Shoreview has joined our Inclusion Support Cities.

Help us raise \$25,000 for Give to the Max Day on November 21.

TRAIL by Reach expands transportation to the city of St. Louis Park.

Empowering people of all-abilities to reach their full potential.

Fall 2024



Brian's Journey to Owning a Home



To learn more about Reach's In Home Supports visit: reachforresources.org/inhome

Over the past 6 years, Brian has undergone some exciting life changes, from renting his first apartment to purchasing his own home. How did he accomplish these big life changes? After Brian graduated from Vector with a degree in computers, he independently secured a job at a local computer business. At this point, his parents sought additional resources to help their son fully integrate into his community and become self-sufficient. Upon hearing about Reach for Resources from a friend, Brian's mom contacted our Director of Community Living to inquire about our in-home services. Our in-home services help adults with developmental disabilities integrate into their communities while achieving the highest level of self-reliance possible.

In 2018, Brian began working with Thuy, one of our Community Living Specialists. Thuy and Brian met weekly to develop and work on various independent living skills like cooking and cleaning. This eventually led to Brian acquiring his first apartment and living on his own. Throughout this transition, Thuy supported him every step of the way. As Brian settled into his apartment, they continued their weekly meetings to practice cooking, trying new recipes, tackling apartment maintenance, and addressing any issues that arose. Even through Covid, Thuy and Brian persisted, meeting virtually until it was safe to meet in-person outdoors. At Brian's apartment, they would grill in the courtyard, where Brian perfected his grilling skills, particularly hamburgers—now a signature dish his dad loves! Around this time, Brian also joined one of Reach's non-competitive bowling leagues, that meets every Saturday. Living independently, attending a weekly bowling league, and maintaining the same job for over 20 years, Brian was starting to come into his own.

Exciting Employee Growth & Restructure

We are happy to share with you some exciting updates about our ongoing growth and expansion. To meet increasing demand and uphold our commitment to providing exceptional services, we have welcomed several new employees to our team. Additionally, we have restructured our leadership team to boost efficiency and better support our mission. These changes reflect our dedication to fostering a dynamic and supportive environment, ensuring that we can continue to meet the needs of our community effectively. We are confident these changes will have a positive impact and are deeply grateful for the continued support from our staff and board of directors.

Emily Orr, MA, CTRS - Senior Director of Strategic Development

Emily has been promoted from the Director of Adaptive Recreation & Inclusion to our new Senior Director of Strategic Development. She will be responsible for fundraising, developing strategic goals, creating short- and long-term plans to meet these goals, and maintaining & fostering relationships. Emily started as the Director of Adaptive Recreation & Inclusion with Reach in 2015. During her tenure, the recreation staff has doubled, program offerings have increased by 65%, and billable time for inclusion has increased nearly 300%. Emily has a passion for our mission and a strong belief in the value of all of our services. In her new role, she is looking forward to spreading the word about Reach to new community members.





Sally Krull, MA, CTRS - Director of Adaptive Recreation & Inclusion

We are excited to welcome Sally Krull as our new Director of Adaptive Recreation & Inclusion. Sally joins us from St. David's Center, where she worked as a Therapeutic Recreation Coordinator for the past six years. She has dedicated most of her career to recreation and disability services, starting at True Friends summer camp at age 18. Sally is eager to dive into Adaptive Recreation & Inclusion at Reach, bringing fresh ideas to our ongoing great work.

Larissa Beck - Senior Director of Program Services

Larissa has been promoted from Director of Community Living to our new Senior Director of Program Services. She will now oversee all programs at Reach including Community Living, Adaptive Recreation & Inclusion, Case Management, Counseling, and Mental Health. Larissa started at Reach in 2009 as a Community Living Specialist and later became Director, where she expanded our Employment and Housing Services. In her new role, she aims to enhance collaboration across departments and build on Reach's great work.





Cassie Keller - Director of Community Living

Cassie has been promoted from Assistant Director to Director of Community Living. She will now oversee and implement all of our Community Living, person-centered services. Starting at Reach in 2012 as a Community Living Specialist, she worked one-on-one with individuals to build their independence. Cassie was later appointed Designated Coordinator, ensuring compliance with licensure requirements. Passionate about our mission, Cassie believes in empowering individuals to advocate for themselves. In her new role, she looks forward to maintaining relationships and expanding the department to support more individuals.

Star Tribune Top Workplace for Second Year!

Reach for Resources has been named one of the Top 200 Workplaces in Minnesota by the Star Tribune for a second year in a row! This year, Reach moved up three spots to #15 among Small Businesses.

Top Workplaces recognizes the most progressive companies in Minnesota based on employee opinions measuring engagement, organizational health and satisfaction. The analysis included responses from 149,176 employees at Minnesota public, private and nonprofit organizations. The rankings in the Star Tribune Top 200 Workplaces are based on survey information collected by Energage, an independent company specializing in employee engagement and retention.

TOP 200 WORKPLACES 2024

"Our employees are deeply committed to our mission, the individuals we support, and empowering them to live, work, and play within their community," said Kate Bottiger, Executive Director at Reach for Resources. "We prioritize the well-being of both those we serve and our staff. It is a true honor to work alongside my colleagues to ensure everyone has the resources and opportunities they need to reach their full potential."

To qualify for the Star Tribune Top Workplaces, a company must have more than 50 employees in Minnesota. Over 5,000 companies were invited to participate. Rankings were composite scores calculated purely on the basis of employee responses.



A complete list of those selected is available at startribune.com/mn-top-workplaces.

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Brian's Journey to Owning a Home (continued from page 1)

As rent prices continued to rise, Brian's brother suggested he purchase a home, with mortgage payments being comparable to rent. Armed with a budget, Brian began house hunting. In a seller's market, it took him a few months to find the perfect home. In August 2023, Brian officially moved into his newly purchased house. Continuing to live independently, Brian met weekly with Thuy to navigate the responsibilities of homeownership. Thuy supported him through major home improvements, such as

replacing gutters and resolving sewer issues, with his brother's help. Brian loves his new home because he "always has a parking spot, and it's quiet—no one doing the Cha-Cha a floor above him at all hours of the day." Plus, he enjoys cooking his favorite meals like shepherd's pie, tater tot hotdish, and chicken teriyaki with rice. Brian has also expanded his culinary skills to include baking, particularly pies and cakes, earning him a reputation among family, friends, and co-workers for his delicious pressure cooker cake made with just cake mix and soda.

