

THE CLUB GAZETTE

Blue Earth County Adult Mental Health Community Support Program Second Step Clubhouse Mission:

Second Step believes that persons with mental illness have the right to reach their full potential and to have fulfilling and productive lives in the community.

Inside this issue	Page
Calendar	2
Free shredding Computer Help	3
SMILES SUPPORT GROUP	4
NAMI Groups Fitness Memberships Bus Tokens / Mobility Bus	5

10 County Clubhouse Activities Coming Up

Big thank you to our South Central Community Based Initiative Regional Management Team for budgeting the \$\$ money for all of these activities.

Thursday, October 5th:

- Emma Krumbes: free tickets to enjoy the pumpkin patch, scarecrow displays, corn maze, and apple orchard.



Tuesday, October 31st:

- Halloween party in Montgomery. Pizza, costume contest, prizes, Karaoke



Wednesday, November 1st:

- Play at MSU - "Diary of Anne Frank" 7:30 pm
- Sign up sheet will be available the end of October



Wednesday, November 15th:

- Sea Life at the Mall of America at 11:00 am.



Tuesday, December 19th:

- Wow Zone in Mankato
- Food and Fun
- Bowling / or Laser Tag / or Mini Golf / Board Games



FAMILY ENTERTAINMENT CENTER

ADDRESS:

421 E Hickory St.
Suite 404
Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

Mon-Thurs 1:00 - 5:00
Fri & Sat 1:00 - 5:00
Sunday 1:00 - 5:00

WEBSITES:

www.sccbi.info
www.blueearthcountymn.gov
www.namimankato.org

Next month Activities:

- Play at MSU
- Sea Life at MOA
- Candy Barn (Yellow Barn)

October 2017

Sunday 1:00 - 5:00	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 1:00 - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00	
1 1:00-5:00 Social/Rec	2 1:00 Club Duties 1:30 <u>Support Group</u> 2:30 Social/Rec	3 1:00 Club Duties 1:30 <u>Support Group</u> 2:30 Social/Rec	4 1:00 Club Duties 1:30 <u>Share your story</u> 2:30 Social/Rec	5 11:00 <u>Emma Krumbees</u> 1:00 Club Duties 1:30 <u>Group activity</u> 2:30 Social/Rec	6 1:00 Club Duties 1:30 <u>Group activity</u> 2:30 Social/Rec	7 1:30 	
8 1:00-5:00 Social/Rec	9 1:00 Club Duties 1:30 <u>Support Group</u> 2:30 Social/Rec	10 1:00 Club Duties 1:30 <u>Health/Wellness</u> 2:30 Social/Rec	11 1:00 Club Duties 1:30 <u>Share your story</u> 2:30 Social/ Rec 4:00 <u>Volunteer mtg.</u>	12 1:00 Club Duties 1:30 <u>Job Club</u> 2:30 Social/Rec	13 1:00 Club Duties 1:30 <u>Group activity</u> 2:30 Social/Rec 4:30 <u>Cambria for All the ribs U can eat</u>	14 <u>Halloween Decorating</u> 1:30 <u>Pfeffer</u> 	
15 1:00-5:00 Social/Rec	16 1:00 Club Duties 1:30 <u>Support Group</u> 2:30 Social/Rec	17 1:00 Club Duties 1:30 <u>Health/Wellness</u> 2:30 Social/Rec	18 1:00 Club Duties 1:30 <u>Share your story</u> 2:30 Social/ Rec	19 1:00 Club Duties 1:30 <u>Clubhouse Meeting</u> 2:30 Social/Rec	20 1:00 Club Duties 1:30 <u>Group activity</u> 2:30 Social/Rec	21 11:00 <u>View Fall leaves</u> 1:30 	
22 1:00-5:00 Social/Rec	23 1:00 Club Duties 1:30 <u>Support Group</u> 2:30 Social/Rec	24 1:00 Club Duties 1:30 <u>Health/Wellness</u> 2:30 Social/Rec	25 1:00 Club Duties 1:30 <u>Share your story</u> 2:30 Social / Rec 4:00 <u>Volunteer mtg.</u>	26 1:00 Club Duties 1:30 <u>Job Club</u> 2:30 Social/Rec	27 1:00 Club Duties 1:30 <u>Group activity</u> 2:30 Social/Rec	28 1:30 	
29 1:00-5:00 Social/Rec	30 1:00 Club Duties 1:30 <u>Support Group</u> 2:30 Social/Rec	31 9:30 <u>Halloween Party in Montgomery</u> 1:00 Club Duties 1:30 <u>Group activity</u> 2:30 Social/Rec					

