

Next Clubhouse Newsletter

November 2026

Next Step Clubhouse

216 S. Washington Ave.
Albert Lea, MN 56007n
Phone: 507-373-6938
Web: sccbi.info

Clubhouse Hours

Mon / Wed / Fri 8:30 AM – 4:30 PM
Tuesdays 8:30 AM – 1:00 PM
Thursdays 10:00 AM – 4:30 PM
Sat / Sun 9:00 AM – 1:00 PM

Coordinators

Sue Ruble
507-402-0307
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The purpose of the Next Step Clubhouse is to offer a safe environment that provides companionship, acceptance and support for consumers of the mental health services.

A NOTE ABOUT THE CLUBHOUSE

The Clubhouse is a place for members to feel comfortable, welcomed and to have fun. Please be kind to one another and show respect for each member as well as the Clubhouse Property. The Clubhouse schedule may change without much notice due to uncontrollable circumstances. We do our best to keep the schedule and make sure that every member has an opportunity to participate. Thank you for your understanding!

MENTAL HEALTH COMMUNITY RESOURCES

FREEBORN CO MENTAL HEALTH CENTER	507-377-5440
MAYO CLINIC SYSTEMS-BEHAVIORAL HEALTH	507-377-6406
CEDAR HOUSE	507-377-8506
DR. TODD MORAN	507-438-2010
CEDAR VALLEY SERVICES	507-377-2893
COMMUNITY TECHNOLOGIES & SERVICES	507-377-0170
INDEPENDENT MANAGEMENT SERVICES	507-437-6389
FREEBORN CO. VETERANS SERVICES	507-377-5185
SENIOR RESOURCES OF FREEBORN CO	507-377-7433
WARM LINE-SOUTH CENTRAL MOBILE	1-877-399-3040
SUICIDE HOTLINE	988



<u>Food</u>	<u>Support Groups</u>	<u>Housing</u>
<u>Salvation Army Food Shelf</u> M-TH 2:00-4:00 302 Court St., Albert Lea	<u>AA Support Group</u> 507-373-7850 1005 Ulstad Ave., Albert Lea	City of Albert Lea Inspector 507-3774340 Freeborn Co Energy Assis 507-377-5400 HRA 507-377-4375 Semcac 507-373-1329
<u>First Presbyterian Church Food Shelf-</u> Tuesdays 9:00-11:45 Fridays 9:00-11:45 308 Water St., Albert Lea	<u>NA Support Group</u> 877-767-7676 1005 Ulstad Ave., Albert Lea	
<u>Welcome Pantry</u> 507-373-8670 Unitedwayfc.org/welcome pantry	<u>Al Anon Support Group</u> 507-373-7850 1005 Ulstad Ave., Albert Lea	
<u>Loaves & Fishes Meals</u> 507-373-1545 Mondays at 5pm Catholic Church, Albert Lea		<u>Legal Services</u> Freeborn Co. Court 800-223-1368 Immigrant Law Center 800-223-1368 Southern Mn Legal Services 888-575-2954
<u>Trinity Lutheran Church -</u> (507) 373-2466 501 South Washington Avenue, Albert Lea Wednesday 5:00pm -5:30 pm or as supplies last. Hot to go meals on first Wed. of month, cold to go meals after.	<u>Websites</u> aa.minnesota.org nami.org nimh.nih.gov mentalhealth.com sccbi.info	
<u>First Lutheran Church-</u> (507) 373-6424- 30-1 W Clark St, Albert Lea Thursday 5:00 pm drive through style for hot meals to go.		<u>Financial Services</u> Consumer Counseling 800-936-4054 DHS 507-377-5400 Salvation Army 507-373-5710 Semcac 507-373- 1329 Social Security (Austin) 866-504-5010 United Way 507-373-8670
<u>Food Stamps/SNAP-DHS</u> 507-377-5400		
<u>WIC Public Health</u> 507-377-5100		<u>Transportation</u> SMART Bus 1-855-762- 7821

SEPTEMBER EVENTS



KARAOKE AT THE CLUB – 9-3-26

Pictured-Shirley S., Debbie G., Sandy T., Frances G.



MONTHLY BOARD MEETING AT THE CLUB-9-8-26

Pictured-Teresa J., Shirley S., Tracy A.



MINNEHAHA FALLS PICNIC- 9-2-26

Pictured-Amy S., Tracy A., Kathy D., Sandy T., Leo K.,
Jason H., Angel G., Jean K., Linda M.



Clay Co. Fair-9-16-26

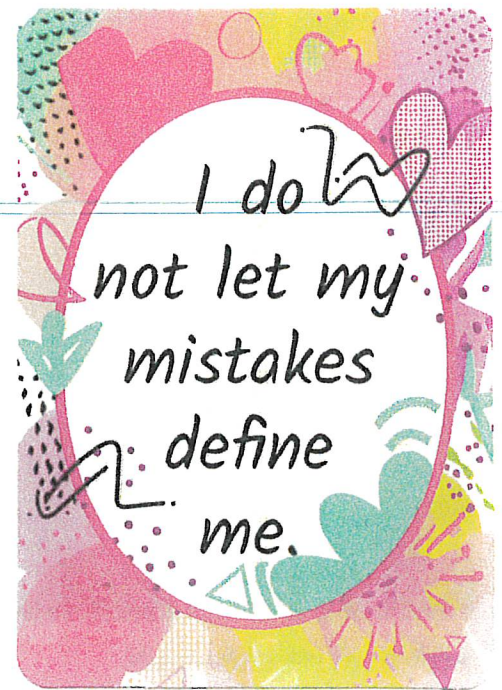
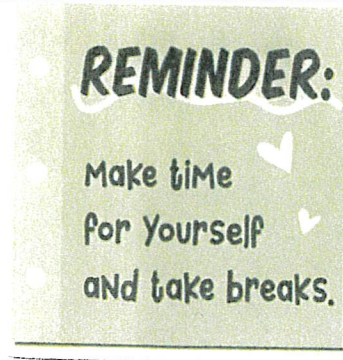
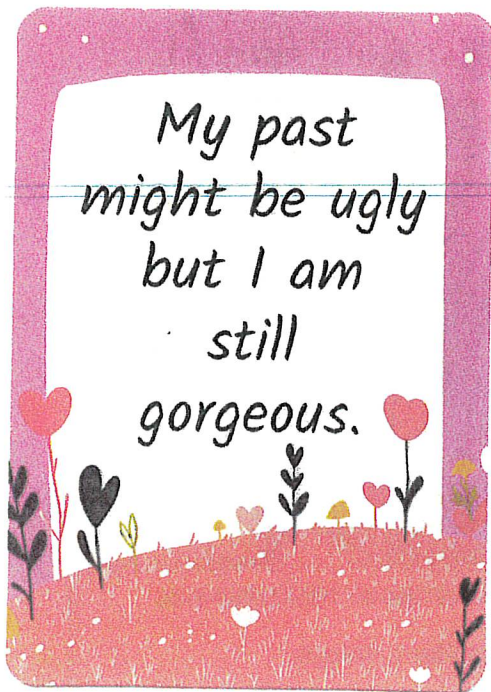
Pictured- Sue R., Jean K., Tracy A., Leo K., Teresa J.
Jason H., Dawn H., Sandy T.



Arboretum- 9-22-26

Pictured- Jason H., Tracy A.,
Dawn H., Teresa J, Sue R.,
Cynthia O., Sandy T.

Monthly Reminders:



WHAT ARE THE SYMPTOMS OF CLINICAL DEPRESSION (MDD)?

Physical Symptoms:

- Changes in appetite and weight (significant weight loss or gain).
- Sleep disturbances (insomnia or excessive sleeping).
- Fatigue or loss of energy.

Cognitive Symptoms:

- Difficulty concentrating, remembering, or making decisions.
- Thoughts of death or suicide, suicidal ideation, or suicide attempts



Emotional Symptoms:

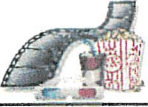
- Persistent sadness or a low mood.
- Feelings of emptiness, hopelessness, or pessimism.
- Irritability, frustration, or angry outbursts.

