ADAPTIVE RECREATION PROGRAMS

Our adaptive recreation program is a cooperative effort with these cities:

- Brooklyn Center
 Chanhassen
- Brooklyn Park
- Chaska
- Golden Valley
- Maple Grove
- Plymouth
- St. Louis Park

Residents of cities other than these listed may purchase a membership that will offer the same benefits as residents, including priority in registration and reduced program fees. Indicate on the Registration Form (on page 10) if you would like to purchase a membership. Otherwise, your registration will be at the "non-resident" fees.

Members are guaranteed a program spot ONLY by registering and paying by the Priority Registration Deadline (July 3).

For more information, call 952-393-5880 or go to www.reachforresources.org.

All fees stated represent pre-registration. Advanced registration is required unless otherwise noted.

ALL AGES

ART ABILITIES

Our popular art therapy program may be back this fall if grant funding is secured. Please indicate your interest on the registration form, and we will follow up with you. The program would likely be November-December evenings in Minnetonka.

ADULT/FAMILY YOGA



(Ages 5+)

Increase focus, attention span, muscle tone. and flexibility. This is a com-

bination class for kids and adults with disabilities. Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult.

Tuesdays, Sept. 11 - Oct. 16 7:00 - 8:00 p.m.

SLP Rec Center - Banquet Room

Adults: Resident: \$44/Non-Resident: \$52 • Families: \$54 per parent/child pair (\$20 for each additional family member) (Resident) \$62 per parent/ child pair (\$28 for each additional family member) (Non-Resident)

BOWLING (Ages 5+)

Join us for fun, noncompetitive bowling. You will bowl two games each week.

Youth League: Ages 5-17 Adult League: Ages 18+

Park Tavern Lanes

Saturdays, Sept. 15 - Nov. 17 Off 10/6

& 10/27

9:30 - 11:30 a.m.

\$42 resident; \$50 non-resident (+\$4.25/wk)



Bowlero Bowl

Saturdays, Sept. 15 - Nov. 10 Off 10/27 12:00 - 2:00 p.m.

\$42 resident, \$50 non-resident (+\$4.00/wk)

YOUTH PROGRAMS

YOUNG ATHLETES (Ages 2-7)

Have fun while improving your gross motor skills playing different games. Young Athletes is an early introduction to sports, using focused activities that target mental and physical growth. This is a unified program designed for children with and without disabilities. There is an evidence-supported curriculum for this program provided by Special Olympics MN.

DAYTIME SESSION

Thursdays, Oct. 18 - Dec. 13 Off 11/22 10:00 - 10:45 a.m.

EVENING SESSION

Tuesdays, Oct. 23 - Dec. 11 6:00 - 6:45 p.m.

Brooklyn Center CC - Constitution Hall

Free! Sponsored by Special Olympics MN.

TEENS/YOUNG ADULTS

TEEN EXPLORERS (AGES 13-21)

Get to know new friends while trying new activities. Our teens love going out to the movies, going bowling, grabbing dinner or ice cream, getting outside, having themed parties, doing crafts, and so much more! After your registration is complete, we will send you the schedule for the quarter so you know where to meet.

Tuesdays, Sept. 11 - Oct. 30 6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$47 / Non-Resident: \$55

SOCIAL SEEKERS (Ages 15+)

This is a program for teens and adults on the autism spectrum. We meet once a week for fun and social interaction. We play games, do crafts, get outside, and practice socializing with a variety of staff, volunteers, and participants. A brief intake meeting is required for all new participants. Call 952-393-5866 for more information or to schedule an intake.

Wednesdays, Sept. 12 - Nov. 28

Off 10/31 & 11/21) 5:00 - 6:30 p.m.

The Depot: 9451 Excelsior Blvd., Hopkins

Fee: \$200

KICKBALL (Ages 16-25)

This is always a fun fall sport! Our league is played on an accessible field and can be adapted for individuals of all abilities. This is a non-competitive league, and a great way to get exercise while having fun!

Thursdays, Sept. 6 - Sept. 27 6:00 - 7:00 p.m.

Flying Cloud Field-Miracle Field:15219 Pioneer Trail, Eden Prairie



Fee: \$48

ZUMBA (Ages 16+)

Have fun while learning the popular dance moves. Join the sensation!

