



Community Support Program Newsletter

June
2026



Happy Pride Month!



June is Pride Month, a time to celebrate LGBTQIA+ communities and honor the activism that shaped the Gay Rights Movement. The beginnings trace back to the Stonewall Inn in New York City, where patrons faced constant discrimination from the NYPD. On June 28th, 1969, a police raid sparked six days of protests led by bar patrons. These demonstrations, now known as the Stonewall Riots, became a major catalyst for the modern gay rights movement in the US.

In 1970, the first Pride march was held to commemorate the uprising. While Pride Month was recognized in 1999. June is a reminder to celebrate progress of the Gay Rights Movement while continuing the fight for equality and inclusion.

Groups & Classes

TIE-DYE WITH JENNIFER

JUNE 26th & 29th | 1:30 p.m.

Come join a vibrant tie-dye art event and let the colors fly in this fun, hands-on art activity led by Jennifer!

ART WITH JENNIFER

JUNE 5th & 12th | 1:30 p.m.

MONDAY MATINEE

JUNE 1st | 1:30 p.m.

LAC MEETING

JUNE 22nd | 1:30 p.m.

DIY WELLNESS W/ VERONICA

JUNE 17th | 1:30 p.m.

Scrub, mix, and create! Join Veronica for a fun DIY body scrub workshop!

Juneteeth

Juneteenth, short for “June Nineteenth,” traces back to Freedom’s Eve, when, on the night of January 1, 1863, enslaved people and free African Americans across the country gathered while waiting for news of the Emancipation Proclamation. At midnight, it was declared that all enslaved people in the Confederate states were legally free.

However, although the Emancipation Proclamation had taken effect, it was not enforced in areas under Confederate control. It was not until June 19, 1865, when Union troops arrived in Galveston Bay, Texas, that they announced more than 250,000 enslaved people were free by executive decree.

Juneteenth is more than just a holiday. It is a celebration of resilience, freedom, and the enduring strength of Black communities. It is a time to come together, reflect on the past, celebrate progress, and look ahead to the future.



JuneTeenth!

Juneteeth Celebration

Join the Rondo Center of Diverse Expressions on June 19 from 12 - 5 pm for a Juneteenth celebration honoring June 19, 1865, when enslaved African Americans in Galveston, Texas learned of their freedom. Enjoy speakers, music, food, exhibitors, and the Rondo Achievement Awards at 315 North Fisk Street. Free admission—all are welcome to celebrate culture, history, and community together.

Honoring CSP Member Dan Nyssen

Happy Birthday to our members and staff celebrating June Birthdays!

A birthday poem for you:

June brings golden light
and longer days.

Your birthday shines with
warmth and open skies.
Laughter feels easy, and
time slows for joy.
Everything glows a little
softer.

May your June be full of
sunshine, calm moments,
and memories that stretch
like summer days.

CSP member Dan Nyssen was honored during a special ceremony at the CSP on May 22nd. The Quilts of Valor Foundation recognized Dan's military service by presenting him with a handmade quilt.



About Quilts of Valor

The Quilts of Valor Foundation and its volunteers thank service members and veterans touched by war. They protect our freedoms and deserve our deepest gratitude.

The organization focuses on:

- Serving those most in need of comfort.
- Acknowledging the sacrifices made by service members.
- Providing the affirmation of a welcome-home hug.

Fill out the nomination form directly at www.QOVF.org/Nominations-Awards or at the QR code to the left.





Cooking With Diane Roasted Beet Salad

Recipe by Marina Rizhkov

Ingredients:

- 3 Beetroots, cooked (canned beet can be substituted)
- 6 cups Baby Arugula (or any mixed greens)
- 1/3 cup walnuts, toasted
- 1/2 cup Feta Cheese, crumbled
- Basamic Dressing
- Salt & Pepper, to taste

Cooking Utensils:

- Aluminum Foil, Large Baking Sheet, Cutting Board, Knife

Notes:

- Use gloves when handling beets; they will stain your hands.
- Add fresh herbs if you like; rosemary. Thyme and parsley are great choices

Makes 4 Servings

Directions

1. To cook the beets, wrap each beet in a piece of aluminum foil. Place wrapped beets on a large baking sheet.
2. Roast for 45 minutes to 1 hour or until soft enough to poke a fork in.
3. Peel and dice the beetroot.
4. To roast walnuts place on a baking sheet at 350 degrees for 7 to 8 minutes.
5. Place arugula or salad greens in a serving bowl.
6. Top with sliced beets, feta, and walnuts.
7. Shake bottle and drizzle dressing. over the salad. Add salt and pepper



June 2026

Mon	Tue	Wed	Thu	Fri	Sat	Monthly Notes
1 12:30 PM TED TALK 1:30 PM MONDAY MATINEE	2 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	3 12:30 PM TED TALK 1 PM JOURNEY EMPLOYMENT	4 11:30 AM MORNING MOTION 1:30 PM STORIES W/ JIM	5 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	6 CLOSED	<p>CSP Open Hours: Monday 12 - 4, Tuesday 11-3, Wednesday 12-4, Thursday 11-3, and Friday 12-4</p> <p>Tours of the CSP are available on Monday and Friday afternoons. Call Diane for an appointment (651) 285-3393.</p> <p>Classes are subject to change: please call ahead to confirm.</p> <p>RSVP (651) 285-3393 on or after the 1st of the month.</p>
8 12:30 PM TED TALK 1:30 PM TRIVIA	9 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP 4:30 PM DINNER CLUB	10 12:30 PM TED TALK 1:30 PM WELLNESS GROUP	11 12 PM ALL MEMBER MEETING LUNCH WITH FRIENDS	12 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	13 CLOSED	
15 12:30 PM TED TALK 1:30 PM OPEN	16 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	17 12:30 PM TED TALK 1:30 PM DIY WELLNESS TREATMENTS W/ VERONICA	18 11:30 AM MORNING MOTION 1:30 PM STORIES W/ JIM	19 CSP CLOSED JUNETEENTH HOLIDAY	20 CLOSED	
22 12:30 PM TED TALK 1:30 PM LAC MEETING	23 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	24 12:30 PM TED TALK 1:30 PM BIRTHDAY BINGO	25 12 PM LUNCH WITH FRIENDS	26 12:30 PM WHAT'S HAPPENING 1:30 PM TIE DYE W/ JENNIFER	27 CLOSED	
29 12:30 PM TED TALK 1:30 PM TIE DYE W/ JENNIFER	30 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP					