

We're excited to offer both virtual & in person programs this summer!

Thank you to everyone who came out to support our Meat Raffle & Bingo event.

Save the date! Cackle & Spur is September 29. For more details, visit our website.

Supporting Individuals with Developmental Disabilities and Mental Illness to Reach Their Full Potential

SUMMER 2021

# The Reach Reader



## HEALTHY COOKING: APPLESAUCE

Kristen has been working towards expanding her cooking skills and following healthy food guidelines with the Community Living Reach staff. In an effort to utilize foods already purchased, Kristen and her staff Hailey, prepared homemade cinnamon applesauce. The applesauce brought together cooking and clean eating practices for Kristen. As a result of preparing the homemade applesauce, Kristen was in control of what went into her food and she could limit the added sugar. Kristen has always put forth effort when it comes to cooking and her hard work was exhibited here. Hailey demonstrated how to peel the apples in long smooth strokes and gliding motions with Kristen's vegetable peeler. Kristen told Hailey peeling the apples felt sort of like "you're skating." It is helpful when supporting people to find an example of what skill you are trying to teach. This idea was put forward in the next recipe step; chopping the peeled apples. To show Kristen how to work with the knife, Hailey used the examples of brushing your teeth and sawing down a tree; a steady back-and-forth motion. *(continued on page 2)*



## 29TH ANNUAL BOWL-A-THON

Saturday, June 5 • 11 a.m. - 1 p.m.

Recreation Outdoor Center (ROC), St. Louis Park

Register online: [reachforresources.org/events/bowl-a-thon](https://reachforresources.org/events/bowl-a-thon)

Fee: \$40 by May 1; \$50 after May 1

In an effort to provide a safe and fun interactive opportunity, the event will look a little different again this year. We will be holding the Bowl-A-Thon outside at the Recreation Outdoor Center (ROC); it's a covered and accessible facility. Collect pledges and then join us for lots of games, boxed lunches and prizes! Don't miss this great opportunity to help support Reach for Resources!



# CHILDREN'S MENTAL HEALTH TARGETED CASE MANAGEMENT

by April Harshman, Senior Case Manager for Children's Mental Health

The last year has been filled with lots of fear and frustrations. As adults, we struggle with everything going on in the world and we often forget about how the events of 2020 have affected our children, both in the short-term and the long-term. Many of our children were already having a difficult time navigating the world and managing their emotional health. Their ability to process emotions in the many areas of their life is impacted. How do we help our youth process all of these changes while addressing the already present mental health concerns? Many turn to Children's Mental Health Targeted Case Management to help navigate different services and supports for our children struggling with their mental health.

## What is Children's Mental Health Targeted Case Management?

Often referred to as TCM and initiated in the early 1990's, this service provides support, resources and advocacy to children with severe emotional disturbances. Your child's case manager serves as a broker-of-services. It can be overwhelming for parents to sift through all of the mental health services available. It is our mission as the case manager to seek out and connect youth with the most supportive and relevant services offered within the community. That can include referring you to a clinical professional for therapy, psychiatry and psychological evaluations, finding social activities and mentor programs, exploring alternative school options, locating intensive day programs and connecting you to vocational and waiver programs. The possibilities and realm of our services are endless! Families and their child work with their case manager to develop a treatment plan with goals and identify how you will work together to accomplish those goals through collaboration, cultural sensitivity and compassion for your child's well-being. We recognize that often times there are gaps in what you need versus what you can get. Case managers network with other professionals who can provide suggestions and guidance, allowing some of these gaps to be filled in. As the parent of a child who struggles with mental health, I understand the worrisome feeling when you do not know where to turn for help. We spend a great deal of our time researching mental health services, vetting providers, filling out paperwork for the family and submitting referrals for services. Once a child is receiving services with a provider, we maintain contact with that provider to ensure their mental health needs are being met. This includes phone calls, emails and team meetings.

## How do you know if your child qualifies for Children's Mental Health Case Management? Are you concerned with your child's ability to get along with others, anger, aggression, limited social skills, their overwhelming and persistent feelings of sadness or anxiousness?