Mondays, Sept. 10 - Oct. 15 6:30 - 7:30 p.m.

SLP Rec Center - Banquet Room

Resident: \$44 / Non-Resident: \$52

WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Join us for these great weekend respite programs! Call Nate at 952-393-5866 for more details.

MINI WV: BOARD GAMES & POOL **PARTY**

Bloomington, MN Friday, October 12, 6:00 p.m. -Saturday, October 13, 1:00 p.m.

Fee: \$450 (waiver eligible)

DOWNTOWN MINNEAPOLIS

We'll spend Friday evening through Sunday morning at a hotel in downtown Minneapolis. On Saturday, we'll enjoy a dinner and a show.

Friday, December 7, 6:00 p.m. -Sunday, December 9, 10:00 a.m.

Fee: \$850 (waiver eligible)

COOKING CORNER

(Ages 14+)

All programs held at Eisenhower Community Center: Room 210

TACO NIGHT

Join some friends and work together to make a wonderful taco bar.

Thursday, Oct. 4 6:00 - 8:00 p.m.





PARTY APPETIZERS

'Tis the season for holiday parties! Let's practice some basic cooking and assembly skills for some delicious appetizers. Bring recipes home make them for a gathering with family and friends.



Monday, Nov. 5 6:00 - 8:00 p.m.

Fee: \$20

ADULTS (18+)

CLUB WEST (WEST SUBURBS) OR WEDNESDAY NIGHT SOCIAL (NORTHWEST SUBURBS)

Become more engaged in the community, build social skills and coping skills, and practice flexibility. Activities include cooking classes, craft nights, professional sports outings, meals out, and more! After your registration is complete, we will send you the schedule for the quarter so you know where to meet.

Wednesdays, Sept. 12 - Oct. 31 6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$47 / Non-Resident: \$55

SINGLES NIGHT: BOCCE AT PINSTRIPES

All singles are invited to join a Reach group at Pinstripes to play some bocce and meet new people. We'll spend the first 30 minutes for beverages and social time, then divide into teams for bocce. Cost covers one hour of bocce as well as coordination and staffing. Please bring extra money for additional games and snacks if you like.

Thursday, Nov. 8 6:30 - 8:00 p.m.

3849 Gallagher Dr., Edina

Fee: \$10

CRAFTING CORNER

(Ages 14+)

NATURE PORTRAITS

Using only natural items, use your creativity to construct a portrait.

Monday, Sept. 24 6:30 - 8:00 p.m. Birchwood Park Pavilion 2701 Zarthan Ave S. St. Louis Park

Fee: \$15

FALL MASON JAR LUMINARIES

Create a harvest decoration using leaves! We'll start by going on a short walk to collect leaves for our projects. Then, apply the leaves to your jar, attach a cute ribbon, and place an electric candle inside for the perfect fall lighting.

Monday, Oct. 8 6:30 - 8:00 p.m. SLP Rec Center: Gallery Room

Resident: \$15



THREAD TREE DÉCOR

Create a set of three trees made only of thread and adhesive! They would make a great décor item or gift for a friend.

Tuesday, Nov. 6 6:30 - 8:00 p.m.

SLP Rec Center: Gallery Room

Resident: \$15

DIY PHOTO BLOCK (GREAT GIFT!)

Using photos of your choice, construct a photo cube for yourself or as a gift! Rotate which photo is facing the front for multiple different looks. You'll need to bring six photos to make it personalized, and we will provide the blocks, adhesive, and colorful paper.

SPECIAL EVENTS

Let's celebrate the end of summer with

an outdoor party! We will have bean

bags, bocce ball, lawn darts, and more!

Make your own ice cream sundae with a

few different topping options. The rain

out plan will be to play board games

Monday, Dec. 3 6:30 - 7:30 p.m.

YARD GAMES

SLP Rec Center: Banquet Room

Fee: \$15

SOFIT PROGRAM

Special Olympics Minnesota's SOfit health promotion program is a Unified approach to improving and protecting health and wellness for people with and without intellectual disabilities. SOfit offers participants a comprehensive, 360degree look at wellness and the human spirit. Together, athletes and Unified partners are empowered to challenge and change the way they look at diet, daily exercise and lifestyle choices.

