

Next Step News

September 2010

The Next Step Clubhouse **board meeting** will be Tuesday, Sept. 14 at 4:00 PM. All clubhouse members are encouraged to attend. We will hold a drawing for a door prize at the end of the board meeting. You must be present to win. (Only one win per year.) John won the door prize in August.

Birthday Club will follow the meeting.

Wednesday with Sue



If you have any questions about a Wednesday outing, please contact Sue. She has all the information about these outings.

The Out-of-town Shopping trip this month will be to Mason City on the Sept 1st from 1:00-8:00. Sign up at the Clubhouse if interested. Van leaves DHS at 1:00 Sharp! Please contact Sue if you need to be picked up. Also, bring money for shopping/supper. Then the rest of the month the weekly Shopping Trips in Albert Lea will be on Wednesday from 3:00-8:00 PM. Remember the Support Group meets from Noon—1:30 the weeks of the Weekly Shopping Trips and the Walking Group meets from 1:30 –3:00 the weeks opposite bowling. Call Sue at 377-5475 if interested in any of these activities.

Bowling league will be on Sept 15 from 2:00-4:00.



Meet at the **Clubhouse** at 1:45 if signed up. ***NOTE -You do not need to re-sign if already on the league. Please contact Sue if you are interested in starting a league. The cost for

bowling and shoes is paid by the clubhouse, but we ask that you bring your own money for food or snacks.

There is a suggestion box at the Clubhouse to share your ideas or thoughts.

10 Co. Trip to the MN State Fair is Thursday September 2. We will leave at 8:00 and return around 6:00. There is no cost for admission, but you need money for any purchases you wish to make. The van is full, but you can be put on the waiting list by contacting Diane at 377-5489 or 373-6938.



MN Twins

We have a chance to see a MN Twins Game on Wednesday September 22. This is a 10 County activity and they have



paid for the tickets. We do not know what the parking is like by Target Field, so we may have a long walk to the field. Also, be prepared for walking up steps to get to our seats. At the field we will have to sit in our assigned seats. There are no extra seats like there were at the Dome. It is suggested that you bring sunscreen, a hat and extra money, as food is expensive. The sign-up sheet will be at the Clubhouse.

Women's Group

The Women's Group meets on Thursday from 12:00—4:00 PM. Once a month the MN Extension Food Educator visits and the group makes something special to eat. The other days the ladies go out to eat, go shopping and do crafts. If interested in joining the Women's Group or you have questions, contact June at 377-5506.

Cooking Group

Cooking Group will meet on Tuesday, September 21. If you have an idea of what to make talk to June at the Board Meeting on September 14. The group is interesting in new ideas.

The Clubhouse will be open:

Sat. Sept. 18

Sun. Sept. 19

Sat. Sept. 25

from 1:00—4:00 PM .

Remember to check the calendar for the days and times the Clubhouse is open.

The Wellness Group will meet on Friday Sept 24 from 2:00 PM - 3:00 PM. Ariel is leading this group. The topic this month will be "Controlling Your Diabetes". Those who have a glucometer, please bring it to the group. Everyone is welcome.

Reminder: If you sign-up for an outing and find that you cannot go, please call Sue at 377-5475 or Diane at 377-5489 the day before to let us know you are not able to attend. If you do not let us know you are not going, you will not be guaranteed a space for the next outing.

Next Step Clubhouse Board Meeting

August 10, 2010

Introductions were made. Members present were Claudette M, Marvin R, Lisa B, Jim C, Jeff K, Sue R, Diane L, John S, June E, Hazel T, Dawn H, Linda W.

Linda reviewed the minutes from the July 12, 2010 board meeting and they were accepted as printed.

June gave the treasurer's report. There is \$4667.73 in the checking account. June will request the rest of our funding from the CBI.

Activities Reports

Mall of America Trip – good trip, stormy weather, but we were fortunate to miss most of it.

Cooking Group – John made riblets. The attendees enjoyed the meal.

Clubhouse Crafter's – Decorated a glass vase with glass stones.

10 County Picnic – Had a fun time at Sibley Park in Mankato.

Out of Town Shopping to Mankato and Vikings Training Camp – Had fun and met Chuck Forman.

Women's Group – The activities included a trip to Jenny's for a Garden Party, Extension Educator came and they made corn dogs and fruit salad, went to Waseca for lunch and shopping.

Men's Group – Going good, would like more men to participate, not meeting Aug. 18 & 25. They will have a picnic at Pioneer Park on Sept 15 at 4:30 that all Clubhouse members are invited to.

Support Group – Going well, 3 to 10 people attending. Having a picnic on Aug 11 at the Washington Ave. apartments.

Announcements

Aug 12 Stakeholder's and Shopping

Aug 13 Relay for Life

Aug 14 Open 1-4

Aug 17 Cooking Group will meet at Picnic at Edgewater Park for pontoon rides and supper.

Aug 20 Wellness Group

Aug 22 Open 1-4

Aug 24 Tie Dye (1:45-3:30)

Aug 25 Outing to New Ulm

Aug 26 Tie Dye (4:00-7:00)

Aug 27 Friendship House will visit Next Step Clubhouse (open 11-4, with lunch)

Aug 28 Open 1-4

Weekend openings – Each weekend this month a volunteer will open the Clubhouse either Saturday or Sunday from 1-4.

Computer is in for maintenance and it should be back soon.

Other – June brought it to our attention that Clubhouse members are calling directory assistance. Please do not do this because we are charged each time it is used.

Drawing for door prize was held and John won.

Birthday Club will follow the meeting.

Next meeting will be on Tuesday, September 14 at 4:00.

Respectfully submitted,

Diane Landaas
Secretary

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