# **ADAPTIVE RECREATION PROGRAMS**

## AM I A "RESIDENT"?

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

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

Chaska

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 flexibility, attention span, muscle tone, and focus. 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. Children under 13 must be accompanied by at least one adult.

Tuesdays, April 2 - May 7 7:00 - 8:00 p.m. SLP Rec Center: Wolfe Park Pavilion



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, March 23 - June 1 (Off 4/13, 4/20, & 5/25)

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

## **Bowlero Bowl**

Saturdays, March 23 - June 1 (Off 4/13, 4/20, & 5/25) 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, April 2 - May 28 (Off 4/16) 5:45 - 6:30 p.m.

Brooklyn Center CC - Constitution Hall: 6301 Shingle Creek Pkwy, Brooklyn Center

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 guarter so you know where to meet.

Tuesdays, March 26 - May 14 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.

### Fridays, March 29 - May 3 6:30 - 8:00 p.m.

10225 Yellow Circle Drive, Minnetonka

Fee: FREE!

## ZUMBA (Ages 13+)

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

### Mondays, March 25 - April 29

6:30 - 7:30 p.m. SLP Rec Center -Banquet Room



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

# **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, March 27 - May 29 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 local getaway for a weekend or just for one night! Call 952-393-5866 for more details.

9:30 - 11:30 a.m.

# **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 Chanhassen Community Center: 2310 Coulter Blvd, Chanhassen 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

## SNACKS & CINEMA (Ages 13+)

Join us for a movie and snacks!

*Thursday, April 25:* Fantastic Beasts and Where to Find Them with gummy worms

*Thursday, May 30: Ready Player One* with pudding pops

**6:00 - 8:30 p.m.** Brooklyn Park CAC -Grand Room 3

Fee: \$8



# DROP-IN PROGRAMS (Ages 13+)

## **BINGO**

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

## Friday, May 3

**6:30 - 8:00 p.m.** Brookview CC - Valley Room

Fee: \$8 by 4/29; \$10 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. More information: 952-393-4277.

Friday, April 19 Friday, May 17



SLP Rec Center - Banquet Room

Fee: \$5 up to 4 days prior; \$7 at the door

## FITNESS FOR EVERY BODY (Ages 16+)

Check out our new group exercise program! Perform various exercises using free weights and body weight. We'll also get some cardio with movement and resistance. All abilities are welcome.

*Wednesdays, April 3-24* 4:30 - 5:30 p.m.

Chanhassen Community Center

Resident: \$30 / Non-Resident: \$38

## PIZZA & BINGO (Ages 13+)

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

Thursday, April 18 and/or Tuesday, May 21 6:00 - 8:00 p.m. Brookview CC

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

## COLORFUL CALM & MINDFUL SNACKING (Ages 14+)

Each participant will receive an adult coloring book with detailed designs intended to focus the artist's attention on coloring while allowing negative thoughts, stress, and anxiety to drift away. Spend the time coloring, and bring your book home so you can color more at your convenience. A healthy snack will be provided while we partake in a mindful eating exercise.

Thursday, April 25 6:30 - 8:00 p.m. SLP Rec Center - Wolfe Park Pavilion

Fee: \$16



# **COOKING & CRAFTING** (Ages 13+; except pasta class: 16+)

# **STUFFED ANIMAL SCULPTURE**

Start with a stuffed animal and make it into a totally new creation using buttons, fabric, google eyes, and other various odds and ends. Name it and take it home with you!

**Thursday, April 11 6:30 - 8:00 p.m.** SLP Rec Center -Banquet Room



Fee: \$16

# Mother's Day DIY Gift: Canvas Craft Bag

Create a unique canvas tote using fabric, puff paint, fabric markers, buttons, and more. Give as a gift or keep for yourself. Bring your own ideas or use one of ours.



Monday, May 6 6:30 - 8:00 p.m. Brookview CC -Valley Room

Fee: \$21

# **COOKING CLASS: PASTA BAR**

Get a taste of Italy while we create a few classic pasta dishes, including marinara sauce, homemade alfredo sauce, and more!

**Thursday, May 23 6:00 - 8:00 p.m.** *Eisenhower CC* 



Fee: \$21

# FATHER'S DAY GIFT: CUSTOM CUTTING BOARD

Use a wood burner to create a one-of-akind bamboo cutting board for your dad or another loved one. Take your time coming up with a sketch, and we will help you make a permanent design.

**Tuesday, May 28** 6:30 - 8:00 p.m. SLP Rec Center -Wolfe Park Pavilion



Fee: \$21

# ADULTS (18+)

# SPECIAL EVENTS

## 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, April 3 - May 22

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

### April 3: Bingo & Game Night

Louisiana Oaks Park: 3520 Louisiana Ave, St. Louis Park 6:30 - 8:30 p.m.

April 10: Out to Eat at Red Cow 3624 W 50th St, Minneapolis 6:00 - 7:30 p.m. Additional Cost: \$15-25

### **April 17: Reach's Got Talent**

Cornerstone Creek Apartments: 9280 Golden Valley Rd, Golden Valley 6:30 - 8:00 p.m.

## **April 24: Missing Link Movie**

Plymouth Grand 15: 3400 Vicksburg Ln, Plymouth TBD Additional Cost: \$9 for ticket, plus money for food/drink

#### May 1: Cinco de Mayo Cooking Night

Eisenhower Community Center: 1001 Hwy 7, Hopkins 6:30 - 8:30 p.m.

### **May 8: Big Thrill Factory**

17585 Hwy 7, Minnetonka 6:30 - 8:30 p.m. Additional Cost: \$20

# May 15: Loulou Rolled Ice Cream & Walk Around the Lakes

Cub Foods Parking Lot: 1104 Lagoon Ave, Minneapolis 6:30 - 8:30 p.m. Additional Cost: \$10

#### May 22: Lady of the Lake Cruise

Port of Excelsior: 2 Water St, Excelsior 6:30 - 8:30 p.m. Alternate Separate Cost: \$12

# SINGLES NIGHT WITH GAMES & DRINKS

Looking for that special someone? Join us for food and conversation with other single people. You can order food or drinks from the juice bar or café. We will have some get-to-know-you games to play together.

### *Thursday, May 9* 6:30 - 8:30 p.m.

The Wedge Co-op: 2412 Nicollet Ave, Minneapolis

Fee: \$6



# REACH'S TALENT SHOW

## **BOWL-A-THON**

Join us for our annual FUNdraiser. Collect pledges and then enjoy two games of bowling, pizza, and prizes, all while helping to support Reach.

Saturday, April 13 10:00 a.m. - 1:00 p.m. Park Tavern Lanes

Fee: \$50 in pledges/donations if registered by 3/15. After 3/15: \$60. Lunch only: \$20.

## 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.

#### Wednesday, May 22

**6:00 - 8:30 p.m.** *City of Excelsior Public Dock: 2 Water Street, Excelsior* 

#### Fee: \$12 (for companions too)



# KARAOKE WITH MOCKTAILS & SNACKS

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

Friday, May 31 6:30 - 8:00 p.m. SLP Rec Center -Banquet Room



Fee: \$16

## **MN TIMBERWOLVES GAME**

Come see our Minnesota Timberwolves take on the Toronto Raptors. Seating is limited, so sign up now! Companions who wish to attend must purchase a ticket too. Please note on registration if you need accessible seating.

**Tuesday, April 9 7:00 - 10:00 p.m.** *MN Target Center* 



Fee: \$32 per ticket **1** (for companions too)

# DAYTIME PROGRAMS

# EARTH DAY PARK CLEAN-UP WITH ROOT BEER FLOATS

Celebrate Earth Day by volunteering to pick up at a local park. After some hard work, we will wrap up the activity with root beer floats.

#### Monday, April 22

**10:30 a.m. - 12:00 p.m.** Westwood Hills Nature Center: 8300 W Franklin Ave, St. Louis Park



Fee: \$8

# MALL OF AMERICA SHOPPING & LUNCH

Join some friends for an afternoon of mall walking, shopping, Sea Life, lunch, rides, and more! We will do whatever the group would like to do. Cost covers registration. Bring extra money for food and activities.

