

NEXT STEP CLUBHOUSE

July 2017

Clubhouse 373-6938

Sue 377-5475 or 402-0307

Jason 377-5489 or 383-7550

Clubhouse HOURS

Monday	12:00-5:00
Tuesday	12:00-5:00
Wednesday	1:00-5:00
Thursday	12:00-5:00
Friday	12:00-5:00
Saturday	9:00-1:00
Sunday	9:00-1:00

NEWS AND NOTES

News to know for July

The Clubhouse will be closed for outings and holidays on July 4th, 11th, 25th, 26th and 27th..

July Field Trips and Activities include: 10 County Picnic, Walk the Lake/Dairy Queen, MN Lynx Game, Rochester Fair, and trip to Walnut Grove.

This month's board meeting is on WEDNESDAY July 12th. Day changed due to 10 County Picnic.

Please remember: The Clubhouse is a place for member's to feel comfortable, welcomed and have fun. Please be kind to one another and show respect for each member as well as the Clubhouse property.

Reminder that cleaning group runs every Wednesday at noon or during your free time. Please initial each chore as completed throughout the week. All that participate at least twice/month are eligible for a gift certificate at the end of each month.

WHAT TO WATCH FOR....

7/11	10 County Picnic
7/12	Board Meeting (Wednesday)
7/20	Walk Lake /Dairy Queen
7/25	MN Lynx Game
7/26	Rochester Fair
7/27	Walnut Grove



LET'S GO FISHING!!!

FISHING DATES ARE:
July 6th, 13th, and 17th,

See calendar for times



Rummage Sale Group is back!! Check calendar for details.

Beginning in August we will start Men's and Women's activity day. Each month there will be one day dedicated to each group.

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ACTIVITIES



- July 11 10 County Picnic
- July 20 Walk the Lake/Dairy Queen
- July 25 MN Lynx Game
- July 26 Rochester Fair
- July 27 Walnut Grove

FIELD TRIPS



WHEN YOU NEED A RIDE:

SMART TRANSIT WILL PICK YOU UP
AND TAKE YOU TO AND FROM THE
CLUBHOUSE AT NO COST TO YOU!!

FYI...The Clubhouse schedule for trips and activities may change without notice due to uncontrollable circumstances. We do our best to keep the schedule and make sure everyone has a chance to participate. Thank you for your understanding.

Shopping Group

July 5th -Green Mill

July 19th -Shopping only-NO MEAL

Reminder:
NAMI MEETING EVERY
WEDNESDAY
AT THE CLUBHOUSE
5:00-6:30

COOKING at the CLUB

***There are baking supplies and other cooking supplies available during free time upon request for members to use.



HAPPY BIRTHDAY

Mark Hagg, Mitch Lang, Maria Sanchez, Blake Mahoney, Paul Tomczak,
Audrey Tuschoff, Eric Lundell, Tom Beckius, Jim Carlsen,
Jerimiah Matthews, Paul Berg, Toni Freeman, Justin Wentzler, Sue Rivard,
and Teresa Jensen
We hope you all have a great day!!!



MENTAL HEALTH RESOURCES:

Freeborn Co. Mental Health Center	377-5440
Mayo Clinic Systems Behavioral Health	377-6406
Cedar House	377-8506
Warm Line - South Central Mobile	1-877-399-3040
Suicide Hotline	1-800-865-0606
Crisis Line (Emergency)	1-507-377-5499 or 1-877-402-3743
NAMI (National Alliance for Mental Health)	1-888-626-4435
namihelps@namimn.org	
SCCBI (South Central Community Based Initiative)	
www.sccbi.info	



Next Step Clubhouse
216 S Washington Ave
Albert Lea MN 56007

Look Inside for Lots of Programing and Special Activities!

