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 <u>www.reachforresources.org</u>.

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
- 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.

ALL AGES

MN TWINS GAME

Head to Target Field to see the Twins take on the Cleveland Indians! All attending must register for a ticket.

Monday, August 3 6:30 - 9:00 p.m. 1 Twins Way, Minneapolis



Fee (companions too): \$10

BOWLING BANQUET

All bowlers from our 2019-2020 seasons are invited to attend this party. Dinner will be served, and we will give certificates and prizes 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 two weeks in advance.

Monday, August 17 6:00 - 7:30 p.m. Minnetonka Community Center: 14600 Minnetonka Blvd, Minnetonka

Fee: \$15; \$7 guests

BOWLING

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

Park Tavern Mondays, June 1 - July 27 6:00 - 8:00 p.m. (Off 6/29)

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

New Hope Bowl *Tuesdays, June 2 - July 28* 6:00 - 8:00 p.m. (*Off 6/30*)

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

INDOOR/OUTDOOR THEMED YOGA

Increase flexibility, attention span, focus, and muscle tone. Have fun dressing up while also practicing yoga! Each week will have a new theme, like glow yoga, superhero, favorite color, 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 adult.



Tuesdays, June 2 - July 14 (Off 6/30) 7:00 - 8:00 p.m. SLP Rec Center (See schedule for rooms)

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

ON THE WATER...

PICNIC & PONTOON FISHING

Come out with some experienced fishermen from Fishing for Life! Jump on a pontoon, enjoy a picnic dinner, 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 both dates! Companions are not charged to attend, but must register so we save a space on the boat. For online registration use code COMPANION to get a free companion pass.

Thursday, June 11 and/or Thursday, July 16 5:00 - 8:00 p.m.

West Medicine Lake Park, Plymouth

Fee: \$16 each session

ADAPTIVE SAILING ADVENTURE

Come sail with us. Enjoy gliding across the lake propelled by a gentle evening breeze. Our certified instructors help you safely steer the boat and trim the sails. You will return relaxed and refreshed. Limit 4 people, so register early! Waiver forms required 1 week prior to the activity. Seating is limited. If companions need to attend, they should register separately.

Monday, June 15; Monday, July 13; and/or Monday, August 10 6:00 - 7:30 p.m.

1000 Eastman Lane, Wayzata

Fee (companions too): \$10 each

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, and accommodations can be requested. We will paddle the Minneapolis Chain of Lakes, stop for a picnic, and head back to our starting point. Pack a bag lunch. Waivers are required prior to attending.

Sunday, August 2 10:00 a.m. - 2:00 p.m. Meet at Bde Maka Ska (formerly Calhoun) North Beach, 2707 Lake Street W Minneapolis

Fee (companions too) : Resident: \$10 / Non-Resident: \$15







TEENS & ADULTS

SNACKS & CINEMA (Ages 13+)

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

Thursday, June 25: Detective Pikachu with Pikachu Peeps

Thursday, July 30: The Little Rascals with Lunchables

Thursday, August 27: Doolittle (2019) with circus animal cookies

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

Fee: \$8 per movie

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. For more information or to schedule an intake, call 952-393-4277.

Wednesdays, June 3 - August 12 5:00 - 6:30 p.m. (Off 7/1) The Depot: 9451 Excelsior Blvd, Hopkins

Fee: \$205

CREATIVE CRAFTING (Ages 13+)

DIY CONTAINER HERB GARDEN

Use recycled tin cans to plant common herbs such as oregano, thyme, basil, mint, or rosemary. Each person will get to choose 3 herbs to plant from seed, and take home to cultivate a beautiful and delicious herb garden. Decorate your containers as your heart desires.

Monday, June 29 6:30 - 8:00 p.m. Louisiana Oaks Park Pavilion

Fee: \$12



DIY CONFETTI CANVAS

Create a one-of-a-kind masterpiece using sponge paints to make a design with different sized polka dots. Choose colors to match a room in your home!

Wednesday, August 19 6:30 - 8:00 p.m. SLP Rec Center - Wolfe Park Pavilion

Fee: \$16

6

DIY FLIP FLOP WREATH OR WELCOME SIGN

Use summery flip flops to create a work of art. Hang up for decoration in your home, or make a gift for a friend.

Thursday, July 9 6:30 - 8:00 p.m. Louisiana Oaks Park Pavilion

Fee: \$12





ZUMBA TRIAL (Ages 13+)

Interested in Zumba but want to try it out before you commit? Now is your chance! Sign up for our one-time Zumba class with our favorite instructor, Angela. Have fun dancing the night away with your friends!