They may already have a clinical diagnosis that these symptoms characterize. But what do you do after you gain this information? The first step is to call your local health and human services department. In Hennepin County, families are urged to call the Front Door at (612) 348-4111. If your child has not been assessed yet, the coverage worker can assist you with taking that first step. This means suggesting a provider who can complete a Diagnostic Assessment (DA), a clinical evaluation provided by a licensed professional that determines appropriate treatment and diagnosis' based on symptoms. Your child needs a DA completed to qualify for TCM. Your child must be determined to have a Severe Emotional Disturbance (SED), a mental, behavioral or emotional disorder expected to persist past age 22 that significantly interferes with the child's ability to function at home, school or in the community. Common diagnosis' qualifying a child for TCM include clinical depression/anxiety, Post-Traumatic Stress Disorder, Autism Spectrum Disorder, Bipolar Disorder and Schizophrenia. Once your child has a qualifying diagnosis, Hennepin County can refer you to a contracted case management agency who will begin their journey with you to improve your child's overall functioning, increase mental health, improve their quality of life while enhancing your family's strengths and support!

## BOARD OF DIRECTORS

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## HEALTHY COOKING: APPLESAUCE *(continued from page 1)*

After chopping the apples, Kristen independently measured out the other ingredients in the recipe (water, sugar and cinnamon) and added them to the bowl. After stirring in the ingredients to make sure all the apples slices were coated, Kristen covered the microwave safe bowl and cooked the mixture until the apples were soft. Without Hailey's instructions, Kristen did a great job remembering to use a hot pad when removing the bowl from the microwave. Lastly, Kristen mashed the mixture to her desired consistency and then enjoyed her homemade applesauce!

### Kristen's Healthy Apple Sauce Recipe

- 1) Peel apples (recommend at least 3 apples)
- 2) Slice apples and add them to a large mixing bowl
- 3) To the bowl, add 3 tbsp water, 2 tbsp cinnamon and 3 tbsp - 1/4 C sugar (to taste)
- 4) Mix until all apple slices are evenly coated
- 5) Microwave covered for 15-20 minutes or until soft
- 6) Mash with a potato masher or use a hand mixer to desired consistency
- 7) Enjoy!





# 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 visit: [www.reachforresources.org](http://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
- Robbinsdale
- Three Rivers Park District
- 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.

## REC PROGRAMS WILL BE OUTDOOR & VIRTUAL!

Vaccines are beginning to be distributed, but it will be a few months until most of the population has access. As we write this newsletter, restrictions are still in place and indoor programs are discouraged. Masks will be **required** at any in person programs until further notice.

The safety of the Reach community remains our first priority. Stay safe and we hope to see you soon!



## PROGRAM OPTIONS

For summer 2021, we will be offering in person and virtual programs. Learn more about each program type below.



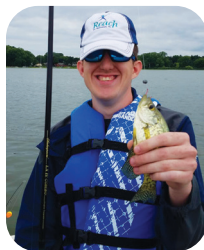
### VIRTUAL PROGRAMS

- Programs are for "All Ages" unless specified
- Virtual via: WebEx, Google Meet or YouTube



### IN PERSON PROGRAMS

- Programs are for "All Ages" unless specified
- Variety of locations based on the program
- Masks are required



## Independent Living Class Services - \$110 for series

Scholarships are available through the Minnesota Governor's Council on Developmental Disabilities. For more information, please contact Emily Orr at [eorr@reachforresources.org](mailto:eorr@reachforresources.org).

### COOKING, FOOD SPOILAGE & KITCHEN SAFETY

Tuesday, July 20  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### CLEANING & LAUNDRY

Tuesday, July 27  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### HOW TO SUCCESSFULLY LIVE WITH A ROOMMATE

Tuesday, August 3  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### FIRST AID & HEALTH

Tuesday, August 10  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### SAFETY I: FIRE, DOORBELL, CARBON MONOXIDE & WEATHER

Tuesday, August 17  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### SAFETY II: COMPUTER SAFETY, IDENTITY THEFT & ONLINE SHOPPING

Tuesday, August 24  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### BUDGETING & MONEY MANAGEMENT

Tuesday, August 31  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### ADVOCACY & COMMUNICATION SKILLS

Tuesday, September 7  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



### RECREATION & COMMUNITY ENGAGEMENT

Tuesday, September 14  
7:00 - 8:00 p.m.  
Fee: \$15  
WebEx



## ADULTS

### SINGLES NIGHT WITH OUTDOOR CANVAS PAINTING & DRINKS (AGES 18+)

Social distance but meet other singles! We will have some stations set up to complete outdoor paintings while also facilitating some getting to know you questions and games.