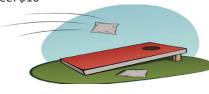
Mondays, Oct. 22 - Dec. 3 3:45 - 5:00 p.m.

SLP Rec Center - Gallery Room

Resident: \$35 / Non-Resident: \$43

Cornerstone Creek Apartments

Fee: \$10



INCLUSION SUPPORT

Reach for Resources provides inclusion support to children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park and Recreation Department.

Inclusion support through Reach is offered in the cities of:

- Brooklyn Center Chanhassen
- Brooklyn Park Chaska
- Golden Valley Crystal
- New Hope • St. Louis Park

After registering, contact Reach to discuss the needs/accommodations for yourself or your child.

* Please allow a minimum of two weeks' notice for a successful inclusion.

instead of yard games. Monday, Sept. 17

6:30 - 8:00 p.m.

INDEPENDENT LIVING 101: SENDING & RECEIVING MAIL

Are you ever stressed out when checking your mail? Confused about what to keep and what to throw away? Don't fret! We'll go over some basics on receiving mail as well as sending mail.

Monday, Nov. 12 6:30 - 7:30 p.m.

Cornerstone Creek Apartments

Fee: \$5

PIZZA & FESTIVE BINGO

Let's get together for dinner and bingo night. Prizes and pizza for all!

Monday, Oct. 22: Spooky Bingo Thursday, Nov. 15: Thanksgiving Bingo Monday, Dec. 10: Holiday Bingo 6:00 - 8:00 p.m.

SLP Rec Center - Banquet Room (Oct. 22: Gallery Room)

Fee: \$15; \$7 pizza for companions

SNACKS & CINEMA

Thursday, Sept. 27: Ghostbusters 2016; Green Slime (Jell-O) Thursday, Oct. 25: Coco with festive

skull cookies

Thursday, Nov. 29: Home Alone with pizza (\$10)

Thursday, Dec. 27: Moana with tropical fruit and Hawaiian punch 6:30 - 8:30 p.m.

Brooklyn Park CC - Grand Room 3

Fee: \$7 (Nov. 29: \$10)

HALLOWEEN PARTY

Enjoy spooky music, themed snacks, and Halloween games with friends.

Wednesday, Oct. 31 6:30 - 8:30 p.m. SLP Rec Center -Banquet Room

Fee: \$10

FRENCH FOOD & CULTURE

Come meet new Reach staff, Gildas, who is a native from France! Gildas and his wife will introduce us all to French culture, including trying some French food, learning some basic language,

and discovering more about the people who live in France.

Tuesday, Dec. 18 6:30 - 8:00 p.m.

Cornerstone Creek Apartments

Fee: \$7

KARAOKE WITH MOCKTAILS & SNACKS

Sing along to your favorite tunes with your peers. Bring a CD, or we can search for your favorite song online!



Friday, Nov. 2 6:30 - 8:30 p.m. SLP Rec Center -Banquet Room

Fee: \$15 in advance

DROP-IN PROGRAMS

FALL FORMAL

Get all dressed up and dance the night away with your friends! We'll have a photo booth, delicious dessert, and festive décor.

Friday, Sept. 21 7:00 - 9:00 p.m.

SLP Rec Center - Banquet Room

Fee: \$10 in advance; \$15 at the door

THIRD FRIDAY DANCES

Join your friends and groove to the latest hits as well as classic dance songs. Dances are from 7:00-9:00 p.m. Please call 952-393-4277 for more information.

September: See Fall Formal information

Friday, Oct. 19 Friday, Nov. 16

SLP Rec Center: Banquet Room

Fee: \$5 in advance: \$7 at the door

BINGO

Come play everyone's favorite game! Everybody goes home a winner.

