

ADAPTIVE RECREATION PROGRAMS

AM I A "RESIDENT"?

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.

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.

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 & Rec 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.

ALL AGES

YOGA (Ages 5+)

Increase focus, attention span, muscle tone, and flexibility. 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, Jan. 8 - Feb. 12

7:00 - 8:00 p.m.

TBD (Golden Valley or St. Louis Park)

Resident: \$45 / Non-Resident: \$53



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, Jan. 12 - March 2

9:30 - 11:30 a.m.

Resident: \$43 / Non-Resident: \$52
(+\$4.25/wk)

Bowlero Bowl

Saturdays, Jan. 12 - March 2

12:00 - 2:00 p.m.

Resident: \$43 / Non-Resident: \$52
(+\$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. More information: 952-393-5880.



Tuesdays, Jan. 8 - Feb. 26

5:45 - 6:30 p.m.

Brooklyn Center CC -
Constitution Hall

Fee: FREE!

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, Jan. 8 - Feb. 26

6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$48 / Non-Resident: \$56

ART ABILITIES (Ages 12+)

Art Abilities is a series of workshops that offer the opportunity to explore a variety of art media. The workshops will invite the participating artists to explore their creative interests, beginning with warm-up exercises at each session, painting, drawing, journaling, creating masks, and other abstract creations to help the participants learn a different method of communication. *This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.*

Thursdays, Jan. 10 - Feb. 21

6:30 - 8:00 p.m.

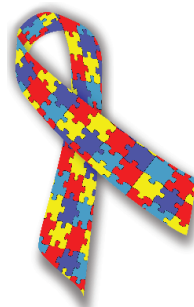
10225 Yellow Circle Drive, Minnetonka

Fee: FREE!



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, Jan. 9 - March 13

5:00 - 6:30 p.m.

The Depot: 9451 Excelsior Blvd., Hopkins

Fee: \$205



WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Join us for a wonderful getaway or just for one night! Call 952-393-5866 for more details.

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
Brookview Community Center: 316 Brookview Pkwy S, Golden Valley
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

BASKETBALL LEAGUE (NON-COMPETITIVE) (Ages 13+)

Have fun on a team and improve your basketball skills. Help design your team jersey and celebrate with a party at the end of the season!



Thursdays, Jan. 10 - Feb. 28

6:30 - 8:00 p.m.

Brooklyn Center Youth Rec Center

Resident: \$43 / Non-Resident: \$52

PIZZA & BINGO (Ages 13+)

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

Monday, Feb. 25 and/or Wednesday, March 20

6:00 - 8:00 p.m.

Brookview CC

Fee: \$16 each session;
\$8 pizza for companions



JUST DANCE! (Ages 13+)

Get together with peers and have fun dancing to a variety of music on Just Dance! for the Wii. Learn some new moves and get some exercise while having a great time!

Mondays, Jan. 7 - Feb. 25 (Off 1/21 & 2/18)

6:30 - 7:30 p.m.

SLP Rec Center - Banquet Room

Resident: \$45 / Non-Resident: \$53



SNACKS & CINEMA (Ages 13+)

Join us for a movie and snacks!

Thursday, Jan. 31: Jumanji (2017) with frosted animal crackers

Thursday, Feb. 28: Finding Dory with goldfish and gummy octopus candies

Thursday, March 28: Black Panther with Oreo cookies

6:30 (6:15 for 3/28) - 8:30 p.m.

Brooklyn Park CC - Grand Room 3

Fee: \$8

DROP-IN PROGRAMS (Ages 13+)

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. More information: 952-393-4277.

Friday, Jan. 18:

80s Theme



Friday, Feb. 15:

Valentine's Day Party



Friday, March 15:

St. Patty's Day Party (wear green!)



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, Feb. 1

6:30 - 8:00 p.m.

SLP Rec Center - Gallery Room

Fee: \$8 in advance; \$10 at the door



COOKING & CRAFTING

(Ages 13+, except "Brinner": 16+)

GINGERBREAD HOUSES

Join your peers for an evening of cookie decorating fun! We'll have all the building blocks to create an epic masterpiece of a gingerbread house to display or eat!



Friday, Dec. 7

6:30 - 8:00 p.m.

SLP Rec Center -

Banquet Room

Fee: \$10

HOLIDAY COOKIE PLATE

We will make a variety of treats to take home and share with family and friends! Leave with new recipes to use in the future on your own.



Wednesday, Dec. 12

6:30 - 8:30 p.m.

Eisenhower CC

Fee: \$20

VALENTINE GIFT MAKING

Need a gift for that special someone? Come to this activity where we will have supplies for 10+ projects! Pick the project of your choice and make a perfect, personalized gift for your loved one.

Thursday, Feb. 7

6:30 - 8:00 p.m.

Brookview CC

Fee: \$16

PAINTED CACTUS ROCKS

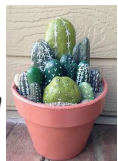
Get your space ready for spring with this awesome painted rock garden. No green thumb, sunshine, or watering required!

Monday, March 4

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room

Fee: \$16



COOKING CLASS: "BRINNER"

Come learn how to make some basic breakfast foods, including bacon, pancakes, and eggs!

Tuesday, March 19

6:00 - 8:00 p.m.

Eisenhower CC

Fee: \$21



ADULTS (18+)

WEDNESDAY NIGHT SOCIAL (NOW COMBINED WITH CLUB WEST)

Become more engaged in the community, build social skills and coping skills, and practice flexibility. This is open to individuals of all abilities, and some participants bring a staff or caregiver, if additional support is needed.

Wednesdays, Jan. 9 - Feb. 27

Join the club at every event for these costs: Resident: \$48 / Non-Resident: \$56
Or register for \$10 per event on page 9.

Jan. 9: Caribou Coffee & Walk Around Ridgedale Mall

12569 Wayzata Blvd #1150, Minnetonka
6:30 - 8:30 p.m.
Additional Cost: \$5 for coffee/drink

Jan. 16: Mr. Popper's Penguins at Children's Theater

2400 3rd Ave S., Minneapolis
6:30 p.m. (Show starts at 7:00)
Additional Cost: \$17 for ticket



Jan. 23: Bingo & Game Night

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

Jan. 30: Out to Eat at Big Bowl

12649 Wayzata Blvd, Minnetonka
6:30 - 8:30 p.m.
Additional Cost: Money for food/drink

Feb. 6: AirMaxx Trampoline Park & Fun Center

7000 Washington Ave S., Eden Prairie
6:30 - 8:30 p.m.
Additional Cost: \$20 for jumping/laser tag/mini golf

Feb. 13: Valentine's Day Party

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



Feb. 20: Lego Movie 2: The Second Part at Plymouth Grand 15

3400 Vicksburg Ln, Plymouth
Time: TBD (around 6:30 p.m.)
Additional Cost: \$9.00/ticket plus
optional \$ for snacks/drinks

Feb. 27: Cooking Night with Teen Explorers

Eisenhower CC
6:30 - 8:30 p.m.

SPECIAL EVENTS

HOLIDAY JAMBOREE

Join your friends to enjoy hot chocolate, do some holiday themed crafts, listen to great music, and play winter Bingo. Win prizes and bring in the winter with a smile.

Friday, Dec. 14

6:30 - 8:00 p.m.

Cornerstone Creek Apartments



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

NEW YEAR'S DANCE PARTY

Come celebrate the new year with Reach!
Enjoy karaoke, snacks, mocktails, and lots of music.

Friday, Dec. 28

7:00 - 9:00 p.m.

Brooklyn Park CC -
Grand Rooms 2 & 3



Fee: \$15

KARAOKE WITH MOCKTAILS & SNACKS

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

Friday, March 1

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room



Fee: \$16

VALENTINE'S DAY SINGLES MINGLE

Looking for that special someone? Join us for food and conversation with other single people. You can order off the menu. We will facilitate an ice breaker and give out some conversation topics.

Thursday, Feb. 14

6:30 - 8:00 p.m.

Davanni's: 1100 Xenium Ln, Plymouth

Fee: \$6

SUPERBOWL PIZZA PARTY

Join some friends and enjoy a great meal while watching the Superbowl!

Sunday, Feb. 3

5:15 - 9:30 p.m.

Brookview CC

Fee: \$16



ICE FISHING

Reach is teaming up with Fishing for Life for an afternoon on the ice! Reach will be a small part of this large event where FFL will be giving us an ice tent with a heater. Space is limited so we are asking that staff/companions register for this event as well if they wish to attend. There will be concessions available for purchase if you choose.

Saturday, Jan. 26

1:00 - 4:00 p.m.

Medicine Lake,
Plymouth

Fee: \$6



MN WILD GAME

Come see our Minnesota Wild take on the Dallas Stars. Limited seating is available, so sign up now! Companions who wish to attend need to purchase a ticket as well.

Thursday, March 14

6:15 - 9:30 p.m.

MN Target Center

Fee: \$55 per ticket
(for companions too)



DAYTIME PROGRAMS

ICE SCULPTURES & LUNCH AT COSSETTA'S

Join a group to go check out the ice sculptures at the St. Paul Winter Carnival, then walk with the group to Cossetta's for some amazing Italian food and even better gelato!

