

NEXT STEP CLUBHOUSE

JULY 2018

Next Step Clubhouse
216 South Washington Ave.
Albert Lea, MN 56007

Clubhouse: 373-6938
Sue: 377-5475 or 402-0307
Jason: 377-5489 or 383-7550

MISSION STATEMENT

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.

NEWS AND NOTES

The Clubhouse will be closed for outings and Holidays on 7/4, 7/12, 7/17, 7/21, 7/24, 7/31.

Sue and Jason will no longer sign anyone up for outings. If you are interested in attending an outing, please stop at the Clubhouse and sign up. The new sheets will be available for sign up at mid-month for the following month activities.

Reminder that cleaning group runs every Wednesday at 8 AM or during your free time. Please initial each chore as completed throughout the week. We will try to have parties and/or certificates randomly throughout the year to say thank you for all of your help and support with keeping the Clubhouse clean and welcoming!

Reminder that we have a weekly volunteer group on Tuesday mornings from 8:15-9:15 to help at the Humane Society. Talk to Sue if you are interested.

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.

Clubhouse HOURS

Monday	11:30-5:00
Tuesday	11:30-5:00
Wednesday	8:00-5:00
Thursday	11:30-5:00
Friday	11:30-5:00
Saturday	9:00-1:00
Sunday	9:00-1:00

Inside This Issue

Page

- 1 Mission Statement, News and Notes, What to watch for
- 2 Mental Health Resources & Community Spotlight
- 3 Staff & Activity Calendar
- 4 4th of July Wordsearch
- 5 Monthly Birthdays/Fun Facts

WHAT TO WATCH FOR...MARK YOUR CALENDARS!

7/1	4th July Picnic (Sloppy Joes) at Club. Lakes Game at 3:00
7/3, 7/10, 7/31	Volunteering at Humane Society
7/3	Shopping & Hy Vee
7/4	HOLIDAY-CLOSED
7/5	Women's Activity (Paint Nails & Subway)
7/13, 7/20	Rummage Sales
7/9	Ice Cream Social
7/10	Board Mtg & ALea Movies
7/11, 7/12	Men's Activity (Waseca Co Fair)
7/16	Walk
7/17	Paddleboat Cruise-St Paul
7/18	Fishing in Fairmont
7/19	Crafts & Press Your Luck with Lynn/Richard
7/20	Baking w/Linda, Food Shelf
7/21	KOA-Bonfire, S'mores, Games and Swimming
7/24	St. James Picnic
7/25	Boating in Fairmont
7/26	Crisis Education - Hotdogs -Mac & Cheese
7/31	Lakeville Movie, A Lea Overflow Movie in PM

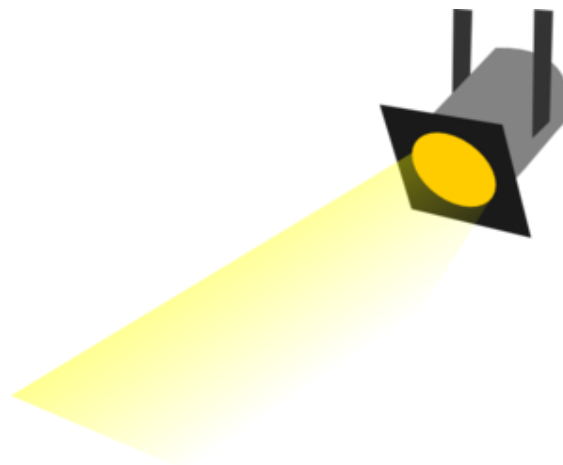
FYI...The Clubhouse schedule for trips and activities may change without notice due to uncontrollable circumstances. We do our best to keep the schedule and make sure everyone has a chance to participate. Thank you for your understanding.



Freeborn Co. Mental Health Center	377-5440
Mayo Clinic Systems Behavioral Health	377-6406
Cedar House	377-8506
Cedar Valley Services	377-2893
Community Technologies & Services	377-0170
Independent Management Services	507-437-6389
Freeborn Co. Veterans Services	377-5185
Senior Resources of Freeborn Co	377-7433
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

www.namihelps@namimn.org

SCCBI (South Central Community Based Initiative) (www.sccbi.info)



