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
- Maple Grove
- Plymouth
- St. Louis Park
- If you live in another city, please pay the non-resident fee upon registration.

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 New Hope
- Crystal • St. Louis Park
- Three Rivers Park District

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.

CHILDREN

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: 952-393-4277.

Tuesdays, Jan. 14 - March 10 (Off 2/18 & 3/3) 5:00 - 5:45 p.m.

Brooklyn Center CC **Constitution Hall**

Fee: FREE!

ALL AGES

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

Saturdays, Jan. 11 - Feb. 29

9:30 - 11:30 a.m.

Resident: \$44 / Non-Resident: \$52 (+\$4.25/wk)

Bowlero Bowl Saturdays, Jan. 11 - Feb. 29 12:00 - 2:00 p.m.

Resident: \$44 / Non-Resident: \$52 (+\$4.00/wk)

THEMED YOGA (Ages 5+)

attention span, Increase flexibility, muscle tone, and focus. Have fun dressing up while also practicing yoga! Each week will have a new theme, like 50's, PJ's, and more. Adults may sign up to participate independently. Children with disabilities and their parents participate together. Children under 13 must be accompanied by an

Tuesdays, Jan. 7 - Feb. 18 (Off 1/14)

7:00 - 8:00 p.m.

SLP Rec Center - Banquet Room

Resident: \$46 / Non-Resident: \$54

TEENS & 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. You can also check our website prior to registering so you can see what we're up to!

Tuesdays, Jan. 7 - Feb. 25 6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$49 / Non-Resident: \$57

BINGO (Ages 13+)

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

Friday, Jan. 31 6:30 - 8:00 p.m.



Fee: \$8 by 1/27; \$10 at the door

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. More information or to schedule an intake: 952-393-4277.

Wednesdays, Jan. 8 - March 11 5:00 - 6:30 p.m.

The Depot: 9451 Excelsior Blvd, Hopkins

Fee: \$205

ZUMBA (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. 6 - Feb. 10 6:30 - 7:30 p.m.

SLP Rec Center - Banquet Room

Resident: \$46 / Non-Resident: \$54

BASKETBALL (Ages 13+)

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

Thursdays, Jan. 9 - Feb. 27 6:30 - 8:00 p.m.

Brooklyn Center High School Field House: 6500 Humboldt Ave N, Brooklyn Center

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

WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Reach has a community-based group respite program for ages 16+. The group stays in a hotel in the Twin Cities (usually Bloomington). In our winter session, we have a pool party and a Mall of America outing scheduled. Participants can pay with a waiver or out of pocket. For information about openings, contact Jesse at 952-393-4277.

SUPERBOWL PARTY (Ages 13+)

Join some friends to enjoy a great meal while watching the Superbowl! We will provide pizza, soda, and dessert. Come cheer on the two best teams in the NFL!

Sunday, Feb. 2 5:00 - 9:00 p.m. Brookview CC -Vallev Room South





PIZZA & BINGO (Ages 13+)

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



Thursday, Jan. 23 Monday, March 2

6:00 - 8:00 p.m. Brookview CC

Fee: \$17 each; \$8 pizza for companions

DIY SPRING FLORAL MONOGRAM (AGES 13+)

Choose the letter you prefer for your monogram, and fill it with beautiful (artificial) flowers to get ready for

KARAOKE WITH MOCKTAILS

Sing along to your favorite tunes. Bring

a CD, or we can search for your favorite

Friday,

Feb. 28

Fee: \$16

6:30 - 8:00 p.m.

SLP Rec Center

- Banauet Room

& SNACKS (AGES 16+)

spring! Use to decorate your home, or as a homemade gift for a loved one.

Monday, March 9 6:30 - 8:00 p.m. SLP Rec Center -Banquet Room

Fee: \$16

song online.



FRIDAY NIGHT DANCES (AGES 13+)

Join your friends and groove to all the latest hits as well as classic dance songs! More information: 952-393-5866.

