

Next Clubhouse Newsletter

October 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 – 3:00 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
 MAYO CLINIC SYSTEMS-BEHAVIORAL HEALTH
 CEDAR HOUSE
 DR. TODD MORAN
 CEDAR VALLEY SERVICES
 COMMUNITY TECHNOLOGIES & SERVICES
 INDEPENDENT MANAGEMENT SERVICES
 FREEBORN CO. VETERANS SERVICES
 SENIOR RESOURCES OF FREEBORN CO
 WARM LINE-SOUTH CENTRAL MOBILE
 SUICIDE HOTLINE

507-377-5440
 507-377-6406
 507-377-8506
 507-438-2010
 507-377-2893
 507-377-0170
 507-437-6389
 507-377-5185
 507-377-7433
 1-877-399-3040
 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>First Presbyterian Church Food Shelf-</u> Tuesdays 9:00-11:45 Fridays 9:00-11:45 308 Water St., Albert Lea <u>Welcome Pantry</u> 507-373-8670 Unitedwayfc.org/welcome pantry <u>Loaves & Fishes Meals</u> 507-373-1545 Mondays at 5pm Catholic Church, Albert Lea <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>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>Food Stamps/SNAP-DHS</u> 507-377-5400 <u>WIC Public Health</u> 507-377-5100	<u>AA Support Group</u> 507-373-7850 1005 Ulstad Ave., Albert Lea <u>NA Support Group</u> 877-767-7676 1005 Ulstad Ave., Albert Lea <u>Al Anon Support Group</u> 507-373-7850 1005 Ulstad Ave., Albert Lea <u>Websites</u> aa.minnesota.org nami.org nimh.nih.gov mentalhealth.com sccbi.info	City of Albert Lea Inspector 507-3774340 Freeborn Co Energy Assis 507-377-5400 HRA 507-377-4375 Semcac 507-373-1329 <u>Legal Services</u> Freeborn Co. Court 800-223-1368 Immigrant Law Center 800-223-1368 Southern Mn Legal Services 888-575-2954 <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>Transportation</u> SMART Bus 1-855-762-7821

AUGUST EVENTS



VIKING TRAINING CAMP-8-2-26

Pictured-Tracy A., Sandy T., Linda M., Sue R., Justin Jefferson



FAIRMONT FISHING 8-25-26

Pictured-Shirley S.



“THE GREAT MINNESOTA GET-TOGETHER”

MINNESOTA STATE FAIR-8-27-26

Pictured- Shirley S., Snoopy, Angel G., Tracy A., Archer J.

Self-Control Exercises Handout

Temptation bundling

Temptation bundling can support those who are trying to incorporate healthy habits to their daily routine. It helps to choose something you might be struggling with and pairing that with something you know you enjoy. Here are some ideas:

- Exercise with entertainment (Gym and watching a TV show)
- Healthy snack with a book
- Doing household chores while listening to music
- Completing academic tasks with a reward like coffee

The great thing about temptation building is that it can serve as a motivation to get the job done. It's also completely customizable.



Mindful breathing

Mindful breathing can support you in the heat of the moment. Here are some breathing exercises you may wish to incorporate into your daily routine to support self control:

- Box breathing
- Deep belly breathing
- Counting breaths to 10 before acting
- 5-7-8 breathing



Delayed gratification

Delayed gratification can take a lot of self control. You may wish to develop this skill over time and start with goals you know are small and easy to incorporate into your routine. Here are some other ideas when you become more comfortable with this exercise:

- Monetary savings challenges
- Meal prepping
- Utilizing the 30-day rule
- Focusing on long term goals
- Mindfulness practices

A good way to determine what goals you choose for this exercise is the ones you feel comfortable with. You may notice that you have a hard time saying no to your friends - this might be the one you wish to focus on.