Food

Salvation Army Food Shelf

M-F 2:00-4:00
302 Court St., Albert Lea

First Presbyterian Church Food Shelf

Tuesdays 9:00-11:45
Fridays 9:00-11:45
308 Water St., Albert Lea

Ruby's Pantry

373-7989
1540 South Shore Dr., Albert Lea

Meals on the Go

373-4343

Loaves & Fishes Meals

Mondays at 5pm 373-1545
Catholic Church, Albert Lea

Vineyard Church

377-1412

Food Stamps/SNAP-DHS

377-5400

WIC Public Health

377-5100

Support Groups

AA Support Group

373-7850
1005 Ulstad Ave., Albert Lea

NA Support Group

877-767-7676
1005 Ulstad Ave., Albert Lea

AI Anon Support Group

373-7850
1005 Ulstad Ave., Albert Lea

NAMI Support Group

Wednesdays 5:00-6:30
216 S. Washington Ave., Albert Lea

Websites

aa.minnesota.org
nami.org
nimh.nih.gov
mentalhealth.com
sccbi.info

Housing

City of Albert Lea Inspector	377-4340
Freeborn Co Emergency Assis.	377-5400
HRA	377-4375
Salvation Army	373-5710
Semcac	373-1329

Legal Services

Freeborn Co. Court	800-223-1368
Immigrant Law Center	800-223-1368
Southern MN Legal Services	888-575-2954

Financial Services

Consumer Counseling	800-936-4054
Department of Human Services	377-5400
Salvation Army	373-5710
Semcac	373-1329
Social Security (Austin)	866-504-5010
United Way	373-8670

Transportation

SMART Bus	1-855-762-7821
Albert Lea Taxi	507-383-3341
Senior Resources	377-7433
(Medical Rides)	800-642-1875

JULY STAFF AND ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Steve/Maria Clubhouse Open 9:00-3:00 12:00 4th July Picnic At Club 3:00 Lakers Game	2 Herb (Sue Off) Clubhouse Open 11:30-5:00	3 Teresa Clubhouse Open 11:30-4:00 8:00 Humane Society 1:00 Shopping & Hy Vee	4 Clubhouse Closed HOLIDAY	5 Lynn/Richard (Jason Vac) Clubhouse Open 11:30-5:00 1:00 Women's Activity- Paint Nails/Subway	6 Teresa (Jason & Sue Off) Clubhouse Open 11:30-5:00 No Rummage Sales	7 Jean/Leo Clubhouse Open 9:00-1:00
8 Steve/Maria Clubhouse Open 9:00-1:00	9 Herb (Jason Off) Clubhouse Open 11:30-5:00 1:00 Ice Cream Social	10 Teresa 8:00 Humane Society Clubhouse Open 11:30-1:00 11:30 Board Meeting 1:00 ALea Movies	11 Jean/Leo (Sue Vac) 8:00 Clean @ Club Clubhouse Open 8:00-10:00 11:00 Men's Activity Waseca Co Fair	12 Lynn/Richard (Sue Vac) Clubhouse Closed 11:00 Men's Activity Waseca Co. Fair	13 Teresa (Sue Off) Clubhouse Open 11:30-5:00 8:00-Rummage Sales	14 Jean/Leo Clubhouse Open 9:00-1:00
15 Steve/Maria Clubhouse Open 9:00-1:00	16 Herb (Sue Off) Clubhouse Open 11:30-5:00 1:00-Walk	17 Clubhouse Closed 9:00 Paddleboat Cruise-St. Paul	18 Clubhouse Open 8:00-10:00 10:00 Fishing in Fairmont	19 Lynn/Richard Clubhouse Open 11:30-5:00 1:00-Crafts w/Lynn 3:00 Press Your Luck	20 Teresa (Jason Off) Clubhouse Open 11:30-5:00 8:00 Rummage Sales 11:30 Baking with Linda 2:00 Salvation Army Food Shelf	21 Jean/Leo Clubhouse Closed 2:00 KOA Bonfire, S'mores, Games & Swimming
22 Steve/Maria Clubhouse Open 9:00-1:00	23 Herb (Jason Off) Clubhouse Open 11:30-5:00	24 Clubhouse Closed 9:00 Picnic in St. James	25 Clubhouse Open 8:00-10:00 10:00 Boating in Fairmont	26 Lynn/Richard (Sue Off) Clubhouse Open 11:30-5:00 1:00 Hotdogs/Mac & Cheese Crisis Education	27 Teresa (Sue Off) Jason out of Town Clubhouse Open 11:30-5:00 No Rummages	28 Jean/Leo Clubhouse Open 9:00-1:00
29 Steve/Maria Clubhouse Open 9:00-1:00	30 Herb (Sue Off) Clubhouse Open 11:30-5:00	31 Teresa 8:00 Humane Society Clubhouse Closed 9:00 Lakeville Movie/Shopping 5:00 ALea Overflow Movies			NAMI MEETING EVERY WEDNESDAY AT THE CLUBHOUSE 5:00-6:30	Clubhouse Hours <i>Monday 11:30-5:00</i> <i>Tuesday 11:30-5:00</i> <i>Wednesday 8:00-5:00</i> <i>Thursday 11:30-5:00</i> <i>Friday 11:30-5:00</i> <i>Saturday 9:00-1:00</i> <i>Sunday 9:00-1:00</i>

4th of July WORD SEARCH

INDEPENDENCE

FLAG

JULY

FIREWORKS

UNITED

FREEDOM

LIBERTY

RED

WHITE

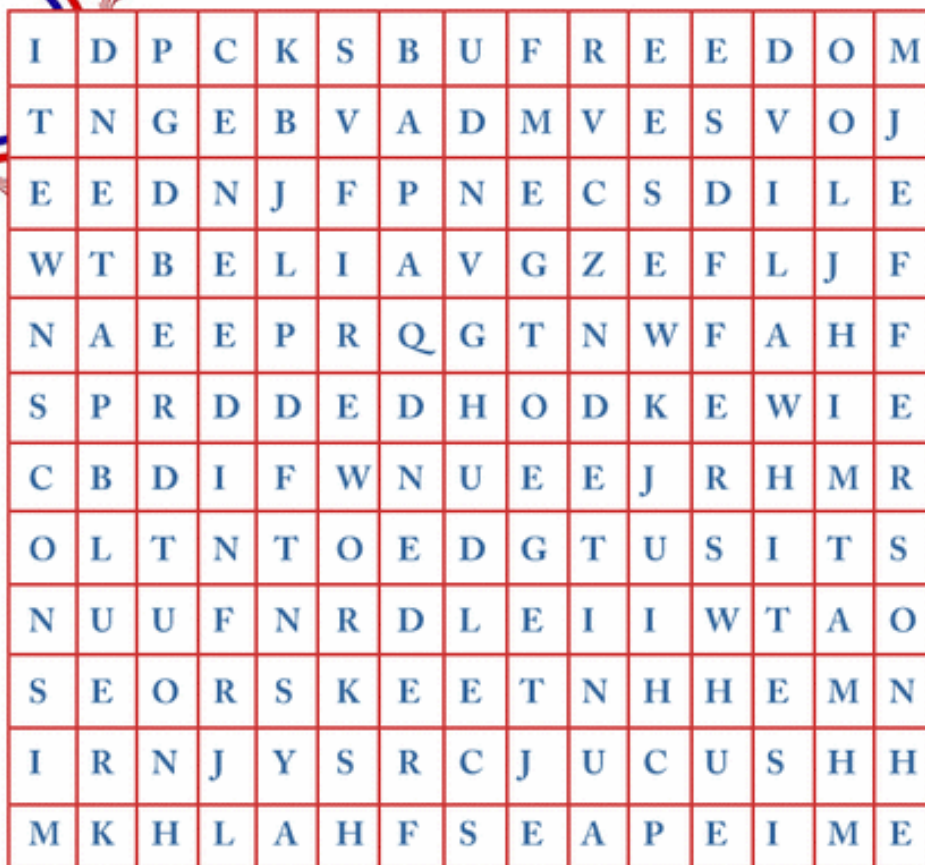
BLUE

PARADE

CONSTITUTION

GEORGE

JEFFERSON



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

HAPPY BIRTHDAY



7/1	Mark Hage	7/16	Jim Carlsen
7/1	Tim Karn	7/18	Jeremiah Matthews
7/2	Mitch Lang	7/19	Paul Berg
7/3	Maria Sanchez	7/23	Toni Freeman
7/6	Paul Tomczak	7/23	Justin Wentzler
7/8	Audrey Tuschoff	7/28	Sue Rivard
7/8	Eric Lundell	7/30	Teresa Jensen
7/15	Daniel Ryan		



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Q: What was the most popular dance in 1776?

A: Indepen-dance!

Q: What do you call a duck on the fourth of July?

A: A fire quacker!

FUN FACTS ABOUT JULY

1. The month of July is named after Julius Caesar by a decision of the Roman Senate in 44BC as July was the month of his birth.
2. Before that, it had been known as Quintilis (fifth) as it was the fifth month in the old calendar.
3. Until the 18th century, the word July in English had the stress on the first syllable and rhymed with duly or truly.
4. Although six months have passed, July 1 is not the mid-point of the year. The exact halfway point comes at 1pm BST on July 3 in a non-leap year.
5. No month ends on the same day of the week as July unless it is a leap year, when January does so.
6. Julius is not now in the top 500 names given to newborn boys in the UK, though Julia is 79th for girls in England and Wales and 74th in Scotland. Julian comes 326th in England and Wales.
7. July's birthstone is the ruby, which is said to symbolise contentment.
8. Seven US presidents have died in July, which is more than any other month.
9. "The English winter, ending in July, To recommence in August, now was done," (Byron).
10. In all parts of the UK July is on average the warmest month of the year.

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Look Inside for Lots of Programing and Special Activities!