Friday, Jan. 17: Purple Prince Party Friday, Feb. 14: Valentine's Day Party Friday, March 20: Green St. Patty's Day Party

6:30 - 8:30 p.m. (Note new times) SLP Rec Center - Banquet Room

Fee: \$6 by 1/13; \$8 at the door

SNACKS & CINEMA (Ages 13+)

Join us for a movie and a treat that goes with the theme of the movie!

Thursday. Jan. 30: Men in Black International with black and white cupcakes

Thursday, Feb. 27: Spider Man Into the Spider Verse with Spidey Gummies

Thursday, March 26: Aladdin (2019) with blue genie cotton candy

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

Fee: \$8 per movie

ICE FISHING (AGES 13+)

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

Date: TBD (A Saturday in Late Jan./ Early Feb.)

Medicine Lake, Plymouth

Resident: \$20 / Non-Resident: \$25

1:00 - 4:00 p.m.

COOKING CLASS: ST. PATTY'S DAY FEAST (Ages 16+)

Celebrate St. Patrick's Day by cooking traditional Irish foods like bangers and mash, mushy peas, and a festive dessert!

Tuesday, March 17

5:30 - 7:30 p.m. Eisenhower CC -Room 210, 1001 MN-7, Hopkins



Fee: \$21

VALENTINE'S DAY GIFTS & CARDS (AGES 13+)

Need a gift for that special someone? We will have some small gifts like candy, highlighters, chapstick, and more, along with printable tags to wrap and attach with a cute note. Put them all together for your special someone, or spread the love and give each gift to a different valentine! We'll have lots of supplies to make cards as well.

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

SLP Rec Center - Wolfe Park Pavilion

Fee: \$16



ADULTS (18+) ONLY

VALENTINE'S SINGLES MINGLE

Looking for that special someone? Join us for food and conversation with other single people. We'll order pizza and drinks for everyone, facilitate an ice breaker, and give out some conversation topics.

Friday, Feb. 21 6:30 - 8:00 p.m. Davanni's, 3015 Harbor Ln N, Plymouth

Fee: \$16



DAYTIME SCIENCE MUSEUM

Come join us for a fun day at the Science Museum. We'll check out the exhibits and hang out, maybe even go to the Omni Theater for those who want to do that. Entrance fee is included. Omni Theater admission is additional. We will be there as a group until 3:30, but feel free to stay longer.

Thursday, March 5 1:00 - 3:30 p.m. 120 W Kellogg St, St. Paul

Fee: \$10

Science Museum of Minnesota®



Locations Key

Bowlero Bowl: 7545 Brooklyn Blvd, Brooklyn Park Brooklyn Park Community Activity Center: 5600 85th Ave N, Brooklyn Park Brooklyn Center Community Center: 6301 Shingle Creek Pkwy Brookview Community Center: 316 Brookview Pkwy S, Golden Valley Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park St. Louis Park (SLP) Recreation Center: 3700 Monterey Dr S, St. Louis Park

Housing Support (continued from front page)

As Maddie, herself, fully transitions into her new position, she will eventually work exclusively on assisting individuals with disabilities through the process of finding housing. Although those who have received our services have always been able to get help with housing, doing so now through our more formalized Housing



Support Program will mean additional Economic Assistance funding for them. Maddie says she is eager to support others in "becoming more integrated in the community by finding a home they want to live in."

Community Living Program Manager Larissa Beck agrees, saying that the bottom line for Reach adding this new service is "to find housing for more individuals, allowing them to live independently." Once Maddie can help someone find housing and feel settled, then another Reach employee can assist in keeping them on track, if needed. "My personal philosophy," states Maddie, "is that if someone is housed, happy, and safe, the rest of life will be easier."

Case Managers as Advocates By Chelsea Spearman

In the past, we've shared how our case managers wear many hats, including educators, facilitators, and conflict mediators. Case managers at Reach for Resources also often serve the role of advocators.