Friday, Oct. 5 6:30 - 8:00 p.m. SLP Rec Center - Banquet Room



Fee: \$7 in advance; \$10 at the door

Locations Key

Bowlero Bowl: 7545 Brooklyn Blvd, Brooklyn Park

Brooklyn Center Community Center: 6301 Shingle Creek Pkwy, Brooklyn Center Brooklyn Park Community Activity Center: 5600 85th Ave N, Brooklyn Park Cornerstone Creek Apartments: 9280 Golden Valley Rd, Golden Valley

Eisenhower Community Center: 1001 MN-7, Hopkins Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park

St. Louis Park (SLP) Recreation Center: 3700 Monterey Dr S, St. Louis Park

DAYTIME PROGRAMS

DAYTIME PIZZA & BINGO

Enjoy some lunch and play everybody's favorite game! Each person wins a prize.

Tuesday, Sept. 11 11:30 a.m. - 1:30 p.m. SLP Rec Center -Banquet Room



FALL NATURE WALK

It's free day at the MN Landscape Arboretum! We can walk through the flower gardens and around the park, enjoying the fall colors.

Monday, Oct. 15 1:00 - 2:30 p.m.

3675 Arboretum Dr., Chaska

Fee: \$5

DONUTS & DIY GIFTS



Join us for a fun day of crafting. We'll provide donuts and juice for a snack while you scope out

some options for a project that you will create. We will bring leftover supplies from a wide variety of projects we have offered, from lavender bath salts to potted plants! Use the plans from a previous project or create your very own! Leave with one completed gift for someone on your holiday list.

Wednesday, Nov. 14 10:00 a.m. - 12:00 p.m. SLP Rec Center - Gallery Room

Fee: \$12

Brunch at Good Day Café

Enjoy breakfast food? Come hang out with friends and enjoy some breakfast goodies like steak and eggs, omelets, benedicts, or pancakes. Order whatever your heart desires. It should make for a good day!

Thursday, December 6 11:30 a.m. - 1:00 p.m.

5410 Wayzata Blvd, Golden Valley



On the Town

On the Town (OTT) is a community-based social program for adults who want to explore their community with minimal support. To minimize safety concerns, this program requires a brief intake.

Please call Jesse at 952-393-4277 for more information or to schedule an intake.

	Fall 2018 Intake Required			
On the Town: Weekday	On the Town: Friday	On the Town: Weekend		
□\$5 Punch Bowl Social: Drinks & Games When: Tuesday, Sept. 25 Where: 1691 Park Pl Blvd, St. Louis Park Time: 6:30 - 8:30 p.m. Additional Cost: \$12-\$25 for drinks & games	□\$10 Paper Book Pumpkins When: Friday, Sept. 28 Where: 5600 85th Ave N, Brooklyn Park Time: 6:30 - 8:30 p.m. Additional Cost: None	□\$5 Sever's Fall Festival & Corn Maze When: Saturday, Sept. 15 Where: 1100 Canterbury Rd, Shakopee Time: 4:00 - 6:00 p.m. Additional Cost: \$15 for admission		
□\$5 Campfire & S'mores When: Wednesday, Oct. 3 Where: 13351 Elm Creek Rd, Osseo Time: 6:30 - 8:30 p.m. Additional Cost: \$5	When: Friday, Oct. 12 Where: 1 Valley Fair Dr, Shakopee Time: 6:00 - 9:00 p.m. Additional Cost: Approx. \$35 for admission	When: Saturday, Oct. 20 Where: 6335 Portland Ave S, Richfield Time: 3:00 - 5:00 p.m. Additional Cost: \$5-\$10 for admission & snacks		
□\$10 Live Theater: Mary Poppins When: Monday, Oct. 15 Where: 3700 Monterey Dr, St. Louis Park Time: 6:30 - 8:30 p.m. Cost Included: Discounted theater ticket	□\$5 Out to Eat at Buffalo Wild Wings When: Friday, Oct. 26 Where: 3505 Vicksburg Ln N, Plymouth Time: 6:30 - 8:30 p.m. Additional Cost: \$12-\$20 for meal & tip	□\$7 Hot Chocolate Bar & Board Games When: Saturday, Nov. 3 Where: 5600 85th Ave N, Brooklyn Park (Grand 3) Time: 6:30 - 8:30 p.m. Cost Included: Snacks & hot chocolate		
□\$10 Apple Cider & Bingo When: Monday, Oct. 22 Where: 3700 Monterey Dr, St. Louis Park Time: 6:30 - 8:30 p.m. Cost Included: Prizes & snacks	Out to the Movies at New Hope Cinema Grill When: Friday, Nov. 9 Where: 2749 Winnetka Ave N, New Hope Time: TBD (showtime around 6:30 p.m.) Additional Cost: \$5-\$15 for movie & snacks	□\$5 Christmas Shopping with Friends When: Saturday, Dec. 1 Where: Ridgedale Center: 12401 Wayzata Blvd, Minnetonka Time: 2:00 - 4:00 p.m. Additional Cost: Bring money for shopping		
When: Monday, Oct. 29 Where: 3005 Utah Ave S, St. Louis Park Time: 6:00 - 8:00 p.m. Additional Cost: \$15-\$20 for meal & tip	□\$15 Café Meow: Cat Café When: Friday, Nov. 30 Where: 2323 Hennepin Ave, Minneapolis Time: 6:45 - 8:00 p.m. Cost Included: Kitty session	When: Saturday, Dec. 15 Where: 5916 Excelsior Blvd, St. Louis Park Time: 6:30 - 8:30 p.m. Additional Cost: \$12-20 for meal & tip		

