

# NEXT STEP CLUBHOUSE

## MAY 2018

Next Step Clubhouse

Clubhouse: 373-6938

216 South Washington Ave. Sue:

377-5475 or 402-0307

### 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 5/15, 5/28 and 5/29.

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.

### WHAT TO WATCH FOR....MARK YOUR CALENDARS!

- 5/1 Men's Activity-Spam Museum/Piggy Blues-Clubhouse will pay for Piggy Blues
- 5/2 Salvation Army Food Shelf
- 5/3 Movie @ Club
- 5/4 Rummage Sales-Bring spending money
- 5/8 Board Meeting @ Club
- 5/9 Nicollet Co Open House-St Peter
- 5/10 Shopping & Taco King- Bring money for shopping & supper
- 5/11 Rummage Sales-Bring money for shopping
- 5/11 Baking with Linda
- 5/14 Walk the Trail
- 5/15 Lakeville Movie & Shopping-Clubhouse pays for movie, bring money for shopping
- 5/16 Sibley Co. Open House--Bowling at 6:00-Clubhouse pays for bowling, bring spending money
- 5/17 Women's Activity-Plant Flowers & Pizza-Clubhouse pays for pizza--Pictionary at 1:00 with Lynn
- 5/18 Rummage Sales.
- 5/18 Men's Activity-Spam Museum/Piggy blues-Clubhouse will pay for Piggy Blues
- 5/22 Albert Lea Movies-Clubhouse pays for movies, bring money for pop/popcom
- 5/23 Rice Co. Open House & Mental Health Awareness Walk
- 5/24 Lasagna & Mental Health Crisis Ed.- at Club
- 5/25 Rummage Sales-Bring spending money
- 5/28 Holiday-Club Closed
- 5/29 Lakeville Movie & Shopping Overflow List-Clubhouse pays for movie, Bring spending money
- 5/30 Shopping & Grandma's Kitchen-Bring money for shopping & supper
- 5/31 Open House at Club

### 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

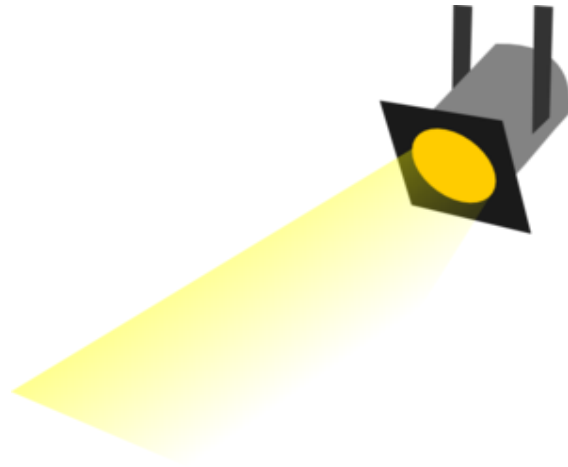
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FYI...The Clubhouse schedule for trips and activities may change without notice due to uncontrollable circumstances. We do our best to keep the schedule and make sure everyone has a chance to participate. Thank you for your understanding.



# Community Spotlight &



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

[namihelps@namimn.org](mailto:namihelps@namimn.org)

SCCBI (South Central Community Based Initiative)

## 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

## Support Groups

### AA Support Group

373-7850  
1005 Ulstad Ave., Albert Lea

### NA Support Group

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

### Al Anon Support Group

373-7850  
1005 Ulstad Ave., Albert Lea

### NAMI Support Group

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

## 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

# HAPPY BIRTHDAY



5/13 Jason Thompson  
5/17 Justin Hasse  
5/17 Katherine Thompson  
5/19 Tom Eustis  
5/19 Penny Sorrell  
5/20 Lyle Hanson  
5/20 Shirley Frank  
5/21 Stan Aske  
5/22 Jeremie Becker  
5/30 Dori Schou  
5/31 Willie Gonzalas



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**Q: What did the ice-cream say to the unhappy birthday cake?**

**A: "What's eating you?"**

**Q: What did a bald man say when he got a comb for his birthday?**

**A: Thanks, I'll never part with it!**

## FUN FACTS ABOUT MAY

1. May, from the Latin 'Maius', is named after Maia, a Roman goddess of growth.
2. May is National Asparagus Month, National Share-a-Story Month and National Burger Month in the UK.
3. In response to May 1 being Labor Day, May 2 was named the International Day of Idleness at the World Tramps Congress in Argentina in 1966.
4. The Robin Williams film What Dreams May Come (1998) is the only film with the word 'May' in its title to win an Oscar (for Best Visual Effects).
5. No US President has ever died during the month of May.
6. Midsummer Night's Dream is the only Shakespeare play that mentions a maypole.
7. 'May' was the 493rd most popular name given to a baby girl in the UK in 2003. 'Mae' was 499th.
8. They were both well behind Maya (53rd), Amaya (238th), Ellie-May (244th), Lily-May (255th) and Lilly-May (274th).
9. In 2004, a study of 40,000 people showed that people born in May think themselves luckier than those born in any other month.
10. According to old superstitions, it is unlucky to marry, buy a broom or wash a blanket in May.

Next Step Clubhouse  
216 S Washington Ave  
Albert Lea MN 56007

Look Inside for Lots of Programing and Special Activities!