**Monday, August 9**  
**6:00 - 8:00 p.m.**  
**Fee: \$15**

*Oak Hill Park Outdoor Pavilion: 3201 Rhode Island Ave S, St. Louis Park*

## TEENS/YOUNG ADULTS

### TEENS NIGHT ICE CREAM SOCIAL (AGES 13-21)

We miss our Teen Explorers! Let's get together to catch up with a snack while we play some games and hang out.



**Tuesday, August 3**  
**6:00 - 8:00 p.m.**  
**Fee: \$5**

*Parker's Lake Park: 15205 County Road 6, Plymouth*

## EXERCISE

### DANCE WORKOUT

Join Emily for a fun, fast paced dance class where you get some exercise while having fun!



**Wednesdays,**  
**June 9 - 30**  
**10:30 - 11:30 a.m.**  
**Fee: Resident \$12 /**  
**Non-Resident: \$20**  
*WebEx*

## CLUBS, GROUPS & LEAGUES

### BOOK & FILM CLUB (AGES 16+)

Read the book (or listen to an audiobook) or watch the movie and join us for a lively discussion! We'll vote on the next book/movie at each meeting.



**June 3, July 1 & August 5**  
**2:00 - 3:30 p.m.**  
**Fee: \$9 for 3 meetings**  
*WebEx*

### GAME BREAK!

Join Emily and friends for a weekly fun and interactive game group! Some games we play include: Pictionary, 20 questions, Family Feud and many more!



**Mondays,**  
**June 7 - August 9\***  
**6:00 - 8:15 p.m.**  
**Fee: Resident \$20 /**  
**Non-Resident: \$28 for 8 meetings**  
*WebEx*  
*\*Off: 7/5*

### HIKING CLUB

This summer more than ever we are looking forward to being outside (safely) with you! Join us for a weekly accessible hike where we can talk, do scavenger hunts and play games as we go!

**Tuesdays, August 3 - 24**  
**2:30 - 3:30 p.m.**  
**Fee: Resident \$12 /**  
**Non-Resident: \$20**  
**for 4 meetings**  
*Westwood Hills Nature Center:*  
*8300 W Franklin Ave, St. Louis Park*



### NON-COMPETITIVE 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 24 - August 5\***  
**6:30 - 8:00 p.m.**  
**Fee: Resident \$44 / Non-Resident: \$52**  
**for 6 meetings**  
*Harley Hopkins Fields: 108 Jackson Ave S, Hopkins*  
*\*Off: 7/9; Weather make-up dates: 8/26 & 9/2*



### 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, solve riddles and enjoy working through our weekly highs and lows together. We will meet virtually for 9 weeks and then in person for the final week. Call 952-393-4277 for more information or to schedule an intake.

**Wednesdays, June 9 - August 18\***  
**5:00 - 6:00 p.m.**  
**Fee: \$105 for 10 meetings**  
*Google Meet*  
*\*Off: 7/5*



## CREATIVE CRAFTING

*New! If you want to do the craft but are not comfortable being in person, we can send you a kit along with a video on how to complete the project.*

### PATRIOTIC STAR DOOR HANGER (AGES 13+)

Get your home ready for summer with this USA themed decoration! You can hang it on a door or anywhere in your home. It would also make a great gift! **Register by 6/11.**

**Monday, June 21**  
**6:30 - 8:00 p.m.**  
**Fee: \$16**  
*Oak Grove Park: 10251 Douglas Dr, Brooklyn Park*



### DIY CONFETTI CANVAS (AGES 13+)

Create a one-of-a-kind masterpiece using sponge paints to make a design with different sized polka dots. Choose colors that will match a room in your home! **Register by 7/10.**

**Tuesday, July 20**  
**6:30 - 8:00 p.m.**  
**Fee: \$16**  
*Oak Hill Park Outdoor Pavilion:*  
*3201 Rhode Island Ave S, St. Louis Park*





## ONE TIME EVENTS

### BINGO (AGES 13+)

Join your friends in person to play everyone's favorite game! Everybody goes home a winner.

**Friday, June 25 &/or  
Friday, August 20**  
6:30 - 8:00 p.m.  
Fee: \$10 per event  
Oak Hill Park Outdoor  
Pavilion: 3201 Rhode  
Island Ave S,  
St. Louis Park



### VIRTUAL BINGO (AGES 13+)

Join your friends virtually to play everyone's favorite game! Everybody goes home a winner.