**Thursday, May 16 11:00 a.m. - 1:30 p.m.** *Mall of America* 



# **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 meeting prior to registration. Please call Jesse at 952-393-4277 for more information or to schedule an intake.

Spring 2019 Intake Required								
On the Town: Weekday	On the Town: Friday	On the Town: Weekend						
❑\$6 Out to the Movies: Hopkins Cinema When: Tuesday, April 2 Where: 1118 Mainstreet, Hopkins Time: TBD (Approx. showtime 6:30 p.m.) Additional Cost: \$3 for ticket, extra for snacks (optional)	<ul> <li>\$26 Pinstripes for Bowling &amp; Apps</li> <li>When: Friday, April 5</li> <li>Where: 3849 Gallagher Dr, Edina</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: \$5 for bowling shoes &amp; extra for food/drinks (optional)</li> </ul>	Second StateWalker Art Museum & Sculpture GardensWhen: Saturday, April 6 Where: 725 Vineland Place, Minneapolis Time: 1:00 - 3:00 p.m. Additional Cost: N/A						
Out to Eat at Crave         When: Thursday, May 2         Where: 1603 West End Blvd, St. Louis         Park         Time: 6:30 - 8:30 p.m.         Additional Cost: \$25+ for meal & tip	<ul> <li>□\$6 Coffee &amp; Uno Tournament at Caribou</li> <li>When: Friday, April 12</li> <li>Where: 3500 Vicksburg Ln N, Plymouth</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: \$5-\$10 for coffee/snacks</li> </ul>	<ul> <li>□\$6 Out to Eat at Taste of India</li> <li>When: Saturday, April 27</li> <li>Where: 5617 Wayzata Blvd, St. Louis Park</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: \$25 for meal &amp; tip</li> </ul>						
<ul> <li>☐\$11 Live Theater Night: <u>Tinker to Evers to Chance</u></li> <li>When: Monday, May 13</li> <li>Where: Artistry, Black Box Theater: 800 W Old Shakopee Rd, Bloomington</li> <li>Time: 6:30 - 9:45 p.m.</li> <li>Cost Included: Discounted ticket</li> </ul>	<ul> <li>☐\$6 Grove Cove Aquatic Center with Slide</li> <li>When: Friday, April 26</li> <li>Where: 12951 Weaver Lake Rd, Maple Grove</li> <li>Time: 6:00 - 8:00 p.m.</li> <li>Additional Cost: \$8</li> </ul>	<ul> <li>□\$9 <u>Cinco de Mayo Party</u></li> <li>When: Saturday, May 4</li> <li>Where: 3700 Monterey Dr, St. Louis Park: Banquet Room</li> <li>Time: 6:00 - 8:00 p.m.</li> <li>Cost Included: Food &amp; drinks</li> </ul>						
❑\$16 <u>Top Golf Brooklyn Center</u> When: Monday, May 20 Where: 6420 N Camden Ave, Brooklyn Center Time: 6:30 - 8:00 p.m. Additional Cost: Extra for food/drink (optional)	<ul> <li>Board Games with Friends</li> <li>When: Friday, May 10</li> <li>Where: 3700 Monterey Dr, St. Louis Park: Gallery Room</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: N/A</li> </ul>	<ul> <li>\$9 Yard Games &amp; Mocktails</li> <li>When: Saturday, May 18</li> <li>Where: 3700 Monterey Dr, St. Louis Park: Wolf Park Pavilion</li> <li>Time: 4:00 - 6:00 p.m.</li> <li>Cost Included: Mocktails &amp; games</li> </ul>						
<ul> <li>Half Price Games at Dave &amp; Buster's</li> <li>When: Wednesday, May 29</li> <li>Where: 500 Southdale Center, Edina</li> <li>Time: 6:30 - 8:30 p.m.</li> <li>Additional Cost: \$10-\$25 for games</li> </ul>	<ul> <li>\$6 Minnehaha Walk &amp; Ice Cream</li> <li>When: Friday, May 31</li> <li>Where: Minnehaha Falls, Minneapolis</li> <li>Time: 6:00 - 8:00 p.m.</li> <li>Additional Cost: \$7 for ice cream</li> </ul>	■\$6 Malt T Melt Mini Golf & Ice Cream When: Saturday, June 1 Where: 6335 Portland Ave, Richfield Time: 5:00 - 7:00 p.m. Additional Cost: \$15 for ice cream & mini golf						