FREE DOCUMENT DESTRUCTION SHREDDING EVENT

For Blue Earth County Residents & Businesses

Blue Earth County is hosting a special Document Shredding Event for Blue Earth County residents and small businesses. The event will take place on:

Saturday, October 7th, 2017, from 9 a.m. to 1 p.m.

at

Blue Earth County Recycling Center located at 725 Waseca Avenue, Mankato.



At the event, residents and businesses will be allowed to shred up to two bankers boxes of documents in addition to small amounts of CD's that contain private information and credit cards. Paper that has already been shredded will be accepted, because shredded paper does not belong in the recycling bin. Shredded paper contaminates other products in the sorting process and should be thrown away with regular trash.

Don't miss your opportunity to properly dispose of unwanted documents at no cost. For more information, call the 24-Hour Waste and Recycling Hotline at 507-304-4242.



Computer Help

Do you want to learn more about computers?
Do you have a computer and struggle with using it?



Second Step is working on setting up some days where you will be able to come to the Clubhouse and get some guidance / help / support with computer usage. There is a sign up sheet at the Clubhouse where you can write down what it is that you would like help with. The plan is to try and set up something in November using what has been written down.





SMILES CENTER FOR INDEPENDENT LIVING

TRAUMATIC BRAIN INJURY SUPPORT GROUP

Do you have a Traumatic Brain Injury? Do you have a friend or family member that has experienced a Traumatic Brain Injury?

Join SMILES Center for Independent Living every second Wednesday starting October 11th from 6-7:30 PM for our new Traumatic Brain Injury Support Group.

Meetings are at SMILES Mankato Office and facilitated by Robyn Block, a TBI survivor.

For more information call Alex, Program Manager, at 507-345-7139

SMILES Center for Independent Living is a nonprofit organization committed to providing a wide array of services that assist individuals with disabilities to live independently, pursue meaningful goals and enjoy the same opportunities and choices as all persons.

**SECOND
WEDNESDAY OF
EVERY MONTH**

**BEGINNING
OCTOBER 11TH**

MEET NEW PEOPLE

**POSITIVE
ATMOSPHERE**

EXPECT MIRACLES

**SMILES CENTER FOR
INDEPENDENT LIVING**

709 S Front Street Suite 7
Mankato, MN 56001

www.SMILESCIL.org

507-345-7139



Fitness Memberships at VINE

We have 2 fitness memberships which Clubhouse Members can use for:

- Walking track / Fitness Classes / Water Exercise / Education Classes
- HUR Exercise Machines (*one-time \$ 5.00 training fee you need to pay*)
- To start using the memberships we ask that you first read the details about using the cards. Just talk with Mike or Audrey to help get you on your way.
- **REMINDER:** VINE fitness memberships cannot be used when VINE building is closed.

WE WILL CONTINUE TO OFFER GROUP WALKING ON FRIDAYS AND SATURDAYS AT 3:00

Bus Tokens / Mobility Bus

Having a hard time getting to activities the Clubhouse offers? We have bus tokens and mobility bus passes for Clubhouse Members to use to attend specific activities offered at the Clubhouse and/or in the community. Talk with Mike or Audrey for details.



P.O. Box 1175
Mankato, MN 56002
www.namimankato.org

NAMI Connection - For People Living with a Mental Illness

2nd and 4th Thursday of Each Month
Time: 6:30 p.m.

Contact: Diane at (507) 931-6996

NAMI Family Support Group - For Families & Friends of People Living with a Mental Illness

Day: 2nd and 4th Thursday of Each Month
Time: 6:30 p.m.

Contact: Brian at (507) 317-3595

Groups are led by trained facilitators who have personal experience living with a mental illness or caring for a family member with a mental illness. Groups are free to attend.

Groups location:

*Bethel Baptist Church
1250 Monks Ave, Mankato*