**Friday, July 30**  
2:30 - 4:00 p.m.  
Fee: \$5  
WebEx



### DISC GOLF

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

**Wednesday,  
August 25**  
2:30 - 4:00 p.m.  
Fee: \$5

Rosland Park: 4300 W 66th St, Edina



### KARAOKE & DANCE:

#### HAWAIIAN THEME (AGES 13+)

Join your friends and groove to all the latest hits as well as classic dance songs! Call 952-393-4277 for more information.

**Friday, July 16**  
6:30 - 8:00 p.m.  
Fee: \$5  
WebEx



### KARAOKE & DANCE: PURPLE PRINCE PARTY (AGES 13+)

Join your friends and groove to all the latest hits as well as classic dance songs! Call 952-393-4277 for more information.

**Friday, August 13**  
6:30 - 8:00 p.m.  
Fee: \$5  
WebEx



### LADY OF THE LAKE

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, September 8**  
6:00 - 8:30 p.m.  
Fee: \$12 / \$12 per companion  
City of Excelsior Public Dock:  
2 Water St, Excelsior



### MINI CRAFT EXTRAVAGANZA!

Join us for a few little craft projects that you will make and take home! We'll do stress balls, book marks and a keychain!  
**Register by 8/6.**

**Monday, August 16**  
6:30 - 8:00 p.m.  
Fee: \$16  
Oak Grove Park:  
10251 Douglas Drive, Brooklyn Park



### 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 10**  
**Thursday, June 17**  
5:00 - 8:00 p.m.  
Fee: \$16 per event  
West Medicine Lake Park: Plymouth



### SNACKS & CINEMA: THE SISTERHOOD OF THE TRAVELING PANTS (AGES 13+)

Join us for a movie and snacks!

**Thursday, June 24**  
6:00 - 8:30 p.m.  
Fee: \$3  
WebEx



### SNACKS & CINEMA: SOUL SURFER (AGES 13+)

Join us for a movie and snacks!

**Thursday, July 29**  
6:00 - 8:30 p.m.  
Fee: \$3  
WebEx



### SNACKS & CINEMA: THE TITANIC (AGES 13+)

Join us for a movie and snacks!

**Thursday, August 26**  
6:00 - 8:30 p.m.  
Fee: \$3  
WebEx



### TRIVIA: MOVIES & TV

Bring your own snacks and beverages and join us for a video (or audio only) hang out. Compete with trivia from your favorite topics with a host from Reach.

**Friday, July 23**  
2:30 - 4:00 p.m.  
Fee: \$5  
WebEx



### TRIVIA: SPORTS

Bring your own snacks and beverages and join us for a video (or audio only) hang out. Compete with trivia from your favorite topics with a host from Reach.

**Monday, August 23**  
2:30 - 4:00 p.m.  
Fee: \$5  
WebEx





## WEDNESDAY NIGHT SOCIAL (AGES 18+)

The goal of this program is to become more engaged in our communities and build social skills, coping skills and practice flexibility. Open to individuals of all abilities, some participants can bring a staff or caregiver if additional support is needed.

**Wednesdays, June 9 - August 4**

**6:30 - 8:30 p.m.** (unless noted)

Sign-up for ALL the events:

- Resident: \$57 / Non-Resident: \$65
- Or \$10 per event (unless noted)

### June 9: Welcome Back! Picnic (6:30 - 8:00 p.m.)

*Nelson Park: 2500 Georgia Ave S, St. Louis Park*

Get together with Reach and friends as we enjoy a social distancing picnic together! Bring your own bag lunch. Reach will provide beverages.



### June 16: Bocce Ball

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*  
Enjoy a classic yard game of bocce ball with friends!



### June 23: Beach and Boats at Bde Maka Ska

*3000 E Bde Maka Ska Pkwy, Minneapolis*

Join us as we get out on the water on pedal boats or kayaks!



### June 30: Red, White & Blue No Bake

**Cooking Class (\$15)**

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*  
Join Reach and friends as we bake some delicious deserts with a patriotic theme!



### July 14: Raspberry Picking (5:30 - 7:00 p.m.)

*Wahlfors in Long Lake: 1525 Deer Hill Rd, Long Lake*

Let's get out in the sun and pick some delicious raspberries. You can come hang out for free or purchase some berries to bring home!



### July 21: Build & Fly a Kite!

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*  
Hang out with friends while we build and fly kites outside.



### July 28: Slime & Fish in a Bag (6:30 - 8:00 p.m.)

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*  
Let's get creative and make our own aquarium in a bag!



