

# 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.

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## Save the Date!

*SCCBI Stakeholders Meeting*

*Tuesday, September 10<sup>th</sup>*

*1:00 - 3:30*

*Mankato Civic Center*

*(formerly known as the Verizon Wireless 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](http://www.sccbi.info)  
[www.blueearthcountymn.gov](http://www.blueearthcountymn.gov)  
[www.namimankato.org](http://www.namimankato.org)

### **AUGUST ACTIVITIES:**

1. Ten County Picnic in Gaylord on Wednesday, the 7th 11:00 - 2:00.
2. MN Lynx Game: Thursday, the 22nd.
3. MN State Fair: Tuesday, the 27th.
4. Karaoke: Saturday, the 31st.

## Creative Expressions Group

*Facilitated by: Julia C.*

*Thursdays at 3:15*

People think that being creative is a big thing but it can be anything from making a pizza to making a sculpture on Front Street. In the Creative Expressions Group we ask three things:

1. How did your last week go in the terms of your creativity?
2. Do you want to share what you have done? (*you can pass if you want*)
3. What are your plans for the next week?

Join us for appreciation and support of one another's creativity. This may include but not limited to:

*Painting / Writing / Song Writing / Singing / Musical Instrument  
Cooking / Landscaping / Journaling / Metal Work / Auto body / Spiritual*

**Join us for our group finger painting on  
Thursday, August 15th at 3:15.**

# August 2019

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
<p>Sign up sheets for monthly activities are posted on the day the newsletter is made available. Activities <b><u>UNDERLINED</u></b> require sign up prior to the activity date.</p>				<p><b>1</b> 1 - 2 Work Units 3 - 5 Social / Rec 3:15 Creative Expression Group</p>	<p><b>2</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>3</b> <u>1:30 9-Ball</u> </p>
<p><b>4</b> 1:00-5:00 Social/Rec</p>	<p><b>5</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Sometimes We Struggle"</i></p>	<p><b>6</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>7</b> <u>11-2 Ten County Picnic in Gaylord</u> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>8</b> 1 - 2 Work Units 2 - 5 Social / Rec 2 - 3 Job Search &amp; Support Group 3:15 Creative Expression Group</p>	<p><b>9</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Scrabble 4:30 Out to Eat: Perkins</p>	<p><b>10</b> 11:30 Volunteer Meeting <u>1:30 Pfeffer</u> </p>
<p><b>11</b> 1:00-5:00 Social/Rec</p>	<p><b>12</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Accountability"</i></p>	<p><b>13</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>14</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>15</b> 1 - 2 Work Units <u>2:00 Clubhouse Meeting</u> 3 - 5 Social / Rec 3:15 Creative Expression Group</p>	<p><b>16</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Pictionary</p>	<p><b>17</b> <u>1:30 8-Ball</u> </p>
<p><b>18</b> 1:00-5:00 Social/Rec</p>	<p><b>19</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Am I Ok?"</i></p>	<p><b>20</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>21</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>22</b> 1 - 2 Work Units 2 - 5 Social / Rec 3:15 Creative Expression Group <u>4:00 MN Lynx</u> </p>	<p><b>23</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Mad Gab</p>	<p><b>24</b> 11:30 Volunteer Meeting <u>1:30 Skip-Bo</u> </p>
<p><b>25</b> 1:00-5:00 Social/Rec</p>	<p><b>26</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Being Self-Aware"</i></p>	<p><b>27</b> 8:00 <u>MN State Fair</u> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>28</b> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>29</b> 1 - 2 Work Units <u>2:00 Clubhouse Meeting</u> 3 - 5 Social / Rec 3:15 Creative Expression Group</p>	<p><b>30</b> 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Yahtzee</p>	<p><b>31</b> 1:30 Karaoke </p>

# **Fitness Memberships at VINE**

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

- Walking Track / Fitness Classes / Water Exercise / Education Classes / Exercise Machines
- Active Clubhouse Member: One who regularly attends and participates in weekly Clubhouse Programming
- There is a 30-day probation period for new Clubhouse Members



[www.nami.org](http://www.nami.org)

For more information call: 1-651-645-2948

## **MONTHLY GROUPS**

DAY: 2nd & 4th Thursday of Each Month

TIME: 6:30 pm to 8:00 pm

### **NAMI CONNECTION GROUP:**

*For People Living with a Mental Illness*

### **NAMI FAMILY SUPPORT GROUP:**

*For Families & Friends of People Living with a Mental Illness*

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.

### **GROUP LOCATION:**

*Bethel Baptist Church  
1250 Monks Ave, Mankato*

# OWL CENTER IN HOUSTON, MN



# PADDELFORD BOAT CRUISE

