# **ADAPTIVE RECREATION PROGRAMS**

The adaptive recreation program is a cooperative effort of Reach for Resources and the cities of:

- Brooklyn Center
   Chanhassen
- Brooklyn Park
- Golden Valley
- Plymouth

 Chaska Maple Grove • 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 spot in a program ONLY if they register and pay by the Guaranteed Registration Deadline (April 2).

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.



# **PICNIC & PONTOON** FISHING

Come out with some experienced fishermen from Fishing for Life! Jump on a pontoon, enjoy a picnic lunch, and catch as many fish as you can in three hours. If you don't love fishing, just enjoy the breeze in your hair while you ride along. Sign up for one or all four dates.

Session 1: May 31 Session 2: June 28 Session 3: July 19 Session 4: August 16 5:00 - 8:00 p.m.

West Medicine Lake Park, Plymouth

Cost: \$15 per session. Attending companions can attend for free, but must register so the right amount of space is reserved.

# **ADULT/FAMILY YOGA** (Ages 5+)

Increase attention span, focus, muscle tone, and flexibility. We will have class outside when weather permits. This is a combination 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, June 5 - July 17 (Off 7/3) 7:00 - 8:00 p.m.

SLP Rec Center - Wolfe Park Pavilion

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 Mondays, June 4 - July 30 (Off 7/2) 6:30 - 8:30 p.m.

\$42 resident, \$50 non-resident (plus \$4.25 each week)

# **Bowlero Bowl**



Tuesdays, June 5 - July 31 (Off 7/3) 6:30 - 8:30 p.m.

\$42 resident, \$50 non-resident (plus \$3.50 each week)

# AGES 13 + (Unless otherwise noted

# SOFTBALL

A non-competitive teen/adult softball league that focuses on teamwork, improving skills, and having fun. Join your friends each week to get outside and play ball!

Thursdays, June 7 - August 2 (Off 7/5; Rain-out make-up days: 8/9 & 8/16) 6:30 - 8:00 p.m. ALLER STREET Harley Hopkins Fields, 108 Jackson Ave. S, Hopkins

Resident: \$42 / Non-Resident: \$50

# **DAYTIME ACTIVITIES**

# LAKE WALK & COFFEE

Meet up to grab a quick cup of coffee at the Lake Harriet Bandshell or bring a beverage from home. We'll spend some time walking around the lake, chatting, visiting



Tuesday, June 5

with passersby, and enjoying

11:00 a.m. - 1:00 p.m.

the warm weather!

4135 Lake Harriet Parkway, Minneapolis

Fee: \$5

# YARD GAMES, PICNIC, FISHING

Get outside! Do some dock fishing from the boat launch area, play yard games, and enjoy an outdoor picnic provided by Reach.

#### Monday, July 2

11:30 a.m. - 1:30 p.m. Parker's Lake Park, 15205 County Road 6, Plymouth

Fee: \$10

# **BREAKFAST AT BUNNY'S**

Eggs, French toast, waffles, benedicts, bacon, scrambles...Bunny's does it all! Come socialize with some friends and enjoy a great meal.

# Thursday, August 30

9:30 - 11:00 a.m. 5916 Excelsior Blvd, St. Louis Park

Fee: \$5

# **TEEN EXPLORERS** (Ages 13-21)

Get to know new friends while trying new activities. Movies, dinners out, games, crafts, and so much more!

Tuesdays, June 5 - July 31 (Off 7/3) 6:30 - 8:30 p.m. Various Metro Locations

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

#### ZUMBA (Ages 16+)

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

*Mondays, June 4 - July 16* (Off 7/2) 6:30 - 7:30 p.m. SLP Rec Center - Wolfe Park Pavilion

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

# **Locations Key**

Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park Bowlero Bowl: 7545 Brooklyn Blvd, Brooklyn Park St. Louis Park (SLP) Recreation Center: 3700 Monterey Dr S, St. Louis Park Eisenhower Community Center: 1001 MN-7, Hopkins Brookview Community Center: 316 Brookview Parkway S, Golden Valley Brooklyn Park Community Activity Center: 5600 85th Ave N, Brooklyn Park Louisiana (LA) Oaks Park: 3520 Louisiana Ave S, St. Louis Park

#### **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, June 6 - August 15

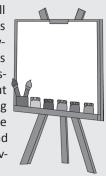
(Off 7/4) 5:00 - 6:30 p.m. The Depot: 9451 Excelsior Blvd., Hopkins

Fee: \$200

# **OPEN STUDIO ART THERAPY** FOR EXPRESSION, RELAXATION & STRESS REDUCTION

The focus of this group is to create art in an inspiring and safe environment that allows for self-expression and exploration using various artistic mediums. This is open to all art ability levels. Anyone interested in playing with art and trying new things is encouraged to join. This is an open-studio environment, where the participants get to choose what they make based on the materials provided. An art therapist will provide encouragement and direction

when needed, but will support the participants in trusting and following their own instincts in the art process. Discover new things about yourself while building confidence, a sense of independence, and improving problem-solving skills.



Tuesdays, July 24 - August 28 6:30 - 8:00 p.m. LA Oaks Park

Resident: \$42 / Non-Resident: \$50

#### WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Join us for this great weekend respite program! We will spend the weekend at beautiful Camp Edenwood in Eden Prairie. Activities will include hiking, Frisbee golf, a challenge course, campfires, and more. This program is waiver eligible. Call Nate at 952-393-5866 for more details.

#### Friday, August 24, 6:00 p.m. -Sunday, August 26, 10:00 a.m.

Fee: \$700

# ADULTS (18+)

# **ADULT SOCIAL CLUBS (CLUB** WEST OR WEDNESDAY NIGHT SOCIAL)

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! Open to individuals of all abilities, as well as companions.

Wednesdays, June 6 - August 1 (Off 7/4)6:30 - 8:30 p.m.

Various Metro Locations

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

# SPECIAL EVENTS

#### HARRY POTTER PARTY

Harry Potter fans unite on Harry's birthday! Each attendee will get to create a wand of their own and enjoy some Hogsmeade inspired treats. We'll have a movie on in the background and play some Harry Potter trivia games!

Tuesday, July 31 6:30 - 8:30 p.m. Brookview CC

Fee: \$15

# LADY OF THE LAKE BOAT CRUISE

Enjoy a relaxing cruise on beautiful Lake Minnetonka on the Lady of the Lake Paddleboat! Light snacks and complimentary sodas will be available for all guests. Members of Club West, Wednesday Night Social and Teen Explorers will attend for free.

Wednesday, May 9 6:00 - 8:30 p.m. City of Excelsior



Public Dock: 2 Water St, Excelsior

Fee: \$10 (Companions must pay as well)

#### **CHAIN OF LAKES ADAPTED CANOE TRIP**

Jump on a 10-person voyager canoe with skilled guides from Wilderness Inquiry to



enjoy an afternoon of adventure! All abilities are welcome: accommodations can be requested. We will paddle the Minneapolis Chain of Lakes, stop for a picnic, and head back to our starting point.

# Saturday, August 11

10:00 a.m. - 2:00 p.m. Meet at Bde Maka Ska (formerly Calhoun) Thomas Beach, Minneapolis

Resident: \$20 / Non-Resident: \$28 (Companions must pay as well)

# **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 Crvstal
- Golden Valley 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.

# PIZZA & BINGO

Let's get together for dinner and bingo night. Prizes and pizza for all! Three options to participate.

#### Thursday, June 14, Tuesday, July 17, and/or Monday, August 6 6:00 - 8:00 p.m. Brookview CC

Fee: \$15 each; \$7 pizza for companion

# **SNACKS & CINEMA**

Thursday, June 28: Star Wars: Episode VIII: The Last Jedi; Yoda soda & edible light sabers Thursday, July 26: Wonder Woman; watermelon

Thursday, August 30: The Greatest Showman (musical); popcorn bar 6:30 - 8:30 p.m. Brooklyn Park CC: Grand Room 3

Fee: \$7

# 2017-18 BOWLING BANQUET

All bowlers from our 2017-18 seasons are invited to attend this party. Dinner will be served, and we will give prizes and certificates to all of our bowlers from the past year. We'll enjoy photos from the year and do a little dancing to wrap up the night! Please register by August 15.

#### *Wednesday, August 29* 6:00 - 8:00 p.m.

Minnetonka CC14600 Minnetonka Blvd, Minnetonka

Fee: \$10 for bowlers, \$5 for guests

# **PATRIOTIC JAR LUMINARIES**

Each attendee will start with three jars. Stick on your own design and then paint over it! Remove the stickers and add an electronic candle to create a beautiful luminary that would look perfect on any patio, bookshelf, or windowsill!

**Thursday, June 21 6:30 - 8:00 p.m.** *LA Oaks Park* 

Fee: \$15



#### DIY DOILY DREAM CATCHERS

Have pleasant dreams after creating your own dream catcher and hanging it in your room! Use a doily as the base, using other string to wrap it around a circular frame. Decorate with flowers, feathers, and beads.



#### Monday, August 27

6:30 - 8:00 p.m. SLP Rec Center: Banquet Room

Fee: \$15

# **DROP-IN EVENTS**

# **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.

Friday, June 15: Indoor/Outdoor Summer Party - New Location - LA Oaks Park Friday, July 20: Patriotic Theme - SLP Rec Center: Banquet Room Friday, August 17: Summer's End Glow-in-the-Dark Dance with frozen treats - SLP Rec Center: Banquet Room

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



# INDEPENDENT LIVING 101

#### Microwave Meal Prep: Monday, June 25

We will discuss, demonstrate, and practice how to work a microwave. Learn about safety measures, including cooking times, microwave-safe materials, and different settings. Check out some recipes that can be made using your microwave (scrambled eggs, a cupcake, popcorn, "baked" potatoes, etc. )! We will also cover heating up leftovers, and keeping your microwave clean. Take home a cheat sheet to help you be successful independently!

#### Out to Eat Etiquette: Thursday, July 19

Most of us have been going out to eat for years, but have you ever been educated on the etiquette of dining out at a restaurant? We will go through the whole process together, including making a reservation, arriving at the restaurant, ordering off the menu, placing a napkin on your lap, keeping an acceptable noise level, and paying the bill, including tipping your server.

**6:30 - 7:30 p.m.** Fee: \$5 each *Cornerstone Creek Apartments Lounge Area*: 9280 Golden Valley Rd, Golden Valley

# POUR PAINTING & MIXED MEDIA COMBO CLASS

On the 22nd use a pouring technique to create a masterpiece! Each person will have their own canvas and choose any variety of colors to create a work of art that would look great on a wall in your home. On the 23rd come back to pick up your project and try out some other art media that we have available.

Wednesday, August 22 & Thursday August 23 6:30 - 8:00 p.m. Eisenhower CC

Fee: \$20 for both classes

# KARAOKE & DANCING WITH MOCKTAILS & SNACKS

Sing along to your favorite tunes with your peers. Bring a CD, or we can search for your favorite song online! We will display lyrics for you so you can sing along.

# Friday, July 13

**6:30 - 8:30 p.m.** SLP Rec Center: Banquet Room

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

# BINGO

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

*Friday, August 3* 6:30 - 8:00 p.m.

Brooklyn Center CC: Cohen Room: 6301 Shingle Creek Pkwy, Brooklyn Center

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



# <u>On the Town</u>

# **Summer 2018**

On the Town (OTT) is a specialized program that requires a brief intake meeting with a Reach staff for new participants. To set up an OTT intake, please call Jesse at 952-393-4277. Individuals need to be age 18+ to register.

On the Town: Weekday	On the Town: Friday	On the Town: Weekend		
Image: State S	□\$5Feed My Starving Children Volunteer EventWhen: Friday, June 22 Where: 18732 Lake Dr E, Chanhassen Time: 6:00 - 7:30 p.m. Additional Cost: None	<ul> <li>\$5 Minneapolis Sculpture Garder</li> <li>When: Saturday, June 23</li> <li>Where: 726 Vineland PI, Minneapolis</li> <li>Time: 2:30 - 4:00 p.m.</li> <li>Additional Cost: N/A</li> </ul>		
<ul> <li>➡\$5 Foot Golf (soccer-golf hybrid)</li> <li>When: Wednesday, June 27</li> <li>Where: 8232 Regent Ave N, Brooklyn Park</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: \$6 for foot golf</li> </ul>	<ul> <li>\$5 Can Can Wonderland Mini Golf</li> <li>When: Friday, June 29</li> <li>Where: 755 Prior Ave N, Suite 004, St. Paul</li> <li>Time: 6:30 - 8:00 p.m.</li> <li>Additional Cost: \$14 for mini golf</li> </ul>	<ul> <li>➡\$5 Wirth Lake Beach Day</li> <li>When: Saturday, July 14</li> <li>Where: 3200 Glenwood Ave, Golden Valley</li> <li>Time: 1:00 - 3:00 p.m.</li> <li>Additional Cost: N/A</li> </ul>		
■\$5 Surry Bikes & Paddle Boats When: Wednesday, July 18 Where: 1360 Lexington Pkwy N, St. Paul Time: 6:00 - 8:00 p.m. Additional Cost: Optional \$ for snacks	<ul> <li>□\$5 <u>SLP Aquatic Center</u></li> <li>When: Friday, July 27</li> <li>Where: 3700 Monterey Dr, St. Louis Park</li> <li>Time: 6:00 - 7:30 p.m.</li> <li>Additional Cost: \$5.50 for admission</li> </ul>	<ul> <li>□\$5 Lake Harriet Walk &amp; Free Outdoor Concert</li> <li>When: Sunday, July 29</li> <li>Where: 4135 W Lake Harriet Pkwy, Minneapolis</li> <li>Time: 1:00 - 3:00 p.m. (concert at 2:00)</li> <li>Additional Cost: Optional \$ for ice cream and/or drinks</li> </ul>		
<ul> <li>❑\$5 Out to Eat @ Pineda Tacos</li> <li>When: Monday, July 30</li> <li>Where: 60 Nathan Ln N, Plymouth</li> <li>Time: 6:00 - 7:30 p.m.</li> <li>Additional Cost: \$8-15</li> </ul>	<ul> <li>□\$5 Out to Eat at The Yard House</li> <li>When: Friday, August 10</li> <li>Where: 1665 Park PI Blvd, St. Louis Park</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: \$15-20 for meal and tip</li> </ul>	<ul> <li>□\$5 Uptown Art Fair</li> <li>When: Saturday, August 4</li> <li>Where: Uptown, Minneapolis</li> <li>Time: 2:00 - 4:00 p.m.</li> <li>Additional Cost: Optional \$ for food trucks and/or art</li> </ul>		
■\$5 Out to the Movies: \$2 Tuesdays When: Tuesday, August 28 Where: 2749 Winnetka Ave N, New Hope Time: TBD (showtime around 6:30 p.m.) Additional Cost: \$2 for movie, optional \$ for food	<ul> <li>□\$5 Movies and PJs</li> <li>When: Friday, August 24</li> <li>Where: 3700 Monterey Dr, St. Louis Park</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: N/A</li> </ul>	□\$5 Out to Eat: Brunch @ Original Pancake House When: Saturday, August 18 Where: 6322 Vinewood Ln, Maple Grove Time: 11:00 a.m 12:30 p.m. Additional Cost: \$12-25, depending on choices		