### August 4: End of Summer Bingo & Ice Cream Bar Social

*Nelson Park: 2500 Georgia Ave S, St. Louis Park*

Get together with Reach and friends as we enjoy an ice cream bar and bingo!



## ON THE TOWN: ALL ABILITIES (AGES 18+)

A mix of in person and virtual (WebEx) events. More details upon registration and before the event.

### June 8: Popsicle Party and Social Distancing Games

**6:30 - 8:30 p.m. • Fee: \$5**

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*

Join Reach as we get together in person eating some delicious popsicles and playing some social distancing games!



### June 17: Sand Pail Pudding

**6:30 - 8:30 p.m. • Fee: \$10**

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*

Enjoy a desert and craft all in one as we put together a sand pail pudding master piece!



### June 29: Jumanji Escape Room

**3:00 - 4:30 p.m. • Fee: \$5**

*Virtual - WebEx*

Grab your thinking caps and join Reach as we try to escape the game of Jumanji!



### July 15: Virtual Showing of The Sandlot

**6:30 - 8:30 p.m. • Fee: \$5**

*Virtual - WebEx*

Kick back and relax and watch a classic summer movie from the comfort of your home.



### July 27: Swimming at Parker's Lake Beach

**5:30 - 7:30 p.m. • Fee: \$5**

*15205 County Road 6, Plymouth*

Join Reach at the beach as we enjoy a beautiful summer day together!



### August 6: Paint Your Own Garden Stepping Stone

**3:00 - 5:00 p.m. • Fee: \$14**

*Virtual - WebEx*

Let's get creative and make our own stepping stones! We will mail you a kit before the program date. **Register by 7/27.**



### August 12: Summer Jeopardy and Games

**6:00 - 7:30 p.m. • Fee: \$5**

*Virtual - WebEx*

Join Reach as we play everyone's favorite game, Jeopardy!



### August 27: End of Summer Picnic and Social Distancing Games

**6:30 - 8:30 p.m. • Fee: \$5**

*LA Oaks Park Pavilion: 3520 Louisiana Ave S, St. Louis Park*

Come together with Reach and friends as we enjoy a social distancing picnic and games! Bring your own bag lunch. Reach will provide beverages.



## 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 canceled 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 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 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 2021\*

Priority Registration **OPEN NOW!** • Open Registration starts April 5th

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Alt. Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_ 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.

Photo: Yes ☐ No ☐ Name: Yes ☐ No ☐ Allergies/Diet/Accessibility: \_\_\_\_\_

Programs (Listed Alphabetically)	Resident/Non-Resident
<input type="checkbox"/> Bingo (1): 6/25	\$10
<input type="checkbox"/> Virtual Bingo: 7/30	\$5
<input type="checkbox"/> Bingo (2): 8/20	\$10
<input type="checkbox"/> Book & Film Club - 6/3, 7/1 & 8/5	\$9 (3 meetings)
<input type="checkbox"/> Bowl-A-Thon: 6/5 T-Shirt Size: _____	\$40 in pledges by 5/1 \$50 in pledges after 5/1
<input type="checkbox"/> Bowl-A-Thon: 6/5 - LUNCH ONLY	\$20 # _____
<input type="checkbox"/> Craft - Patriotic Star Door Hanger - 6/21	\$16 <input type="checkbox"/> Mail me a kit
<input type="checkbox"/> Craft - DIY Confetti Canvas - 7/20	\$16 <input type="checkbox"/> Mail me a kit
<input type="checkbox"/> Dance Workout - starts 6/9	\$12 / \$20 (4 weeks)
<input type="checkbox"/> Disc Golf - 8/25 T-Shirt Size: _____	\$15 / \$23 (6 weeks)
<input type="checkbox"/> Game Break! - starts 6/7	\$20 / \$28 (8 weeks)
<input type="checkbox"/> Hiking Club - starts 8/3	\$12 / \$20 (4 weeks)
<input type="checkbox"/> Karaoke & Dance: Hawaiian Theme - 7/16	\$5
<input type="checkbox"/> Karaoke & Dance: Purple Prince Party - 8/13	\$5

## On the Town Individual Activities:

- ☐ OTT1: Popsicle Party (6/8) - \$5      ☐ OTT5: Swimming (7/27) - \$5  
☐ OTT2: Sand Pail Pudding (6/17) - \$10      ☐ OTT6: Garden Stone (8/6) - \$14  
☐ OTT3: Escape Room (6/29) - \$5      ☐ OTT7: Jeopardy (8/12) - \$5  
☐ OTT4: Virtual Movie Night (7/15) - \$5      ☐ OTT8: Summer Picnic (8/27) - \$5