Monday, Jan. 28

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

Rice Park: 109 W 4th St, St. Paul

Fee: \$6

SUBS & SOCIAL HOUR

Come hang with some friends, eat some Jimmy John's, and play fun, interactive games!

Thursday, March 7

12:00 - 1:30 p.m.

SLP Rec Center -
Gallery Room

Fee: \$13



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.

Winter 2018-2019

*Intake
Required*

On the Town: Weekday

On the Town: Friday

On the Town: Weekend

<input type="checkbox"/> \$5 <u>Snow Tubing</u> When: Wednesday, Jan. 30 Where: 12400 James Deane Pkwy, Maple Grove Time: 6:30 - 8:30 p.m. Additional Cost: \$7.50 for tubing	<input type="checkbox"/> \$5 <u>Game Night & Hot Chocolate Bar</u> When: Friday, Jan. 11 Where: 5600 85th Ave N, Minneapolis Time: 6:30 - 8:30 p.m. Additional Cost: N/A	<input type="checkbox"/> \$22 <u>Triple Espresso</u> When: Saturday, Jan. 12 Where: 20 W 7th Pl, St Paul Time: 4:30 p.m. (Show begins at 5:00) Additional Cost: \$ for snacks
<input type="checkbox"/> \$5 <u>Movie Night</u> When: Monday, Feb. 4 Where: 316 Brookview Pkwy, Golden Valley Time: 6:30 - 8:30 p.m. Additional Cost: N/A	<input type="checkbox"/> \$5 <u>Fly Over America & Sea Life</u> When: Friday, Jan. 25 Where: 5120 Center Court, Bloomington Time: 6:30 - 8:30 p.m. Additional Cost: \$30	<input type="checkbox"/> \$5 <u>Out to Eat at Benihana</u> When: Saturday, Jan. 26 Where: 850 Louisiana Blvd, Golden Valley Time: 1:00 - 3:00 p.m. Additional Cost: \$18-35 for meal & tip
<input type="checkbox"/> \$5 <u>Valentine's Day Singles Mingle</u> When: Thursday, Feb. 14 Where: Davanni's: 1100 Xenium Ln N, Plymouth Time: 6:30 - 8:00 p.m. Additional Cost: N/A	<input type="checkbox"/> \$5 <u>Live Music at The Depot Coffee Shop</u> When: Friday, Feb. 22 Where: 9451 Excelsior Blvd, Hopkins Time: 6:30 - 8:30 p.m. Additional Cost: \$5-8 for admission	<input type="checkbox"/> \$5 <u>Healthy Life Expo</u> When: Saturday, Feb. 9 Where: Minneapolis Convention Center Time: 2:00 - 4:00 p.m. Additional Cost: N/A
<input type="checkbox"/> \$10 <u>Out to Eat at Lucky's 13 Pub</u> When: Thursday, Feb. 28 Where: 3000 Harbor Ln N, Plymouth Time: 6:30 - 8:30 p.m. Additional Cost: \$15-20 for meal & tip	<input type="checkbox"/> \$12 <u>Bowling & Pizza at Park Tavern</u> When: Friday, March 8 Where: 3401 Louisiana Ave S, St Louis Park Time: 6:30 - 8:30 p.m. Additional Cost: \$15 for bowling	<input type="checkbox"/> \$5 <u>U of M Women's Hockey vs. Minnesota State</u> When: Saturday, Feb. 16 Where: 1901 4th St SE, Minneapolis Time: 3:45 p.m. (Game begins at 4:07) Additional Cost: TBD
<input type="checkbox"/> \$5 <u>Punch Bowl Social Games & Snacks</u> When: Tuesday, March 5 Where: 1691 Park Pl Blvd, St Louis Park Time: 6:30 - 8:30 p.m. Additional Cost: \$10-\$20 for games & food	<input type="checkbox"/> \$5 <u>Out to Eat at Portillo's</u> When: Friday, March 22 Where: 12251 Elm Creek Blvd N, Maple Grove Time: 6:30 - 8:30 p.m. Additional Cost: \$10-15 for meal & tip	<input type="checkbox"/> \$12 <u>Canvas Painting & Mocktails</u> When: Saturday, March 2 Where: 3700 Monterey Dr, St Louis Park Time: 6:30 - 8:30 p.m. Cost Included: \$7 for supplies

Wednesday Night Social Events (No intake required)

\$10 per event, or see next page to sign up for all for a cost savings (See pg. 8 for additional costs and other details)

- | | |
|---|--|
| <input type="checkbox"/> Jan. 9: Caribou Coffee & Walk Around Ridgedale Mall | <input type="checkbox"/> Feb. 6: AirMaxx Trampoline Park & Fun Center |
| <input type="checkbox"/> Jan. 16: Mr. Popper's Penguins at Children's Theater | <input type="checkbox"/> Feb. 13: Valentine's Day Party |
| <input type="checkbox"/> Jan. 23: Bingo & Game Night | <input type="checkbox"/> Feb. 20: Lego Movie 2: The Second Part at Plymouth Grand 15 |
| <input type="checkbox"/> Jan. 30: Out to Eat at Big Bowl | <input type="checkbox"/> Feb. 27: Cooking Night with Teen Explorers |

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 here 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.