Looking ahead, Brian plans to make additional renovations to his home, including updating his kitchen cabinets with assistance from his brother, who's an architect. Additionally, Brian is excited to start grilling, to keep rolling strikes at Reach's weekly bowling league, and to continue working at his current job, where he reached the 25-year milestone this year.

Over the past 6 years, Brian has encountered ups and downs, but with Reach's in-home services and Thuy's support, he has flourished. Brian's dad remarked, "Thuy has gotten Brian through

some challenging times and advocated for him. There was a very serious situation with the police that wasn't Brian's fault. Thuy advocated for Brian and explained to the police that Brian couldn't have done what they said he did. We are so thankful for that. Thuy has taught Brian many practical skills. He pays more attention to her, someone outside of his parents." Brian's dad continued, "Thuy has helped Brian become more self-sufficient with cooking and recipes. My wife and I have seen Brian blossom a lot since Thuy has been working with him."

Brian advice for anyone considering Reach, "Yes, join Reach because they have a lot of resources to help people be independent. Thuy has been a major help in my life. I don't think I would have been able to get an apartment or help with other stuff without Thuy." We are excited to witness Brian's continued growth and independence in his community and first home.



TRAIL by Reach expands to St. Louis Park

Starting September 1st, TRAIL by Reach will provide transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina, St. Louis Park, and Richfield. We transport our riders to recreation, leisure, and educational programs offered by Adaptive Recreation & Learning Exchange (AR&LE) and by Reach, if a is program hosted in one of these designated cities. For more information and to register for this service, please visit: reachforresources.org/trail.

Learn More!

reachforresources.org/trail

Questions?

Jill Squires, TRAIL Manager 612-401-6395

TRAIL@reachforresources.org





Bowling for Buses 9-Pin No-Tap Fundraiser

Get ready to knock down some pins and support TRAIL by Reach. Join us for a fun-filled afternoon of bowling, food, and prizes! This event is open to all community members, TRAIL riders, and our Adaptive Recreation participants. Bowler tickets cannot be purchased at the event. **Please register by September 2.** We look forward to seeing you there!

Saturday, September 7 | 2:00 - 5:00 p.m. \$25 Bowler | \$15 Spectator AMF Southtown Lanes - Bloomington All Ages & Abilities Welcome











Thank you for attending our Family & Friends Event!

Thank you to everyone who attended Reach's Family & Friends event on June 17! Your presence made the day special as we celebrated our wonderful community. We hope you enjoyed the activities and had the opportunity to connect with others. We look forward to seeing you at our future events. To see all of the event photos visit: reachforresources.org/FriendsFamily.

Thank you to our sponsors!













ADAPTIVE RECREATION PROGRAMS

AM I A "RESIDENT"?

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

- Brooklyn Center Inver Grove Heights
- Brooklyn Park
- Maple Grove

- Chanhassen
- Plymouth
- Edina
- St. Louis Park
- Golden Vallev

If you live in another city, please pay the non-resident fee upon registration.

For more information, call 952-393-5880 or visit: reachforresources.org.

All programs are pre-registration only. Registration for a program is required at least 3 days before the start date unless otherwise noted.

EASY ONLINE REGISTRATION!

We have an online sign-up software that makes it easier than ever to find and register for programs. This software allows you to create an account, view your invoices and download a calendar with all your upcoming programs.

> Sign-up for an account: reach.recdesk.com

PROGRAM DETAILS

For 2024, we will be offering a variety of programs including different billable options.



program

 TRAIL transportation available for



Virtual via: Teams or Zoom



- Variety of locations
- Masks are welcome but not required for indoor programs



- Program billable via ILS Therapies on DD or CADI waivers
- Contact Sally Krull to learn more
- * Almost all of our programs can be billed through CDCS waivers. Contact Sally Krull to learn more.

INCLUSION SUPPORT

Reach provides inclusion support to children and adults with disabilities who would like to participate in their city's park and recreation programs. Registration for these programs is done through your local park & rec department. Inclusion support through Reach is offered in the cities of:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Chaska
- Crystal
- Edina
- Golden Vallev
- Inver Grove Heights
- New Brighton

- New Hope
- Plymouth
- Robbinsdale
- Roseville
- Shoreview
- St. Louis Park
- Three Rivers Park District
- Woodbury

To learn more, visit: reachforresources.org/inclusion.

After registering for a city park program, contact Reach to discuss the needs/ accommodations for yourself or your child via: inclusion@reachforresources.org.

Please allow a minimum of two weeks notice for a successful inclusion.

CONTACT INFORMATION

Have a question or concern about a program or need additional information? Please reach out to our Adaptive Recreation & Inclusion Department.



Sally Krull, MA, CTRS Director of Adaptive Recreation & Inclusion

Fmail:

skrull@reachforresources.org

Call or Text:

952-393-5880



Brienna Max

Assistant Director of Adaptive Recreation & Inclusion

Email:

bmax@reachforresources.org

Call or Text:

952-393-4277

PROGRAM POLICIES & PROCEDURES

REGISTRATION

- · All participants must be registered for a program to attend. Friends, housemates, etc. cannot attend with a registered participant without obtaining special permission from the Reach Recreation Department. If the activities are held at a community center, there are often common spaces where others can wait.
- Registrations are accepted online, in person, or by mail. Registrations are not taken at programs or over the phone.
- Register at least two weeks before the beginning of a program. Some programs do fill up, and you may be placed on a waiting list if the program is full.
- If you register for a recurring program after it has started, Reach will welcome you to join and prorate the registration fee as long as there is space in the program.
- Online registration closes three days before each program.

REGISTRATION CONFIRMATION

Registration confirmations will be sent to the email used during registration or the email provided on the email form.

PAYMENT METHODS

- Reach accepts all major credit cards, cash, checks and money orders.
- CDCS waivers can be billed with guardian approval and proper paperwork.
- Traditional waivers are only accepted for ILS therapy programs (Art Therapy and Rec Therapy).

PROGRAM & CLASS CANCELLATIONS

While rare, Reach reserves the right to cancel a program due to circumstances beyond our control including severe weather or due to a lack of staff and/or participants.

PROGRAM WITHDRAWAL

- Participants who call or email to withdraw from an activity at least two weeks before the activity are eligible to receive a refund. A \$5 cancellation fee will be charged per class. Refunds are not awarded with less than 2 weeks' notice or for ticketed events.
- There are no refunds for a missed program or class.
- ILS therapy classes abide by a separate cancellation policy.

STAFF RATIOS / SUPPORT STAFF / CAREGIVERS

- Caregivers, family & support staff can attend any programs except for Independent Adult Programs.
- Staff ratios are different for each program. If a participant requires more assistance than a program offers, please provide that support by sending along a caregiver.
- Reach staff is unable to spend a lot of 1:1 time with participants. Individuals who need 1:1 support should always have support staff with them at programs.

Reach cannot be responsible for participants who arrive early or depart late from the scheduled program times. All participants who arrive early to a program must wait in the lobby or near the front entrance until the scheduled program time.

• 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.

MEDICATIONS

- Medications, prescription, and non-prescription drugs are the sole responsibility of the participant. At no time can a Reach staff assume responsibility for or administer medications in any form.
- Reach staff can assist with lifesaving procedures (ex: EpiPen®) as long as staff are made aware of the potential need for this procedure & provided with the necessary supplies.

ILLNESS / INJURY

• If a participant becomes ill or injured, staff will contact the emergency contact immediately. If the emergency contact can't be reached, staff will contact medical personnel.

INFECTION CONTROL

- To minimize exposure to other participants and staff, participants are requested to stay home if they have the following symptoms/diagnoses:
- Covid-19. If you are diagnosed with Covid-19 or suspect you may have Covid-19 please follow CDC guidelines for quarantine and isolation.
- An upper respiratory infection such as bronchiolitis or influenza.
- Fever of 100 degrees Fahrenheit or over within the past 24 hours. Individuals must be fever-free WITHOUT the use of Tylenol or other fever-reducers for at least 24 hours.
- · Vomiting or diarrhea within the past 24 hours.
- Head lice or pink-eye (must be on eye-drops for at least 24 hours before attending).
- · Strep-throat or any other illness that requires antibiotics. Individuals must be on antibiotics for at least 24 hours before attending a program.



ALL PROGRAM & PROCEDURES

To read all of our Adaptive Recreation & Inclusion procedures, please visit: bit.ly/RecPolicies.

COOKING & CRAFTS

COOKING NIGHT: HARVEST BOWLS

Use quinoa and in-season vegetables to craft a flavorful and nutritious meal. Elevate your culinary skills while enjoying the vibrant flavors of fresh, seasonal produce.

DAYS	DATE	TIME
Tue.	10/8	6:00-7:45 p.m.
Location	Sandburg Middle School: FACS Room 226; 2400 Sandburg Ln., Golden Valley, MN 55427	
Age	16+	
FEE	\$18 resident / \$20 non-resident	



CRAFT: DIY HOLIDAY GIFTS

Explore a selection of project ideas perfect for gifting. We'll provide materials for three unique gift options tailored for family or friends. Select your favorite and bring your creativity to life! Companions only need to register if they want to complete the project.

DAYS	DATE	TIME
Wed.	12/11	6:30-8:30 p.m.
Location	Chanhassen Recreation Center: Room 1; 2310 Coulter Blvd., Chanhassen, MN 55317	
Age	14+	
FEE	\$15 resident / \$17 non-resident /\$10 companion	



CRAFT:

SUNFLOWER COASTERS

Use jute, yarn, and a hot glue gun to create these festive and functional coasters! We'll have supplies for each person to make four. Companions only need to register if they want to complete the project.

DAYS	DATE	TIME
Mon.	9/30	6:30-8:00 p.m.
Location	SLP Rec Center: Galley Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	14+	
FEE	\$15 resident / \$17 non-resident /\$10 companion	



COOKING NIGHT: HOLIDAY COOKIES

Make a few different types of holiday cookies and decorate sugar cookies. Each person will go home with a small container of cookies to share with family and friends.

DAYS	DATE	TIME
Tue.	12/17	6:00-8:00 p.m.
Location	Sandburg Middle School: FACS Room 226; 2400 Sandburg Ln., Golden Valley, MN 55427	
Age	16+	
FEE	\$18 resident / \$20 non-resident	

55+ SOCIAL GROUP: PRIME TIME ARTISTRY

Enjoy step-by-step painting, soap making, and an interactive music session. Each week, our staff will guide the featured activity and start with an icebreaker question. All materials will be provided. *Off 11/28

DAYS	DATE	TIME
Thu.	11/21-12/19*	10:00-11:30 a.m.
Location	Edina Senior Center: Classroom 2; 5280 Grandview Square # 101, Edina, MN 55436	
Age	55+	
FEE	FREE	





SPORTS & RECREATION

NON-COMPETITIVE SOCCER



Join our non-competitive soccer program, where the focus is on fun, learning, and skill development. Our staff will review the rules, guide basic skills practice, and facilitate friendly scrimmages. All abilities are welcome.

DAYS	DATE	TIME
Thu.	8/22-9/26	6:15-7:15 p.m.
Location	Park Center High School: Turf Field 1 (north); 7300 Brooklyn Blvd., Brooklyn Park, MN 55443	
Age	16+	
FEE	\$48 resident / \$56 non-resident	

BOWLING FOR BUSES



Get ready to knock down some pins! Join us for a fun-filled afternoon of bowling, pizza, and prizes. Please register by 9/2.

DAYS	DATE	TIME
Sat.	9/7	2:00-5:00 p.m.
Location	AMF Southtown Lanes; 7941 Southtown Ctr., Bloomington, MN 55431	
Age	All Ages	
FEE	\$25 resident & non-resident /\$15 companion	

BOWLING LEAGUE



Join our non-competitive bowling league, which provides a fun and inclusive environment. Registration includes two games of bowling per week and shoes.

NEW HOPE

DAYS	DATE	TIME
Sat.	9/28-11/16	12:00-2:00 p.m.
Location	New Hope Bowl; 7107 N 42nd Ave., New Hope, MN 55427	
Age	All Ages	
FEE	\$84 resident / \$93 non-resident	

LEARN TO PLAY PICKLEBALL



Whether you're a novice or looking to refine your skills, our sessions start with the basics, keeping things easy for new players and ensuring you master the game with confidence.

DAYS	DATE	TIME
Tue.	10/1-11/5	10:30-11:30 a.m.
Location	Plymouth Community Center: Gym 2; 14800 34th Ave. N, Plymouth, MN 55447	
Age	14+	
FEE	\$48 resident	/\$56 non-resident



55+ SOCIAL GROUP: LEARN TO PLAY



Each week, we will focus on a different sport: pickleball, basketball, soccer, and softball. Our staff will cover the rules, guide basic skills practice, and facilitate scrimmages. All materials will be provided.

DAYS	DATE	TIME
Tue.	10/1-10/22	1:30-3:00 p.m.
Location	Plymouth Community Center: Classroom 2C; 14800 34th Ave. N, Plymouth, MN 55447	
Age	55+	
FEE	FREE	



PARK TAVERN



DAYS	DATE	TIME
Sat.	9/28- 11/16	10:00 a.m12:00 p.m.
Location	Park Tavern; 3401 Louisiana Ave. S, St. Louis Park, MN 55426	
Age	All Ages	
FEE	\$84 reside	ent / \$93 non-resident



GAMES & MOVIES

BINGO

Join us for a fun and exciting event where players can test their luck and compete for prizes while enjoying great company. We strive to ensure everyone is a winner. Light snacks will be provided.

DAYS	DATE	TIME
Fri.	9/20	6:30-8:00 p.m.
Location	Brooklyn Center Community Center: Constitution Hall; 6301 Shingle Creek Pkwy., Brooklyn Center, MN 55430	
Age	All Ages	
FEE	\$8 resident /	\$9 non-resident

DAYS	DATE	TIME
Fri.	11/15	6:30-8:00 p.m.
Location	Brookview Community Center: Valley Rooms North & South; 316 Brookview Pkwy. S, Golden Valley, MN 55426	
Age	All Ages	
FEE	\$8 resident / \$9 non-resident	



SNACKS & CINEMA

Relax with some friends and enjoy a movie night complete with snacks.

CORALINE (PG)

Join us for a spooky movie night where you can enjoy some eerie themed snacks! Come dressed in your favorite spooky attire for an extra dose of fun. Runtime: 1hr 40mins

DAYS	DATE	TIME
Tue.	10/29	5:30-7:30 p.m.
Location	Edina Senior Center: Classroom 2; 5280 Grandview Square # 101, Edina, MN 55436	
Age	13+	
FEE	\$8 resident / \$10 non-resident	

THE GREATEST SHOWMAN (PG)

Join us for a fabulous evening of entertainment and singing. Enjoy a variety of delicious snacks as you experience the magic of cinema with friends. Indulge in tasty treats and good company. Runtime: 1hr 45mins

DAYS	DATE	TIME
Tue.	12/3	5:30-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	13+	
FEE	\$8 resident / \$1	0 non-resident



BINGO & PIZZA

Join us for a fun and casual event that brings together two beloved pastimes. Enjoy delicious pizza while playing various bingo games for a chance to win prizes and engage in friendly competition with friends. Companions only need to register if they plan to eat pizza.

DAYS	DATE	TIME
Thu.	11/21	5:45-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Gardenview Room; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	14+	
FEE	\$18 reside /\$9 comp	ent / \$20 non-resident panions

DAYS	DATE	TIME
Mon.	12/9	5:45-7:30 p.m.
Location	Chanhassen Recreation Center: Room 1; 2310 Coulter Blvd., Chanhassen, MN 55317	
Age	14+	
FEE	\$18 reside /\$9 comp	ent / \$20 non-resident panions



DANCES & PARTIES

DIALED DOWN DISCO

Plymouth Parks & Rec and Reach are excited to introduce the Dialed Down Disco, a new event often known as a "silent disco." Participants will wear wireless headphones to dance and sing along to various music stations curated by a DJ, with no music played through a speaker system. To ensure a positive sensory experience, the dance floor will be free of strobe lights and disco balls, and attendees can adjust the volume of their headphones individually. Additionally, sensory bins, sunglasses, and quiet break areas will be available for all guests.

DAYS	DATE	TIME
Thu.	10/3	6:00-8:00 p.m.
Location	Plymouth Community Center: Banquet Room; 14800 34th Ave. N, Plymouth, MN 55447	
Age	14+	
FEE	\$15 residen	t / \$17 non-resident



HOLIDAY JAMBOREE

Join us for a festive party, where you can unleash your creativity by making ornaments, test your luck with exciting rounds of bingo, enjoy the holiday spirit with joyful music, and indulge in hot chocolate. It's the perfect way to embrace the holiday season!

DAYS	DATE	TIME
Thu.	12/19	6:00-8:00 p.m.
Location	Brooklyn Park (Center: Garder 5600 85th Ave Brooklyn Park,	. N,
Age	14+	
FEE	\$15 resident /	\$17 non-resident



WINTER SOLSTICE PARTY

Immerse yourself in a cozy environment while celebrating the winter solstice. We'll enjoy some chocolate fondue and make lanterns in a warm and inviting atmosphere for relaxation, reflection, and connection.

DAYS	DATE	TIME
Sat.	12/21	2:00-4:00 p.m.
Location	SLP Rec Center Wolfe Park Pav 3700 Montere St. Louis Park,	vilion; y Dr.,
Age	14+	
FEE	\$15 resident /	\$17 non-resident

New Year's Karaoke & Dance Party

Celebrate the New Year by singing along to your favorite songs, dancing with friends, and drinking bubbly mocktails.

