- If you have questions about activities and can't find the answers on the Activity Details page, don't hesitate to get in touch with LOM staff.
- For the remainder of 2026, we have one more month when we are offering haircuts: November.
- If you have items you no longer want and feel your peers may benefit from them, we have a small space for you to bring them to set out for free. We ask that any donations be left for only two weeks, and that you are responsible for removing any unwanted items after two weeks. All donated items need to be gently used—no open or expired food items.
- When LOM provides meals, we do our best to honor allergies, but cannot honor preferences. Please plan accordingly.
- Please note that when signing up for an activity that has a “waitlist” attached, that activity is not a “first-come, first-served” sign-up. LOM staff take into account many factors when choosing who will attend. If you have further questions about what goes into these decisions, please ask Missy or Kelly.

Transportation for LOM Activities

We want to make sure you all have access to LOM activities. Please see the Activity Details, and if it says “Transportation Provided,” LOM will pick you up. When LOM plans to pick you up for an activity, we typically call the business day before the activity with your pick-up time.

North Mankato Residents — please use True Transit (800-560-1575) for all in-house activities and drop-in times. If you typically drive but don’t want to, you are always welcome to use True Transit.

St. Peter Residents — please use St. Peter Transit/MRVT (888-880-4696) for all in-house activities and drop-in times. If you typically drive but don’t want to, you are always welcome to use MRVT. They are open on Saturdays!

All Members — if you plan to use True Transit or MRVT but haven’t registered with us yet, please talk to the clubhouse staff so we can add you. As always, if you run into issues with the Transit and they can’t pick you up for any reason, please let us know more than 24 hours in advance so we can help get you here. There may be times when LOM staff cannot help due to staff schedules.

When you call to sign up with Transit, please tell the dispatcher that the ride should be billed to the clubhouse account. If you forget, you may be responsible for paying for the ride, and LOM cannot reimburse this cost. Remember to call early!



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