Here at Reach for Resources our case managers hold advocacy for the individuals we work with near and dear to our hearts. Often times we may be the only positive voice in an individual's team challenging them and others to allow for more autonomy and self-determination. Our case managers are passionate about ensuring the voice of the individuals we serve is heard by their guardians, employers, providers, and the world. We accomplish this by using the many "hats" we wear daily to listen to what the individual needs, educate teams in new and creative ways to support them, facilitate constructive conversations, and mediate conflict that will inevitably arise. Our core values as advocates are focusing on the rights of the individuals we serve, providing support to allow for the most independence possible, and above all treating the individuals we serve and the people who support them with the utmost respect.

Attend a Rec Program for FREE! (Limited to first 10 pairs)

Bring someone new to Reach (who hasn't been to a Reach activity in at least 2 years) with you to a program, and you **both** can attend that program (excludes On The Town activities) for free (up to \$10 value each person). Register online using coupon code: **friend**, or call 952-393-4277 for assistance.

Your Guest's First & Last Name:		
Your Guest's Email <i>or</i> Phone:		
Rec program you both wish to attend:		

Mitch and Kassi

(continued from front page)

Mitch quickly took the cue and asked her out. They attended a church service together and then went to Baker's Square. At the end of the date, Kassi refused Mitch's kiss (she just wasn't that type of gal!), and was afraid that she had scared him off. But Mitch was not deterred and soon called her again. After three years of dating, he popped the question by hiding a ring in her Christmas stocking. When Kassi's tears of joy immediately began, the deal was sealed.

Years ago, a milestone like this might not have been possible for them. Each struggled with challenges their disabilities raised. Mitch says Reach "turned my life around," with staff members who helped him to "make better decisions." And Kassi was once so shy she could not even talk on a phone. Her independence and confidence has skyrocketed, and she is now much more outgoing.

An official wedding is not possible, since marriage would negate the economic assistance benefits Kassi receives. Instead, they made the most of their commitment ceremony, which was held at the Chanhassen Legion, with a reception and dance. They followed it up with a honeymoon in Duluth. The pair has been sharing an apartment for the past two years, so not many other changes will take place, but one day, they hope to have more pets to care for than their current two cats. They'll continue to enjoy movies, walks, and people-watching together.

When asked about advice for other singles looking for love, Mitch admits that he's found his "angel" and encourages people to attend events, "because you never know what's going to happen." Kassi agrees, saying, "Follow your heart." As for her, she followed a "heart of gold," and both she and Mitch struck gold.



NOTE: This story was also featured on KARE 11's Breaking the News show in June.

WEDNESDAY NIGHT SOCIAL

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. 8 - FEB. 26 6:30 - 8:30 p.m. unless noted otherwise Join us at every event for these costs: Resident: \$52* / Non-Resident: \$60* Or register for \$10* per event on page 7.

Jan. 8: Welcome Party with Minute-to-Win-It Games! SLP Rec Center, Banquet Room

Jan. 15: Celebrate "National Bagel Day" with Bagels and Board Games Brooklyn Park Community Activity Center - Grand Room 3

Jan. 22: Sip and Paint - Winter Scenes

SLP Rec Center - Gallery Room Drink hot cocoa while you paint your own canvas. Wear clothes that can get messy!



Jan. 29: Swimming at Eden Prairie **Indoor Aquatics Center** 8080 Mitchell Road, Eden Prairie *Addt'l Cost: Bring \$7.50 for admission. Bring a swimsuit and towel.

Feb. 5: Out to the Movies at Mann Hopkins Cinema 6 1118 Mainstreet, Hopkins Time: TBD (around 6:30 p.m.) *Addt'l Cost: Bring \$3 for ticket; optional \$ for snacks/drinks.



Feb. 12: Cooking Night: Valentine's Day Cookies! Eisenhower Community Center - Room 210

*Addt'l Cost: \$5 for those not registering for full WNS series.

Feb. 19: Out to Eat at Cowboy Jack's 4120 Berkshire Ln N, Plymouth 6:30 - 8:00 p.m.

*Addt'l Cost: Bring \$15-20 for meal & tip. Reservation is under Reach.

Feb. 26: Children's Theatre Company - Spamtown, USA 2400 3rd Ave S, Minneapolis 6:30 - 9:00 p.m. (Show starts at 7 p.m.) *Addt'l Cost: For those registering for full WNS series, please include an extra \$20 per person for tickets when registering to attend this. For those not registering for full series, the \$30 cost per person includes the ticket price.

ON THE TOWN



This is a community-based social program for adults who want to explore their community with minimal support. To minimize safety concerns, a brief intake is required. More information or intake scheduling: 952-393-4277.

Saturday, Jan. 18: Coffee & Board Games at Caribou

5350 Excelsior Blvd, St. Louis Park 5:00 - 7:00 p.m.

Fee: \$6; Addt'l Cost: Bring \$6-7 for coffee

Friday, Jan. 24: Make Your Own Maple Taffy & Watch Little House on the Prairie 5600 85th Ave N, Brooklyn Park 6:30 - 8:30 p.m.

Fee: \$10 (includes taffy supplies)

Monday, Feb. 3: Out to the Movies at New Hope Cinema Grill

2749 Winnetka Ave N, New Hope

Time: TBD Fee: \$6; Addt'l Cost: Bring \$5-10 for ticket/ optional snack

Saturday, Feb. 8: Mini Golf & Arcade Games at AirMaxx

7000 Washington Ave S, Eden Prairie 6:00 - 7:30 p.m.

Fee: \$6; Addt'l Cost: Bring \$6 for mini golf, extra for arcade games

Saturday, Feb. 29: Out to Eat at Olive

5235 Wayzata Blvd, St. Louis Park 6:00 - 7:30 p.m.

Fee: \$6; Addt'lCost: Bring \$15-20 for meal & tip

Saturday, March 7: Out to Eat at Giordano's 3000 W 66th St, Richfield

6:00 - 7:30 p.m.

Fee: \$6; Addt'l Cost: Bring \$15-25 for meal & tip

Friday, March 13: Swimming at Brooklyn Center Community Center

6301 Shingle Creek Pkwy, Brooklyn Center 6:00 - 8:00 p.m.

Fee: \$6; Addt'l Cost: Bring \$6 for admission

ON THE TOWN: ALL ABILITIES

This is a community-based social program for all adults who want to explore their community.

Tuesday, Jan. 14: MN History Center

345 W Kellogg Blvd, St. Paul 5:00 - 7:00 p.m.

Fee: \$6 (inludes admission)

MINNESOTA

HISTORY CENTER

Friday, Feb. 7: Men's Gopher Hockey vs. **Michigan State**

1901 4th St SE, Minneapolis 6:30 meeting time

Fee: \$17 (includes game ticket)

Thursday, Feb 13: Bake Your Own

Valentine's Day Pizza Heart 1001 MN-7, Hopkins

5:30 - 7:30 p.m. Fee: \$20 (includes kitchen cost & ingredients)

Friday, March 6: MN Timberwolves vs. Orlando Magic Minneapolis Target Center

6:30 meeting time Fee: \$36 (companions too) (includes game ticket)



Saturday, March 14: Movie by the Fire with Hot Cocoa

316 Brookview Pkwy S, Golden Valley 6:30 - 8:30 p.m.

Fee: \$6

Monday, March 16: Out to Eat at My **Burger**

10997 Red Circle Dr, Minnetonka

6:00 - 7:30 p.m.

Fee: \$6; Addt'l Cost: Bring \$10-15 for meal

Thursday, March 19: Historic Cave Tour 215 Wabasha St S, St. Paul

5:00 - 6:30 p.m.

Fee: \$6; Addt'l Cost: Bring \$9 for admission

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 cancelled 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 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 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 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 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.