## Independent Living Class Services (\$15 per class): ☐ Request Scholarship Funds

- ☐ ILCS1: Cooking/Kitchen Safety (7/20)      ☐ ILCS6: Safety II: Computer Safety (8/24)  
☐ ILCS2: Cleaning/Laundry (7/27)      ☐ ILCS7: Money Management (8/31)  
☐ ILCS3: Living with a Roommate (8/3)      ☐ ILCS8: Communication Skills (9/7)  
☐ ILCS4: First Aid/Health (8/10)      ☐ ILCS9: Community Engagement (9/14)  
☐ ILCS5: Safety I: Fire/Weather Safety (8/17)      ☐ All Classes (9 weeks) - \$110

<input type="checkbox"/> Lady of the Lake - 9/8	\$12 / \$12 per companion Companion(s) #: _____
<input type="checkbox"/> Mini Craft Extravaganza! - 8/16	\$16
<input type="checkbox"/> Non-Competitive Softball - starts 6/24 T-Shirt Size: _____	\$44 / \$52 (6 weeks)
<input type="checkbox"/> Picnic & Pontoon Fishing (1) - 6/10	\$16
<input type="checkbox"/> Picnic & Pontoon Fishing (2) - 6/17	\$16
<input type="checkbox"/> Singles Night - 8/9	\$15
<input type="checkbox"/> Snacks & Cinema (1): The Sisterhood of the Traveling Pants - 6/24	\$3
<input type="checkbox"/> Snacks & Cinema (2): Soul Surfer - 7/29	\$3
<input type="checkbox"/> Snacks & Cinema (3): The Titanic - 8/26	\$3
<input type="checkbox"/> Social Seekers - starts 6/9	\$105 (10 weeks)
<input type="checkbox"/> Teen Night Ice Cream Social - 8/3	\$5
<input type="checkbox"/> Trivia: Movies & TV (1) - 7/23	\$5
<input type="checkbox"/> Trivia: Sports (2) - 8/23	\$5
<input type="checkbox"/> Wednesday Night Social Series	\$57 / \$65 (for all below)

## Wednesday Night Social Individual Activities (\$10 each unless noted)

- ☐ 1: Picnic (6/9)      ☐ 5: Raspberry Picking (7/14)  
☐ 2: Bocce Ball (6/16)      ☐ 6: Build & Fly a Kite (7/21)  
☐ 3: Beach & Boats (6/23)      ☐ 7: Fish in a Bag (7/28)  
☐ 4: Cooking Class (6/30) - \$15      ☐ 8: Bingo & Ice Cream (8/4)

## Therapeutic Recreation Assessment *By Appointment Only*

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 your area to help come up with a plan for you get the most out of your leisure activities. We can have a follow up meeting in 6 or 12 months if you'd like further evaluation.

- ☐ \$75 - 1-hour appointment  
☐ \$100 - 1-hour appointment + follow-up meeting

**Sign here to acknowledge that you have read and understood the Program Policies on page 6, and you agree to be bound by them. Participants and/or caregivers or guardians can sign.**

Participant Signature: \_\_\_\_\_

Caregiver or Guardian: \_\_\_\_\_

Please mail completed form with payment to:  
 Reach for Resources  
 5900 Green Oak Drive, Suite 303  
 Minnetonka, MN 55343

or  
 Fax: 952-229-4468

\*Online registration is available at: [www.reachforresources.org](http://www.reachforresources.org)

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

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Fax: 952-229-4468  
[www.reachforresources.org](http://www.reachforresources.org)



## REACH "ON TAP"

Summer Fundraiser

MONDAY, JUNE 21

6:00 - 9:00 p.m.

Boom Island Brewing, Minnetonka

Tickets: \$40 by June 1; \$50 after June 1

Join us for a night of specialty beer, fantastic food and games. Online bidding is open for the silent auction.

**Bid & Register TODAY:**

[www.reachforresources.org/events/reachontap](http://www.reachforresources.org/events/reachontap)

### WIN AN ARGO ATV!

Purchase your \$20 raffle tickets today for a chance to win an Argo XR 500 ATV. Drawing will be June 21st at Boom Island Brewing in Minnetonka. You do not need to be present to win. For a list of where you can purchase tickets visit: [www.reachforresources.org/events/win-an-argo-atv](http://www.reachforresources.org/events/win-an-argo-atv)