Name:	Total # of events chosen:	Total Cost: \$	•

Individuals may sign up for each On the Town activity separately. Each activity costs \$5-10 to register plus any additional fees (tickets, etc.). There will be other costs associated with each activity, which are noted below and on your schedule. You are welcome to sign up for as many activities as you'd like, as long as space is available. To register for an On the Town activity, check the box next to the event(s) you will be attending. Send in this sheet along with your payment and a completed registration form found on the opposite site of this page. Call Jesse at 952-393-4277 for more information or if you have questions.

Registration Form—Fall 2018*

Priority Registration **OPEN NOW!** • Open Registration starts July 10

ck Yes or No) Yes No Ves No					
Yes□ No□					
Yes□ No□					
Yes□ No□					
Yes□ No□					
Yes□ No□					
Yes□ No□					
on July 17					
door					
each (pre-registration					
required)					
\$450 \$850					
\$44 / \$52 \$54 / \$62: pair (+\$20/\$28 each addtl) FREE					
Registered by Amt Pd \$ Ck# Pymt Received by Pymt Received by Please mail completed form with payment to: Reach for Resources, 5900 Green Oak Drive, Suite 303, Minnetonka, MN 55343					
p					

Online registration is available at www.reachforresources.org. or fax to **952-229-4468.**

Adaptive Recreation & Inclusion Program Policies

I understand that participation in this activity is completely voluntary and the activity is being offered for the benefit of the participant. Reach for Resources, Inc. along with its agents and employees shall not be liable for any claims, injuries, or damages of whatever nature, incurred by the participant arising out of, or connected with, recreational activities. All participants must be registered for a program in order to attend. Please register at least two weeks prior to the beginning of a program. If there are not enough people registered for a program it will be cancelled a minimum of 3 days prior to the beginning of the program. Participants will be notified by phone and a refund will be processed. If classes or recreation activities are canceled due to inclement weather, Reach will schedule a make-up session or offer a refund when possible. For a recorded message about activity cancellations, call 952-200-3030. Participants can be refunded for registration fees when cancellations are made 14+ days prior to a program. Refunds are not awarded for ticketed events. Caregivers are welcome to attend all Reach programming with the exception of On The Town. Support staff and family can attend most activities free of charge, but are required to pay for ticketed events that they wish to attend. Caregivers are asked to provide any 1:1 support that the individual they are supporting may need. Reach cannot be responsible for participants who arrive early or depart late from the scheduled program times. If a participant is more than 5 minutes late at a community-based event, staff may no longer be waiting for your arrival. If a participant is not picked up immediately after the end of a program, a \$10 fee will be billed for every 15 minutes after the scheduled program ending time. Participants in art and cooking classes should dress in old clothing and/or bring a paint shirt or apron. Reach will not be responsible for clothing that is damaged. Prescription and non-prescription drugs are the sole responsibility of the participant. Please visit the Reach website for further information on these policies, as well as a full description of our drug, alcohol, tobacco, and behavior policies.

**** By registering for activities, you acknowledge that you have read and understood these Terms and Conditions and you agree to be bound by them. ****