DAYS	DATE	TIME
Sat.	12/28	6:00-7:30 p.m.
Location	Chanhassen Recreation Center: Rooms 1 & 2; 2310 Coulter Blvd., Chanhassen, MN 55317	
Age	14+	
FEE	\$10 resider	nt / \$11 non-resident

SNOW BALL DANCE

Enjoy a night of dancing, delicious refreshments, and fun music, all while dressed in your finest semi-formal attire. This magical event promises unforgettable memories, perfect for celebrating the beauty and joy of the winter season.

DAYS	DATE	TIME
Thu.	12/5	6:30-8:00 p.m.
Location	Minnetonka Community Center: Banquet Room; 14600 Minnetonka Blvd., Minnetonka, MN 55345	
Age	14+	
FEE	\$8 resident / \$10 non-resident	





SOCIAL ACTIVITIES

SINGLE MINGLE



Get to know fellow singles and new friends while enjoying artwork at the Walker Art Center. Explore contemporary art exhibitions, stroll through the iconic sculpture garden, and marvel at unique installations.

DAYS	DATE	TIME
Sat.	12/7	2:00-4:00 p.m.
Location	Walker Art Center; 725 Vineland Pl., Minneapolis, MN 55403	
Age	18+	
FEE	\$10 reside	nt / \$11 non-resident

FALL FUN DAY



Savor the flavors of the season with delicious autumn treats and beverages. Explore our craft stations, play games, and take part in our fall-themed memorable moments. Don't miss out on the fun and excitement as we celebrate the beauty and joy of the fall season together!

DAYS	DATE	TIME
Fri.	10/11	5:30-7:00 p.m.
Location	Historic Eidem Farm; 4345 101st Ave. N, Brooklyn Park, MN 55443	
Age	14+	
FEE	\$10 resident / \$11 non-resident	



TEEN EXPLORERS



Our Teen Explorers group aims to build social skills, as well as engagement in our community and the natural world. This program includes various activities such as cooking, going out to eat, making crafts, and learning about nature. This program is open to individuals of all abilities and participants can bring a staff or caregiver if additional support is needed. A full schedule will be emailed out one week prior to the start of the program. *Off 11/12

DAYS	DATE	TIME
Tue.	10/1-11/26*	5:00-6:30 p.m.
Location	Various	
Age	13-22	
FEE	\$60 resident / \$68 non-resident	



HALF DAY ADVENTURE: TRICKS & TREATS AT VALLEYFAIR



Join us for an adventure-packed visit to Valleyfair, where you can enjoy a wide range of exhilarating rides and attractions. Get ready for the Halloween season with the Tricks and Treats daytime events: spooky, kooky Halloween activities, live shows, a costume contest, seasonal food and drinks, and candy! Companions need to register if they plan to enter the park.

DAYS	DATE	TIME
Sat.	10/12	11:30 a.m4:00 p.m.
Location	Valleyfair; 1 Valley Fair Dr., Shakopee, MN 55379	
Age	13+	
FEE	\$80 resident / \$85 non-resident / \$45 companions	



SOCIAL SEEKERS



This program is 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. Email bmax@reachforresources.org for more information or to schedule an intake.

DAYS	DATE	TIME
Wed.	10/16-12/18	5:00-6:30 p.m.
Location	Ridgedale Library (room may vary); 12601 Ridgedale Dr., Minnetonka, MN 55305	
Age	15+	
FEE	\$150 resident / \$160 non-resident	

ROOMMATE SOCIAL & HOUSING INFO



Meet Reach's Housing Manager, Abi, and learn about housing funding and policies. Also, enjoy social time where prospective roommates can meet each other and connect on possible living situations.

DAYS	DATE	TIME
Wed.	9/18	1:00-2:00 p.m.
Location	SLP Rec Center: Banquet Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
FEE	FREE	

THERAPEUTIC PROGRAMS

Reach is approved to bill ILS therapies for Recreation, Music and Art Therapy. Please contact us if you'd like to bill your waiver. Out-of-pocket payments are also accepted.

REC THERAPY: DANCE WORKOUT



Get ready to move, groove, and sweat with our dynamic dance workout program. Follow along with our energetic instructors for a series of fun and engaging dance routines, while boosting your fitness and unleashing your inner dancer. You can join in person or virtually via Teams.

DAYS	DATE	TIME
Fri.	9/27-10/18	10:30-11:30 a.m.
Location	Plymouth Community Center: Studio 2A; 14800 34th Ave. N, Plymouth, MN 55447 OR Microsoft Teams (virtual)	
Age	14+	
FEE	\$163.20	

REC THERAPY: MONDAY FUNDAY



Join our daytime program designed for social connection and exercise among peers. Each week, we'll engage in a variety of activities such as bingo, charades, crafts, workouts, and nature-based activities. The group's interests and goals will shape our agenda, ensuring an enriching and enjoyable experience for everyone involved. *Off 11/11

DAYS	DATE	TIME
Mon.	10/21-11/18*	2:00-3:30 p.m.
Location	Plymouth Comn Classroom 2C; 14800 34th Ave Plymouth, MN 5	. N,
Age	14+	
FEE	\$244.80	

DAYS	DATE	TIME
Mon.	11/25-12/16	2:00-3:30 p.m.
Location	Plymouth Community Center: Classroom 2C; 14800 34th Ave. N, Plymouth, MN 55447	
Age	14+	
FEE	\$244.80	



REC THERAPY: SPORTS SAMPLER



Let's get in the gym and learn new skills! We'll practice new sports each week including basketball, pickleball, soccer, and a sport of the group's choice. *Off 11/29

DAYS	DATE	TIME
Fri.	11/22-12/20*	10:30-11:30 a.m.
Location	Plymouth Community Center: Gym 2; 14800 34th Ave. N, Plymouth, MN 55447	
Age	14+	
FEE	\$163.20	



REC THERAPY: PAINTING (W) T) **SMALL GROUP**



a safe and supportive space to express yourself through painting. You can explore your emotions, build self-esteem, and develop new coping skills in a therapeutic setting while creating a new project weekly.

DAYS	DATE	TIME
Wed.	9/4-9/25	2:00-3:30 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	14+	
FEE	\$183.60	_



GROUP THERAPY: COGNITIVE BEHAVIORAL THERAPY (CBT) SKILLS



This course helps individuals to identify and cope with emotions, improve communication in their home, at work and in relationships, and helps individuals to better handle stressful and unpredictable situations that may arise. In some cases, medical insurance may cover the cost of this group. To schedule a diagnostic assessment and to determine eligibility to use insurance email: counseling@reachforresources.org.

DAYS	DATE	TIME
Thu.	TBD	3:00-4:00 p.m.
Location	Reach for Resources; 5900 Green Oak Dr., Ste 303, Minnetonka, MN 55343	
Age	18+	
FEE	\$180	

WEDNESDAY NIGHT SOCIAL

The goal of this program is to become more engaged in our communities and to build social skills, coping skills, and practice flexibility. Activities include cooking classes, craft nights, going out to eat, and so much more! Open to individuals of all abilities, participants can bring a staff member or caregiver if extra support is needed. You can sign up for the full series or choose individual activities.



Age: 18+

Date: Wednesdays, September 18 - November 6

Time: 6:30 - 8:00 p.m. (unless noted)

Fee for ALL the events: \$102 resident / \$110 non-resident

(T)

WNS1: Accessible Voting

Join us for a presentation on accessible voting with some snacks and voter trivia.

DAYS	DATE	TIME
Wed.	9/18	6:30-8:00 p.m.
Location	Edina Senior Center: Classroom 2; 5280 Grandview Square # 101, Edina, MN 55436	
Age	18+	
FEE	\$10 reside	nt / \$11 non-resident

WNS2: ZIP ZAP CIRCUS: MOYA

Enjoy the thrilling feat of acrobatics and rhythmic movement that celebrates the joy of sharing community with one another.

Please bring \$5-\$15 to purchase snacks.

DAYS	DATE	TIME
Wed.	9/25	6:30-8:30 p.m.
Location	Children's Theatre Company; 2400 3rd Ave. S, Minneapolis, MN 55404	
Age	18+	
FEE	\$26 resident / \$28 non-resident	

WNS3: HIKE & TRAIL MIX

Join us for an evening hike to listen to nature settle down for the night & make trail mix.

DAYS	DATE	TIME
Wed.	10/2	5:30-7:00 p.m.
Location	Richardson Nature Center; 8737 E Bush Lake Rd., Bloomington, MN 55438	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

WNS4: AUTUMN T-SHIRTS

Make a fabulous, creative shirt! Use your imagination to make a unique garment.

DAYS	DATE	TIME
Wed.	10/9	6:30-8:00 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
FEE	\$16 resident / \$18 non-resident	

WNS5: BINGO NIGHT

BINGO! PRIZES! BINGO! PRIZES! You get the idea. Join us for a fun filled evening.

DAYS	DATE	TIME
Wed.	10/16	6:30-8:00 p.m.
Location	SLP Rec Center: Banquet Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

WNS6: MN Zoo

Explore Jack-O-Lantern Spectacular featuring thousands of carved, glowing art pumpkins.

DAYS	DATE	TIME
Wed.	10/23	6:00-8:00 p.m.
Location	Minnesota Zoo; 13000 Zoo Blvd., Apple Valley, MN 55124	
Age	18+	
FEE	\$26 resident / \$28 non-resident	

WNS7: OUT TO EAT AT WOK IN THE PARK

Enjoy dinner out socializing with friends at an Asian fusion restaurant. Gluten free and vegetarian options available. Please bring \$20-\$30 to purchase dinner.

DAYS	DATE	TIME
Wed.	10/30 5:30-7:00 p.m.	
Location	Wok in the Park; 3005 Utah Ave. S, St. Louis Park, MN 55426	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

WNS8: COOKING NIGHT

Join us to cook yummy Zuni stew. Enjoy cooking this meal with spices and vegetables of the Southwest. It's delicious!

DAYS	DATE	TIME
Wed.	11/6	6:00-7:45 p.m.
Location	Sandburg Middle School: FACS Room 226; 2400 Sandburg Ln., Golden Valley, MN 55427	
Age	18+	
FEE	\$18 resident / \$20 non-resident	



INDEPENDENT ADULT PROGRAMS

This independent social program is for adults and young adults who want to explore their community with minimal support. This program is offered at a 1:15 staff ratio and companions cannot attend the programs. A brief intake is required. If you have not had an intake in the last five years, you must schedule one before registering. To schedule an intake, please email bmax@reachforresources.org or call 952-393-4277.

Age: 18+

IAP1: EAT AT PIZZA LUCÉ

Join some friends for a crowd-pleasing meal at Pizza Lucé! Gluten free and vegetarian options available. Please bring \$25-\$30 to order off the menu.

DAYS	DATE	TIME
Mon.	9/9	5:30-7:00 p.m.
Location	Pizza Lucé; 210 Blake Rd. N, Hopkins, MN 55343	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

IAP2: APPLE FESTIVAL

Play games, do a corn maze, and enjoy some music at an apple orchard. Please bring money if you would like to buy apples or other fall treats. There will be an additional admission cost; more details to come.

DAYS	DATE	TIME
Sat.	9/21	10:00 a.m12:00 p.m.
Location	Minnetonka Orchards; 6480 County Rd. 26, Minnetrista, MN 55364	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



IAP3: SHOW AT THE THEATRE

Join us to see a live performance of the Miraculous Journey of Edward Tulane. Please bring \$5-\$15 if you would like to purchase snacks.

DAYS	DATE	TIME
Fri.	10/18	6:30-9:00 p.m.
Location	Stages Theatre Company; 1111 Mainstreet, Hopkins, MN 55343	
Age	18+	
FEE	\$22 resident / \$23 non-resident	



IAP4: PUMPKIN CRAFT

Join us for a pumpkin craft where you can unleash your creativity. Decorate and personalize pumpkins to add a festive touch to your home this fall.