HAPPY THANKSGIVING!!

FIND THE WORDS AND THE MYSTERY MESSAGE



November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
CLUB OPEN 9-1 Leo	CLUB OPEN 8:30-4:30 Clean Club Sue Off	CLUB CLOSED 9:00 Albert Lea Wal Mart- Dollar Tree Lunch-Wendy's Sue Off	CLUB OPEN 8:30-3:30 11:00 Men's Group 1:00 Thanksgiving Color Contest Sue Off	CLUB OPEN 10:00-1:30 11:00 Karaoke w/Shannon! 1:30 Welcome Pantry Sue Off	CLUB OPEN 8:30 Sue Off	CLUB OPEN 9-1 Angel Shirley/Deb
8	9	10	11	12	13	14
CLUB OPEN 9-1 Leo	CLUB OPEN 8:30-4:30 12:30 Baking with Linda Clean Club	CLUB OPEN 8:30-1:00 11:00 Board Meeting- B-Day Club *Reminder-Wear Clubhouse shirt for group picture!	CLUB CLOSED 	CLUB OPEN 10:00-3:30 1:00 Clubhouse Cap/Hat Craft Sue out of town-AM	CLUB OPEN 10:00 7:00 Breakfast at Perkin's 8:45 Food Shelf	CLUB OPEN 9-1 Angel Shirley/Deb
15	16	17	18	19	20	21
CLUB OPEN 9-1 Leo	CLUB OPEN 8:30-4:30 Clean Club	CLUB OPEN 8:30-3:00 3:00 Albert Lea Movie 	CLUB CLOSED 9:00 Owatonna Food Shelf- Faribault Thrifting & Taco John's Or Godfather's	CLUB CLOSED 12:30 Bowling in Northwood & Share shop	CLUB OPEN 8:30 Jason out of town AM	CLUB OPEN 9-1 Angel Shirley/Deb Joab B-Day
22	23	24	25	26	27	28
CLUB OPEN 9-1 Leo	CLUB OPEN 8:30-4:30 Clean Club	CLUB CLOSED 1:00 Thanksgiving & Membership Mingle at Bleachers	CLUB OPEN 8:30-3:30 9:00 Gingerbread House Competition	CLUB CLOSED 	CLUB CLOSED 	CLUB OPEN 9-1 Angel Shirley/Deb
29	30					
CLUB OPEN 9-1 Leo	CLUB OPEN 8:30-4:30 Clean Club	CLUBHOUSE HOURS ARE SUBJECT TO CHANGE AT ANY TIME				

Celebrating Our Members

Each month, we want to shine a light on the wonderful people who make the Next Step Clubhouse the special place it is. Our members come from all walks of life, and every one of them brings something unique to our community.

Member Spotlight- Member of the Month Recognition



Our member of the month recognition award for **September** went to **Angel Galliger**. Angel has been a member of the Clubhouse for **2** years! Angel is an active member at the Clubhouse. She participates in many Clubhouse events and activities. Angel also volunteers to open/close the Clubhouse each Saturday. She shows kindness and respect to everyone and often helps another member by walking her to/from car and opens the door. Please congratulate Angel when you see her!

Angel states "Thank You Clubhouse!. For everything you do to help me!"

Welcome New Members!

- Noah Helmers
- Haley Williams



Member Milestones & Birthdays

We love celebrating our members! If you have a birthday, anniversary, or milestone coming up this month, let us know so we can give you a shout out in the next issue.

11/1	Ron L.	Birthday
11/1	Randy G.	Birthday
11/6	Bryan L.	Birthday
11/14	Red G.	Birthday
11/17	Daren C.	Birthday



Contact Your Coordinators

Sue Ruble

Clubhouse Coordinator

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Email: susan.ruble@co.freeborn.mn.us

Jason Hoiseth

Clubhouse Coordinator

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Look inside for lots of programing and special activities!