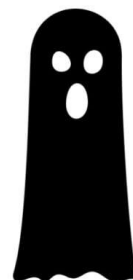
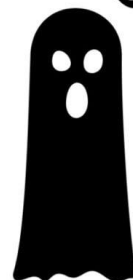
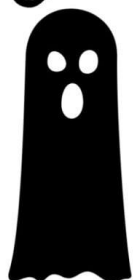
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MONTHLY REMINDERS



HALLOWEEN WORD SEARCH



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

BAT
BOO
CANDY
COSTUME
MASK
MONSTER

MUMMY
PUMPKIN
SCARECROW
SKELTON
SPIDER
SPOOKY

TREATS
TRICK
VAMPIRE
WEREWOLF
WITCH
ZOMBIE



October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			CLUBHOUSE HOURS ARE SUBJECT TO CHANGE AT ANY TIME	1 CLUB CLOSED 10:00 Apple Orchard- Candy Store DQ	2 CLUB OPEN 8:30	3 CLUB OPEN 9-1 Angel Alice B. B-Day
4 CLUB OPEN 9-1 Leo	5 CLUB OPEN 8:30-4:30 Clean Club	6 CLUB CLOSED 8:30 Movie in Lakeville- Taco Bell	7 CLUB CLOSED 8:30 Walnut Grove Museum- Dairy Queen	8 CLUB OPEN 10:00-1:30 1:30 Welcome Pantry Sue out of town-AM	9 CLUB OPEN 10:00 7:00 Breakfast Bader's Cafe 8:45 Food Shelf Sue Off	10 CLUB OPEN 9-1 Angel Seth B. Amy S. B-Day
11 CLUB OPEN 9-1 Leo	12 CLUB OPEN 8:30-4:30 12:30 Baking Group Clean Club Sue Off	13 CLUB OPEN 8:30-1:00 11:00 Board Meeting- LAC & B-Day Club Sue Off	14 CLUB OPEN 11:00 Women's Group (Jakes Pizza) Ellen P. B-Day	15 CLUB CLOSED 10:30 Austin Shopping- Culver's & Pumpkin Patch Linda M. B-Day	16 CLUB OPEN 8:30 Sue Off	17 CLUB OPEN 9-1 Angel
18 CLUB CLOSED- 8:00- IHOP in Burnsville- 11:00 Valleyscare	19 CLUB OPEN 8:30-4:30 Clean Club	20 CLUB OPEN 8:30-1:00 11:00 Great Pumpkin Charlie Brown-Popcorn	21 CLUB CLOSED 10:00 Helmer Myre State Park & Subway	22 CLUB OPEN 8:30-11:30 9:00 Halloween Coloring Contest	23 CLUB CLOSED	24 CLUB OPEN 9-1 Angel
25 CLUB OPEN 9-1 Leo	26 CLUB OPEN 8:30-4:30 Clean Club	27 CLUB OPEN 8:30-1:00 11:00 Fall Craft Sue Off	28 CLUB CLOSED 9:00 Owatonna Food Shelf- Faribault Thrifting & Taco John's or Godfather's	29 CLUB CLOSED 10:00 Halloween Party-Le Sueur	30 CLUB OPEM 8:30	31 CLUB OPEN 9-1 Angel 

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 **August** went to **Frances Gulbertson**. **Frances** has been a member of the Clubhouse for **3** years! Frances is an active member at the Clubhouse. She participates in many Clubhouse events and activities. She is always kind and respectful to everyone and has a great sense of humor! Please congratulate Frances when you see her!

Frances states "I don't know what I would do without the Clubhouse. I have met many friends and feel very supported here! "

Welcome New Members!

- John Lerum



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.

10/3	Birthday	Alice B.
10/10	Birthday	Amy S.
10/10	Birthday	Seth B.
10/14	Birthday	Ellen P.
10/15	Birthday	Linda M.



Contact Your Coordinators

Sue Ruble

Clubhouse Coordinator

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Jason Hoiseth

Clubhouse Coordinator

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Email: Jason.hoiseth@co.freeborn.mn.us

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Look inside for lots of programing and special activities!