DAYS	DATE	TIME
Mon.	10/24	6:30-8:00 p.m.
Location	Brooklyn Center Community Center: Arts & Crafts Room; 6301 Shingle Creek Pkwy., Brooklyn Center, MN 55430	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

IAP5: WEISMAN ART MUSEUM

Experience an inclusive art experience! We'll check out the exhibit More Various, More Beautiful, and More Terrible.

DAYS	DATE	TIME
Wed.	11/20	6:00-7:00 p.m.
Location	Weisman Art Museum; 333 E River Pkwy., Minneapolis, MN 55455	
Age	18+	
FEE	\$10 reside	nt / \$11 non-resident



IAP6: HOLIDAY SHOPPING WITH FRIENDS

Come prepared with your shopping list and some money to buy gifts for your loved ones. While we may not visit every store, we'll kick off our shopping excursion at Scheels and aim to check off as many items as we can from your list.

DAYS	DATE	TIME
Mon.	12/9	5:30-7:30 p.m.
Location	Eden Prairie Center: Scheels; 8301 Flying Cloud Dr., Eden Prairie, MN 55344	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

ON THE TOWN: ALL ABILITIES

This community-based social program is for adults and young adults who want to explore their community. Companions are welcomed and an intake meeting is not required.



OTTA1: RENAISSANCE FESTIVAL

Age: 18+

Experience the whimsy of Ren Fest! We'll watch shows, grab lunch, and people watch. Please bring money to purchase food and for shopping.

DAYS	DATE	TIME	
Fri.	9/27	11:00 a.m2:00 p.m.	
Location	Ride & Park - Additional information will be provided upon registration.		
Age	18+		
FEE	\$31 resident / \$33 non-resident / \$28 companions		

OTTA3: APPLE CRAFT

Immerse yourself in the cozy ambiance of fall while crafting unique decorations to adorn your home. Don't miss this opportunity to embrace the spirit of the season.

DAYS	DATE	TIME	
Fri.	11/1	6:30-8:00 p.m.	
Location	Brooklyn Center Community Center: Arts & Crafts Room; 6301 Shingle Creek Pkwy., Brooklyn Center, MN 55430		
Age	18+		
FEE	\$10 resident / \$11 non-resident		

OTTA5: HOT COCOA & GAMES

Warm up with a hot drink and some fun games. We'll have Uno, Yahtzee, and some other board games to play with friends.

DAYS	DATE	TIME	
Mon.	11/25	7:00-8:00 p.m.	
Location	Brooklyn Park Community Activity Center: Grand Room 3; 5600 85th Ave. N, Brooklyn Park, MN 55443		
Age	18+		
FEE	\$10 resident	/\$11 non-resident	



OTTA2: TWIN CITIES CORN MAZE

Come to one of the Twin Citie's largest harvest festivals. We will play in the corn pit, go on a hayride, listen to music, and find our way through a giant corn maze. Please bring money if you wish to purchase snacks.

DAYS	DATE	TIME	
Sun.	10/13	1:00-3:00 p.m.	
Location	Twin Cities Harvest Festival; 8001 109th Ave. N, Brooklyn Park, MN 55445		
Age	18+		
FEE	\$24 resident / \$25 non-resident / \$13 companions		



OTTA4: GINGERBREAD HOUSES (T)

Get in the holiday spirit by decorating a gingerbread house. Use candy and frosting to adorn festive holiday houses and create delicious works of art.

DAYS	DATE	TIME	
Wed.	11/13	6:30-8:00 p.m.	
Location	Edina Senior Center: Classroom 2; 5280 Grandview Square # 101, Edina, MN 55436		
Age	18+		
FEE	\$24 resident / \$25 non-resident		



OTTA6: OUT TO EAT AT 50'S GRILL

Step back in time at this retro dinner. Enjoy burgers, malts and other yummy meals with friends. Please bring \$20-\$30 to order off of the menu.

DAYS	DATE	TIME	
Fri.	12/6	5:30-7:00 p.m.	
Location	50's Grill; 5524 Brooklyn Blvd., Brooklyn Center, MN 55429		
Age	18+		
FEE	\$10 resident / \$11 non-resident		



Non-Profit U.S. Postage PAID Twin Cities, MN Permit No. 594

5900 Green Oak Drive, Suite 303 Minnetonka, MN 55343 Office: 952-200-3030 Fax: 952-229-4468 info@reachforresources.org reachforresources.org













GHOSTLY GALA

Friday, October 25 • 5:30 - 8:00 p.m. \$10 pre-registration (ends 10/21) • \$15 at door All Ages & Abilities Welcomed

Brooklyn Park Community Activity Center: Grand Rooms; 5600 85th Ave. N, Brooklyn Park, MN 55443 Learn more: reachforresources.org/GhostlyGala