Monday, June 8 6:30 - 7:30 p.m. SLP Rec Center - Gallery Room

Resident: \$5 / Non-Resident: \$7

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. All are at SLP Rec Center in the space listed with date.

Friday, July 17: Hawaiian Theme Recreation Outdoor Center



Friday, August 21: End of Summer Party Banquet Room



6:30 - 8:30 p.m.

Fee: \$6 up to 4 days prior; \$8 at the door

KARAOKE WITH MOCKTAILS & SNACKS (AGES 16+)

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

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

Fee: \$16

WEEKEND VENTURES (Ages 18+)

Need a mini-vacation? Reach has a community-based group respite program for ages 18+. The group stays in a hotel in the Twin Cities (usually Bloomington). This summer we have our Valleyfair weekend planned, June 12-14, and we are heading up to Camp Courage, August 21-23. Participants can pay with a waiver or out of pocket. For information about openings, contact Jesse at 952-393-4277. An intake meeting is required.

Locations Key

Brooklyn Park Community Activity Center: 5600 85th Ave N, Brooklyn Park Brookview Community Center: 316 Brookview Pkwy S, Golden Valley Eisenhower Community Center: 1001 MN-7, Hopkins Louisiana Oaks Park: 3520 Louisiana Ave S, St Louis Park New Hope Bowl: 7107 42nd Ave N, New Hope Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park St. Louis Park (SLP) Recreation Center: 3700 Monterey Dr S, St. Louis Park

SOFTBALL (Ages 14+)

A non-competitive softball league for teens & adults that focuses on teamwork, improving skills, and having fun. Join your friends each week to get outside and play some ball!

Thursdays, June 4 - July 30 (Off 7/2) Rainout Make-up Days: 8/6 & 8/13

6:30 - 8:00 p.m.

Ave S, Hopkins

Harley Hopkins Fields: 108 Jackson

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

BINGO (Ages 13+)

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

Friday, June 26 6:30 - 8:00 p.m. SLP Rec Center - Wolfe Park Pavilion

Fee: \$8 by 6/22; \$10 at the door

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

Tuesdays, June 2 - July 28 6:30 - 8:30 p.m. (Off 6/30) Various Metro Locations

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

OUTDOOR COOKING CLASS: SUMMER GRILLING (AGES 13+)

Come prepare a full meal outdoors on charcoal grills! We will hand make burger patties, and cook vegetables and other sides over the grill as well. Space is limited for this delicious and fun educational experience.

Monday, July 27

5:00 - 7:00 p.m. Lakeside Pavilion, Lake Ann Park, 1456 West 78th Street, Chanhassen

Resident: \$16



COOKING CLASS: PASTA PRIMAVERA (Ages 16+)

Summer is a time for seasonal produce. Let's create a fresh pasta dish with lots of color and vegetables that are in season.

Thursday, August 20 6:00 - 8:00 p.m. Eisenhower CC - Room 210,

Fee: \$21



PIZZA & BINGO (Ages 13+)

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

Monday, July 6 Thursday, August 6 Wednesday, August 26

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



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

ADULTS (18+) ONLY

SINGLES NIGHT OUT: COFFEE & BOARD GAMES

Join other singles for a relaxed evening getting to know one another while playing board games. Bring extra money for a coffee or snack if you would like.

Friday, July 24 6:30 - 8:00 p.m. Lodestone Coffee & Games 10982 Cedar Lake Rd, Minnetonka



Fee: \$6

DAYTIME SCULPTURE GARDENS & CONSERVATORY

Come check out the new sculpture gardens at the Walker Art Center! Walk around with friends and enjoy

the summer sun and artwork.



Monday, July 20 10:30 a.m. - Noon 25 Vineland Pl. Minneapolis

Fee: \$6

DAYTIME DISC GOLF

Come enjoy some time outside playing disc golf. Bring your own discs if you have them, otherwise we will provide one per person.

Wednesday, August 12 2:00 - 3:30 p.m. Rosland Park: 4300 W 66th St, Edina



Fee: \$6

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, June 3 - July 29 (OFF 7/1) 6:30 - 8:30 p.m. unless noted otherwise Join us at *every* event for these costs:

Resident: \$57* / Non-Resident: \$65* Or register for \$10* *per event* on page 7.

June 3: Welcome Party Picnic Louisiana Oaks Park Pavilion Bring dish/dessert to share. Reach will provide sandwiches.