Registration Form—Winter 2018-2019*

Priority Registration **OPEN NOW!** • Open Registration starts October 26

Please complete all fields and questions in this box.

Name: _____ Birth Date: _____
 Address: _____ City: _____ Zip: _____ Primary Phone: _____
 Alt. Phone: _____ Email: _____ Alt. Email: _____
 Allergies/Medical Concerns/Diet: _____ Other Needs/Concerns: _____
 Emergency Contact Name: _____ Emergency Phone: _____

PHOTO WAIVER: To photograph this participant for use in the agency's publicity by using printed material, photographs, videos, website images, photo displays, newsletters, TV, radio, Internet, brochures, and social networking media. If photographed, this participant may be identified by name.

(Check Yes or No)
Photo: Yes ☐ No ☐
Name: Yes ☐ No ☐

	Programs (Listed Alphabetically)	Resident/Non-Resident
<input type="checkbox"/>	Art Abilities	FREE!
<input type="checkbox"/>	Basketball League (Non-Competitive)	\$43 / \$52
<input type="checkbox"/>	Bingo	\$8 (\$10 at the door)
<input type="checkbox"/>	Bowling at Bowlero: <input type="checkbox"/> Adult <input type="checkbox"/> Youth	\$43 / \$52
<input type="checkbox"/>	Bowling at Park Tavern: <input type="checkbox"/> Adult <input type="checkbox"/> Youth	\$43 / \$52
<input type="checkbox"/>	Cooking Class: "Brinner"	\$21
	Dances: <input type="checkbox"/> 1/18 <input type="checkbox"/> 2/15 <input type="checkbox"/> 3/15	\$5 each (\$7 at the door)
<input type="checkbox"/>	Gingerbread Houses	\$10
<input type="checkbox"/>	Holiday Cookie Plate	\$20
<input type="checkbox"/>	Holiday Jamboree	\$10 (\$15 at the door)
<input type="checkbox"/>	Ghostly Gala (See page 4 for details)	\$10 (\$15 after Oct. 24)
<input type="checkbox"/>	Ice Fishing	\$6
<input type="checkbox"/>	Ice Sculptures & Lunch at Cossetta's	\$6
<input type="checkbox"/>	Just Dance!	\$45 / \$53
<input type="checkbox"/>	Karaoke with Mocktails & Snacks	\$15
<input type="checkbox"/>	MN Wild Game # Attending ____	\$55 (companions too)
<input type="checkbox"/>	New Year's Eve Dance Party	\$15
<input type="checkbox"/>	Painted Cactus Rocks	\$16
	Pizza & Bingo <input type="checkbox"/> 2/25 <input type="checkbox"/> 3/20	\$16 each, \$8-companions

<input type="checkbox"/>	On the Town	See page 9
	Snacks & Cinema: <input type="checkbox"/> Jumanji (2017) <input type="checkbox"/> Finding Dory <input type="checkbox"/> Black Panther	\$8 each (pre-registration required)
<input type="checkbox"/>	Social Seekers (Teens & Adults)	\$205
<input type="checkbox"/>	Subs & Social Hour	\$13
<input type="checkbox"/>	Superbowl Pizza Party	\$16
<input type="checkbox"/>	Teen Explorers	\$48 / \$56
<input type="checkbox"/>	Valentine Gift Making	\$16
<input type="checkbox"/>	Valentine's Day Singles Mingle	\$6
<input type="checkbox"/>	Wednesday Night Social (Now combined with Club West)	\$48 / \$56 (Or sign up for individual nights on page 9)
	Weekend Ventures	Call 952-393-5866 to register or for details.
<input type="checkbox"/>	Yoga	\$45 / \$53
<input type="checkbox"/>	Young Athletes (Ages 2-7)	FREE!

Non-Resident Membership: Annual - \$100 ☐
 Bi-Annual (Reach will bill 2nd half) - \$50 ☐

Program Total:	\$ _____
Optional Donation to Reach	\$ _____
TOTAL ENCLOSED:	\$ _____
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit Card # _____ Exp. Date: _____ Sec. Code: _____ Name on Card: _____ <input type="checkbox"/> Please bill my waiver	

ADMIN USE	Registered by _____	Amt Pd \$ _____	Ck# _____
	Pymt Received by _____		

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 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. ****