Registration Form—Winter 2020*

Priority Registration **OPEN NOW!** • Open Registration starts October 8

Nar	me: Add	dress:		City:	Zip:		
Name: Add Phone: Alt. Phone:		Email:		Alt. Email:			
Birth Date: Emergency Contact Name:		Emergency Phone:					
pho	OTO WAIVER: To photograph this participant to displays, newsletters, TV, radio, Internet, brochoto: Yes $lacksquare$ No $lacksquare$ Name: Yes $lacksquare$ No $lacksquare$ A	ures, and social networking	g med				
	Programs (Listed Alphabetically)	Resident/Non-Resident		Wednesday Night Social Program	\$52 / \$60		
	Basketball	\$44 / \$52	□Extra fee for Children's Theatre \$.		(all below included)		
	Bingo: 1/31	\$8 (\$10 at the door)			\$20 each (companions too)		
	Bowling at Bowlero: Adult Youth	\$44 / \$52	Total #: Accessible Seating (500) Wednesday Night Social Individual Activities (\$10 each, unless n				
	Bowling at Park Tavern: Adult Vouth	\$44 / \$52		Welcome Party			
	Cooking Night: St Patty's Day Feast: 3/17	\$21		Bagels & Board Games 🚨 Cooking N			
	DIY Spring Floral Monogram: 3/9	\$16 Letter Choice:		☐ Sip & Paint ☐ Out to Eat at Cowboy Jack's ☐ Swimming ☐ Children's Theatre: \$30 (companion Total #: ☐ Accessible Seating			
	Daytime Science Museum: 3/5	\$10	"				
	Dance: 1/17 2/14 3/20	\$6 (\$8 at the door)		Weekend Ventures - Send me info.			
	Ice Fishing (Date TBD)	\$20 / \$25		Yoga	\$46 / \$54		
	Karaoke with Mocktails & Snacks: 2/28	\$16		Young Athletes	FREE!		
On the Town				Zumba	\$46 / \$54		
	Make Your Own Maple Taffy: \$10	to Eat at Olive Garden: \$6 to Eat at Giordano's: \$6 nming at BCCC: \$6	NEW! Therapeutic Recreation Assessment By Appointment Only				
On the Town - All Abilities Minnesota History Center: \$6 Men's Gopher Hockey: \$17 Accessible Seating Out to Eat: My Burger: \$6 Bake Your Own Pizza Heart: \$20 Historic Cave Tour: \$6 Minnesota Timberwolves Game: \$36 each. Total #: Accessible Seating				Are you currently meeting your therapeutic recreation goals? Want to get more out of services available in your community? Meet with a licensed Certified Therapeutic Recreation Specialist at Reach to make the most out of your leisure activities. Our licensed staff will meet with you to discuss what you are currently doing, what your goals are, and how we can help you get			
		\$17 each (\$8 for companions)	there. Then, we will research available resources in your area to help you come up with a plan that can help you meet your goals. We can have a follow up meeting in 6 or 12 months if you'd like				
	Snacks & Cinema: ☐ 1/30 ☐ 2/27 ☐ 3/26	\$8 each		ther evaluation.	,,,,,		
	Social Seekers	\$205		\$75 – 1-hour individualized asses.	sment (by appointment)		
	Superbowl Party: 2/2	\$16		earch and an individualized plan b			
	Teen Explorers	\$49 / \$57		¢100 1 hour individualized acco	ssmont (by annointment)		
	Valentine's Day Gifts & Cards: 2/6	\$16	□ \$100 – 1-hour individualized assessment (by appointment), research and individualized plan by licensed staff, and a				
	Valentine's Singles Mingle: 2/21	\$16	follow-up meeting				
	Please mail completed form with par Reach for Resources			registering, you acknowledge that yo Program Policies on page 6, and you			

rase 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.

DMIN	Registered by	_ Amt Pd \$	Ck#	_
AD	Pymt Received by			

Program Total:	\$			
Optional Donation to Reach	\$			
TOTAL ENCLOSED:	\$			
☐ Cash ☐ Check ☐ Credit Card #				