June 10: Lawn Bowling at Brookview Brookview CC Time: 6:30 - 8:00 p.m. Fee: \$15



June 17: Beach and Boats at Bde Maka Ska

<u>3000 E Bde Maka Ska Pkwy, Minneapolis</u> We'll meet at the 32nd Street beach pavilion. If you use Metro Mobility, let them know it is an "outdoor drop" when scheduling your ride.

June 24: Red, White, and Blue Cooking Night Eisenhower Community Center

July 8: Out to the Movies at Plymouth Grand 15 3400 Vicksburg Ln, Plymouth Time: TBD (around 6:30 p.m.)

July 15: Out to Eat at 50s Grill 5524 Brooklyn Blvd, Brooklyn Center

July 22: St. Louis Park Summer Concert

Veterans' Memorial Amphitheater; 3700 Monterey Drive, St. Louis Park 6:30 - 8:30 p.m.

July 29: End of Summer Party with Ice Cream Bar and Bingo Louisiana Oaks Park Pavilion

NOTE:

We have updated our Adaptive Recreation and **Inclusion policies** on our wesbite.

See the page for either of these services to review the policies.

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.

Sunday, May 31: Thielen Foundation **Celebrity Softball Game** Meet us at St. Paul Saints field to watch Adam Theilen and other MN Vikings play softball! CHS Field: 360 Broadway St, Saint Paul Game at 5:00 p.m. (Meet at 4:30 p.m. at the 4th Street entrance) Fee: \$30 (includes ticket)

Friday, June 5: MN "N-Ice" Cream and Socializing 807 Broadway St NE, Minneapolis 6:30 - 8:00 p.m. Fee: \$6; Addt'l Cost: Bring \$5-7 for ice cream.

Thursday, June 18: River Rats Water-skiing Show 1758 West River Rd N, Minneapolis 6:00 - 8:00 p.m. Fee: \$6

Saturday, July 18: Swimming at Shady Oak Beach 5200 Shady Oak Rd, Minnetonka 6:00 - 7:30 p.m. Fee: \$6; Addt'l Cost: Bring \$3 for entry.

Wednesday, Aug. 5: Reach Summer Olympics Brooklyn Park CC - Gardenview Room 6:30 - 8:30 p.m. Fee: \$10

Saturday, Aug. 15: Out to the Movies: Ghostbusters: Afterlife 400 Southdale Center, Edina TBD (around 6:30 p.m. show) Fee: \$20; Addt'l Cost: Bring money for concessions (optional). Meet at ticket box.

Tuesday, Aug. 18: Out to Eat: Hola Arepa 3501 Nicollet Ave, Minneapolis 5:30 - 7:30 p.m. Fee: \$6; Addt'l Cost: Bring \$15-20 for meal.

ON THE TOWN: ALL ABILITIES

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

Saturday, May 30: Bakken Museum 3537 Zenith Ave S, Minneapolis 11:00 a.m. - 1:00 p.m. Fee: \$6 (includes admission)



Saturday, June 6: Kick off to Summer Potluck Nelson Park; 2500 Georgia Ave S, St. Louis Park 5:00 - 7:00 p.m.

Fee: \$8. Bring chips, fruit, salad, or drink to share.

Saturday, June 27: Edina Water Park 4300 W 66th St, Edina 1:00 p.m. - 3:00 p.m. Fee: \$6; Addt'l Cost: Bring \$11.50 for entry.

Friday, July 10: Out to Eat at Snuffy's 17519 Minnetonka Blvd, Minnetonka 6:30 - 8:00 p.m. Fee: \$6; Addt'l Cost: Bring \$10-15 for meal.

Saturday, July 11: Wahlfors Raspberry Picking

1525 Deer Hill Rd, Long Lake 1:00 - 3:00 p.m. Fee: \$6; Addt'l Cost: Bring \$10-20 for berries.

Saturday, July 25: MN Zoo 13000 Zoo Blvd, Apple Valley 11:00 a.m. - 2:00 p.m. Fee: \$10 (includes entry)



Saturday, Aug. 1: Ice Cream & Games at Honey & Mackies 16725 County Rd 24, #106, Plymouth 6:30 - 8:00 p.m. Fee: \$6; Addt'l Cost: Bring \$5-7 for ice cream.

Saturday, Aug. 8: Out to the Movies at **Emagine** Theater

9900 Shelard Pkwy, Plymouth Time: TBD (around 6:30 p.m. show) Fee: \$20; Addt'l Cost: Bring money for concessions (optional).

Adaptive Recreation & Inclusion Program Policies

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 registere 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 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 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—Summer 2020*

Priority Registration OPEN NOW! • Open Registration starts April 7

Name:		Address:		City:	Zip:				
Phone: Alt. Phone:		Email:		Alt. Email:					
Birt	h Date: Emergency Cont	act Name:	City:Zip: ail:Alt. Email: Emergency Phone:						
PH	OTO WAIVER: To photograph this particip	pant for use in the agency's pu	Iblicity 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.									
Photo: Yes No Name: Yes No Allergies/Diet/Accessibility:									
	Programs (Listed Alphabetically)	Resident/Non-Resident		Outdoor Cooking Class: 7/27	\$16				
	Adaptive Sailing: 06/15 7/13 8/10	\$10 X (total #)		Picnic & Pontoon Fishing: 6/11 7/16	; \$16 each X (total #)				
	Bingo: 6/26	\$8 (\$10 at the door)		Pizza & Bingo: 🗖 7/6 🗖 8/6 🗖 8/26	\$17 / \$8-companions				
	Bowling at New Hope Bowl	\$44/\$52 □ Ramp □ Bumpers		Reach "On Tap" Event (see page 12)	\$40 (by 6/1)/\$50 X				
	Adult Vouth (Ages 5-17)			Singles Night Out: 7/24	\$6				
	Bowling at Park Tavern Adult Youth (Ages 5-17)	\$44/\$52 🖵 Ramp 🗖 Bumpers		Snacks & Cinema: 06/25 7/30 8/27	y \$8 each				
	Bowling Banquet: 8/17	\$15 bowlers; \$7 guests X		Social Seekers	\$205				
	Chain of Lakes Adapted Canoe Trip: 8/2	\$10/\$15 X (total #)		Softball	\$44 / \$52				
	Cooking Night: Pasta Primavera: 8/20	\$21		Teen Explorers	\$49 / \$57				
	Craft: DIY Confetti Canvas: 8/19	\$16		Wednesday Night Social Program	\$57 / \$65 (for all below)				
<u> </u>	,			Wednesday Night Social Individual Activities (\$10 each, unless not					
	Craft: DIY Container Herb Garden: 6/29	\$12	11		o the Movies				
	Craft: Flip Flop Wreath or Welcome Sign: 7/9	\$12	11	0	o Eat at 50s Grill				
	Dance: 🗖 7/17 🗖 8/21	\$6 (\$8 at the door)			uis Park Summer Concert				
	Daytime Disc Golf: 8/12	\$6	├───	Red, White & Blue Cooking: \$15 🛛 End c	or Summer Party				
	Daytime Sculpture Gardens: 7/20	\$6		Weekend Ventures - Send me info.	<u> </u>				
	Karaoke with Mocktails & Snacks: 7/31	\$16		Yoga	\$46/\$54				
	Minnesota Twins Game: 8/3	\$10 (companions too) X (total #)		Zumba Trial: 6/8	\$5/\$7				
On the Town									
	Celebrity Softball Game: 5/31: \$30 🛛 🔲 Reach	Summer Olympics: 8/5: \$10							
□ Ice Cream & Socializing: 6/5: \$6 □ Out to the Movies: 8/15: \$20			Therapeutic Recreation Assessment By Appointment Only						
River Rats Show: 6/18: \$6 Out to Eat at Hola Arepa: 8/18: \$6				Request an individual appointment with a licensed Certified Therapeutic Recreation Specialist at Reach to discuss your current activities and goals. We'll research available resources in					
Swimming at Shady Oak Beach: 7/18: \$6									
	the Town - All Abilities		llvou	r area to help come up with a plan for r leisure activities. We can have a follo	you get the most out of				
Bakken Museum: 5/30: \$6 Raspberry Picking: 7/11: \$6				nths if you'd like further evaluation.	w up meeting in 6 0r 12				

Out to Eat at Snuffy's: 7/10: \$6 Out to the Movies 8/8: \$20 Please mail completed form with payment to: Reach for Resources 5900 Green Oak Drive, Suite 303 Minnetonka, MN 55343

MN Zoo: 7/25: \$10

□ Ice & Games: 8/1: \$6

or fax to 952-229-4468

Edina Water Park: 6/27: \$6

□ Kick off to Summer Potluck: 6/6: \$8

* Online registration is available at www.reachforresources.org.

DMIN USE	Registered by	Amt Pd \$	Ck#	
	Pymt Received by			

By registering, you acknowledge that you have read and understood the Program Policies on page 8, and you agree to be bound by them.

□ \$100 – 1-hour appointment + follow-up meeting

□ \$75 – 1-hour appointment

Program Total:	\$				
Optional Donation to Reach	\$				
TOTAL ENCLOSED:	\$				
Cash Check Credit Card # Exp. Date: Sec. Code: Name on Card:					