Join us for our annual spooky celebration













REGISTRATION FORM — FALL 2024



Name: Pronouns:_			Birth Date:			
Address:						
City:State:				Zip:		
Phone:Email:						
Em	ergency Contact Name:			Emergency Phone:		
All	ergies/Diet/Accessibility:					
Ra	ce/Ethnicity: American Indian/ Asia (optional)	an 🔲 African American 🖵	Hispar Latino	nic/ Middle Eastern/ Native Hawaiiai o/a North African Pacific Islande	Mhite/ Caucasian	
	Am I a "Resident"? Our adaptive recreation program is a cooperative effort with the below cities. If you live in another city, please pay the non-resident fee. • Brooklyn Center • Chanhassen • Golden Valley • Maple Grove • St. Louis Park • Brooklyn Park • Edina • Inver Grove Heights • Plymouth					
	Cooking & Crafts (page 7)	Resident/Non-Resident		Games & Movies (page 9)	Resident/Non-Resident	
	55+ Social Group - Artistry: Starts 11/21	FREE Need TRAIL Ride		Bingo (1): 9/20	\$8 / \$9	
	Cooking Night - Harvest Bowls: 10/8	\$18 / \$20		Bingo (2): 11/15	\$8 / \$9	
	Cooking Night - Holiday Cookies: 12/17	\$18 / \$20		Bingo & Pizza (1): 11/21	\$18 / \$20 / \$9 companion	
	Craft - DIY Holiday Gifts: 12/11	\$15 / \$17 / \$10 companion # of Companions		Bingo & Pizza (2): 12/9	# of Companions \$18 / \$20 / \$9 companion # of Companions	
		\$15 / \$17 / \$10 companion # of Companions		Snacks & Cinema - Coraline: 10/29	\$18 / \$20 / \$9 companion # of Companions \$8 / \$10	
	Craft - Sunflower Coasters: 9/30			Snacks & Cinema - Greatest Showman: 12/3	\$8 / \$10	
		☐ Need TRAIL Ride		Dances & Parties (page 10)	Resident/Non-Resident	
	Sports & Recreation (page 8)	Resident/Non-Resident		Dialed Down Disco: 10/3	\$15 / \$17	
	55+ Social Group - Learn to Play: Starts 10/1	FREE			\$10	
		\$25 / \$15 companion		Ghostly Gala: 10/25	# of Attendees	
	Bowling for Buses: 9/7	# of Bowlers		Holiday Jamboree: 12/19	\$15 / \$17	
•		# of Companions		NY Karaoke & Dance Party: 12/28	\$10 / \$11	
		Need TRAIL Ride		Snow Ball Dance: 12/5	\$8 / \$10	
	Bowling - New Hope: Starts 9/28	\$84 / \$93		Winter Solstice Party: 12/21	\$15 / \$17	
]	bowling - New Hope: Starts 9/28	Lane Bowling Bumpers Ramp		Social Activities (page 11)	Resident/Non-Resident	
		\$84 / \$93		Fall Fun Day: 10/11	\$10 / \$11	
	Bowling - Park Tavern: Starts 9/28	Lane Bowling Ramp		Half Day Adventure: 10/12	\$80 / \$85 / \$45 companion # of Companions	
				Roommate Social & Housing Info: 9/18	FREE Need TRAIL Ride	
		☐ Need TRAIL Ride		Single Mingle: 12/7	\$10 / \$11	
	Learn to Play Pickleball: Starts 10/1	\$48 / \$56		Social Seekers: Starts 10/16	\$150 / \$160	
	Non-Competitive Soccer: Starts 8/22	\$48 / \$56		Teen Explorers: Starts 10/1	\$60 / \$68	

	Wednesday Night Social (WNS) - Age 18+	Resident/Non-Resident		Therapeutic Programs	Resident/Non-Resident
	Wednesday Night Social - ALL Programs	\$102 / \$110			\$180
	WNS1 - Accessible Voting: 9/18	\$10 / \$11 Need TRAIL Ride		GT - Cognitive Behavioral Therapy: TBD	☐ Need Diagnostic Assessment
	WNS2 - Zip Zap Circus: 9/25	\$26 / \$28		RT - Dance Workout: Starts 9/27	\$163.20
	WNS3 - Hike & Trail Mix: 10/2	\$10 / \$11 Need TRAIL Ride			☐ In Person ☐ Virtua
	WNS4 - Autumn T-Shirts: 10/9	\$16 / \$18 TRAIL Ride			☐ Bill My Waiver
	WNS5 - Bingo Night: 10/16	\$10 / \$11		RT - Monday Funday (1): Starts 10/21	\$244.80
	WNS6 - MN Zoo: 10/23	\$26 / \$28		RT - Monday Funday (2): Starts 11/25	\$244.80
	WNS7 - Eat at Wok in the Park: 10/30	\$10 / \$11 TRAIL Ride			Bill My Waiver \$183.60
	WNS8 - Cooking Night: 11/6	\$18 / \$20		RT - Painting Small Group: Starts 9/4	☐ Bill My Waiver☐ Need TRAIL Ride
PHOTO WAIVER				RT - Sports Sampler: Starts 11/22	\$163.20 Bill My Waiver
То	photograph this participant for use in the				•
	using printed material, photographs, vid	eos, website images,		Independent Adult Program (IAP) - Age 18+	Resident/Non-Resident
pho	oto displays, newsletters, TV, radio, Interr networking media.	et, brochures and social		IAP1 - Eat at Pizza Lucé: 9/9	\$10 / \$11
Can be photographed: Yes No First name can be used: Yes No				IAP2 - Apple Festival: 9/21	\$10 / \$11
				IAP3 - Show at the Theatre: 10/18	\$22 / \$23
				IAP4 - Pumpkin Craft: 10/24	\$10 / \$11
Pro	gram Total: \$			IAP5 - Weisman Art Museum: 11/20	\$10 / \$11
Apply Special Brogram Offer:				IAP6 - Holiday Shopping: 12/9	\$10 / \$11 TRAIL Ride
(Eligible participants only)			Check this box to receive a booking link for	an IAP intake.	
Do	nation to Reach (Optional): \$				
Tot	al Enclosed: \$			On The Town: All Abilities (OTTA) - Age 18+	Resident/Non-Resident
□ Cash □ Waiver □ Check #			OTTA1 - Renaissance Festival: 9/27	\$31 / \$33 / \$28 companion # of Companions	
☐ Credit Card #			OTTA2 - Twin Cities Corn Maze: 10/13	\$24 / \$25 / \$13 companion # of Companions	
Expiration Date: Security Code:			OTTA3 - Apple Craft: 11/1	\$10 / \$11	
			OTTA4 - Gingerbread Houses: 11/13	\$24 / \$25 TRAIL Ride	
Name on Card:			OTTA5 - Hot Cocoa & Games: 11/25	\$10 / \$11	
Billing Address (if different than registration address):			OTTA6 - Eat at 50's Grill	\$10 / \$11 # of Companions	
	ng Address (if different than registration address):	read and understood be bound by them.		OTTA6 - Eat at 50's Grill Special Offer For New & Return Register for one Reach program this	# of Companions

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

Participant Signature:_

Caregiver or Guardian: _

Fax: 952-229-4468 • info@reachforresources.org

Online registration: reach.recdesk.com

Register for one Reach program this fall free of charge! This offer applies to the lowest-fee program you register for, unless the program is already free.

Eligibility:

- Available to participants who have not registered for any programs between 2021 and 2024.
- One coupon per participant.
- Valid on programs \$15 or less excluding IAP.
- Not valid for online registrations.
- No cash value.