April 3: Bingo & Game Night

April 10: Out to Eat at Red Cow April 17: Reach's Got Talent

April 24: Missing Link Movie

May 1: Cinco de Mayo Cooking Night

May 8: Big Thrill Factory

May 15: Loulou Rolled Ice Cream & Walk Around the Lakes

□ May 22: Lady of the Lake Cruise (\$12)

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—Spring 2019\***

## Priority Registration **OPEN NOW**! • Open Registration starts January 11

_									
Please complete all fields and questions in this box.									
Name:				Birth Date:					
Address: City:			Zip: Primary Phone:		one:				
Alt. Phone: Email:		Alt. Email:							
Allergies/Medical Concerns/Diet:		Other Needs/Concerns:							
En	Name:       Birth Date:         Address:       City:       Zip:       Primary Phone:         Alt. Phone:       Email:       Alt. 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       (Check Yes or No)								
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 Photo: Yes Nou									
media. If photographed, this participant may be identified by name.									
	Programs (Listed Alphabetically)	Resident/Non-Resident		וב	Reach's Talent Show	\$10			
	Art Abilities	FREE!		ן ב	Singles Night with Games & Drinks	\$6			
	Bingo	\$8 (\$10 at the door)		Т	Snacks & Cinema:	\$8 each (pre-registration required)			
	Bowl-A-Thon	\$50 (by 3/15) / \$60 / \$20			<ul> <li>Fantastic Beasts</li> <li>Ready Player One</li> </ul>				
	Bowling at Bowlero: 🗖 Adult 📮 Youth	\$43 / \$52		ן ב	Social Seekers (Teens & Adults)	\$205			
	Bowling at Park Tavern: 🗖 Adult 📮 Youth	\$43 / \$52		ן ב	Stuffed Animal Sculture	\$16			
	Colorful Calm & Mindful Snacking	\$16		ן ב	Teen Explorers	\$48 / \$56			
	Cooking Class: Pasta Bar	\$21		ן ב	Wednesday Night Social (Now	\$48 / \$56 (Or sign up for individual nights on page 9)			
	Dances: 🗖 4/19 🛛 5/17	\$5 each (\$7 at the door)			combined with Club West)				
	Earth Day Clean-up & Root Beer Floats	\$8		╡	Weekend Ventures	Call 952-393-5866 to			
	Father's Day Gift: Custom Cutting Boards	\$21				register or for details.			
	Fitness for Every Body	\$30 / \$38		וב	Yoga	\$45 / \$53			
	Karaoke with Mocktails & Snacks	\$16	] [	ב	Young Athletes (Ages 2-7)	FREE!			
	Lady of the Lake Boat Cruise	\$12	] [	ן ב	Zumba	\$45 / \$53			
	Mall of America Shopping & Lunch	\$6		Non-Resident Membership: Annual - \$100 🗖 Bi-Annual (Reach will bill 2nd half) - \$50 🗖					
	MN Timberwolves Game Accessible Seating	\$32 each (companions too)							
	Mother's Day DIY Gift: Canvas Craft Bag	\$21	]						
	On the Town	See page 9		Program Total: \$					
	Pizza & Bingo	\$16 each, \$8-companions	Outienel Denetien te Decek		-	\$			
	4/18 5/21				•	\$			
					Cash Check Credit Card #				

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.

Exp. Date: \_\_\_\_\_ Sec. Code: \_\_\_\_\_ Name on Card:\_

Please bill my waiver

#### 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. A written request to withdraw from an activity at least two weeks prior to the activity is eligible to receive a refund (except for Weekend Ventures, which abides by a separate cancellation policy), less a \$5 cancellation fee per class. Refunds are not awarded for charge, but are required to pay for ticketed events that they wish to attend. Caregivers are asked to provide any individualized support that the person 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 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. \*\*\*\*

JSE

Registered by

Pymt Received by

Amt Pd \$\_\_\_\_

Ck#