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—Summer 2018\***

	Guaranteed Registration starts Apri	l 2 • Priority Registration	on st	arts	April 9 • Open Registrati	on starts April 16		
Please complete all fields and questions in this box.								
Name:			Birth Date:					
Address:City:			Zip:Primary Phon		one:			
Address:    City:       Alt. Phone:    Email:       Allergies/Medical Concerns/Diet:					Alt. Email:			
	ergies/Medical Concerns/Diet:				Other Needs/Concerns:			
Emergency Contact Name :Emergency Phone:(Check Yes or No) PHOTO WAIVER: To photograph this participant for use in the agency's publicity by using printed material, Photo: Yes D NoD								
photographs, videos, website images, photo displays, newsletters, TV, radio, Internet, brochures, and social								
networking media. If photographed, this participant may be identified by name. <b>Name: Yes</b>								
	Programs (Listed Alphabetically)	Resident/Non-Resident	]		Pizza & Bingo:	\$15 each, \$7-companions		
	Annual Bowl-A-Thon	See Pg. 5 for registration	]		□ 6/14 □ 7/17 □ 8/6			
	Bingo	\$7 (\$10 at the door)	1		Pour Painting & Mixed Medi			
	Bowling at Bowlero: Adults Bowling at Bowlero: Youth	\$42 / \$50			Reach "On Tap" Summer Fundraiser	\$35: by 6/15 \$40: 6/16-7/17 (noon) \$50: at the door		
	Bowling at Park Tavern: Adults Bowling at Park Tavern: Youth	\$42 / \$50			Snacks & Cinema: Star Wars: Episode VIII	\$7 each (pre-registra-		
	2017-18 Bowling Banquet # Attending	\$10-bowlers, \$5 guests			Wonder Woman The Greatest Showman	tion required)		
	Breakfast at Bunny's	\$5	]		Social Seekers (Teens & Adul	ts) \$200		
	Chain of Lakes Canoe Trip # Attending	\$20 / \$28 -companions too	]		Softball	\$42 / \$50		
	Club West	\$47 / \$55			Teen Explorers	\$47 / \$55		
	Dances: 🛛 6/15 🗳 7/20 🗳 8/17	\$5 each (\$7 at the door)	]		Wednesday Night Social	\$47 / \$55		
	DIY Doily Dream Catchers	\$15			Weekend Ventures	e) \$700 each		
	Harry Potter Party	\$15	]		<ul> <li>Valleyfair (Details on websi</li> <li>Camp Edenwood</li> </ul>			
	Independent Living:	\$5 each			Yard Games, Picnic & Fishing	\$10		
	Lady of the Lake Boat Cruise # Attending	\$10 -companions too	1		Yoga: Adults Yoga: Family # Attending	\$44 / \$52 \$54 / \$62: pair (+\$20/\$28 each addtl)		
	Lake Walk & Coffee	\$5	]					
	Karaoke with Mocktails & Snacks	\$10 (\$15 at the door)	]		Zumba	\$44 / \$52		
	On the Town	See Pg. 9		Non-Resident Membership: Annual - \$100 🗖 Bi-Annual (Reach will bill 2nd half) - \$50 🗖				
	Open Studio Art Therapy	\$42 / \$50	Р	Program Total: \$				
	Patriotic Jar Luminaries	\$15		Optional Donation to Reach \$				
	Picnic & Pontoon Fishing: □ 5/31 □ 6/28 □ 7/19 □ 8/16	\$15 each		TOTAL ENCLOSED:         \$				
돌 ;; Registered by Amt Pd \$ Ck# E				Exp. Date:Security Code:Name on Card:				
Please bill my waiver								

Please mail completed form with payment to: **Reach for Resources, 5900 Green Oak Drive, Suite 303, Minnetonka, MN 55343** or fax to **952-229-4468.** \*Online registration is available at **www.reachforresources.org**.

#### 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

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