



Bingo & Brews

Date: Monday, February 26

Time: 12:00 – 9:00 p.m. | Bingo starts at 6:00

Location: LTD Brewing Co. | 8 8th Ave N, Hopkins, MN 55343

Cost: FREE to attend | \$5 per Bingo game

Mark your calendar! Get ready for a night of luck and laughter at our Bingo and Brews event! Join us for a unique twist on the classic game of chance, paired with a selection of craft brews to delight your taste buds. It's an evening of good times and good vibes, all for a great cause.

Bingo will start at 6:00 and go till 8:00 p.m. The cost is \$5 per play and we accept credit card, cash or check. Win some great prizes including gift cards, Reach gear and so much more! **20% of ALL sales**, including gift cards & merchandise, will go to supporting Reach.

[Learn More](#)
[Sponsor the Event](#)


32nd Annual Bowl-A-Thon

Date: Saturday, March 16

Time: 10:00 a.m. - 1:00 p.m.

Location: Park Tavern: 3401 Louisiana Ave. S, St. Louis Park

Cost: \$40 before March 1 | \$50 after March 1 | \$20 Lunch only

Bowler Ticket: two games of bowling, pizza & soda, live music and prizes

Roll into an afternoon of strikes, spares, and endless fun at our 32nd annual Bowling Fundraiser! Join us for an afternoon of friendly competition, laughter, and fun. Bring your A-game, enjoy the camaraderie, and help us raise funds for our Adaptive Recreation & Inclusion programs. Together, let's make a striking impact! Additional prizes will be awarded to the individuals that receive the highest amount of pledges.

[Learn more
about the event](#)
[Register to
bowl](#)
[Pledge your
favorite bowler](#)

Thank you to our sponsors:



Fredrikson



Reach Golf Tournament

Date: Monday, July 15

Time: 12:00 p.m. shotgun Start

Location: [The Wilds Golf Club](#) - Prior Lake, MN

Cost: \$150 individual golfer | \$550 team of 4

Registration includes: 18 holes of golf, cart, green fees, boxed lunch and entry to the 19th Hole Party (dinner, prizes & awards).

Tee off for a cause! Get ready to hit the greens and make a difference at Reach's annual Golf Tournament at [The Wilds Golf Club](#). Join golf enthusiasts and community supporters for a day of fun, camaraderie, and fundraising—all for a great cause.

The golf tournament's format is an 18-hole, 4-person team scramble with exclusive games, silent auction and a raffle. End the day by enjoying a happy hour followed by dinner.

[Click here](#) to download the mail in registration form.

Register to golf

Sponsor the event

Thank you to our title sponsor:



Counseling Groups Starting In March

Healthy Relationships

Starts: Tuesday, March 5

When: 1:00 – 2:00 p.m.

Length: 6 weeks (Tuesdays)

Location: Reach for Resources Office

This group will focus on defining and understanding the characteristics of healthy relationships, practicing effective communication skills and setting boundaries. The topics discussed will apply to all types of relationships including friends, family, work and romantic partnerships.

[Click here](#) to view/download the referral form to register.

Cognitive Behavioral Therapy (CBT) for Anxiety, Depression & other SMI

Starts: Wednesday, March 6

When: 1:00 – 2:00 p.m.

Length: 6 weeks (Wednesdays)

Location: Reach for Resources Office

This process and skills group is designed for people who are primarily experiencing anxiety and depression symptoms and is based on CBT and mindfulness-based techniques.

[Click here](#) to view/download the referral form to register.

[Learn more & Register](#)



Inclusion Services Available in Plymouth

We are excited to welcome the City of Plymouth to our Inclusion Support Cities!

What is Inclusion Services? Reach works with city parks and recreation departments to provide an extra staff person at a program when a child, teen or adult with a disability requests additional accommodations to be successful. These staff members work together with coaches and instructors to blend in, providing the minimum support needed at any given time and encourage independence and skill building in all of the participants.

[Learn more](#)

**Life is an
adventure,
Explore it with our**
Custom events



Custom Adaptive Recreation Events

Looking to create a custom adaptive recreation program? Partner with our adaptive recreation department and staff to host an exercise program, skills development class or a just for fun event. We have a variety of different pricing and packages to choose from. [Click here](#) to learn more.

If you have any questions, please reach out to our Director of Adaptive Rec,

[Learn More](#)



Join our Team!

Come work or volunteer with us and make a difference in the lives of others!

Full & Part-Time Employment [Current Openings >](#)

Internship Positions [Current Openings >](#)

Volunteer Opportunities [Learn More >](#)

To learn more about our company culture and benefits, [click here](#).



Counseling Services - Appointments Available

Embark on a journey of self-discovery and growth this year. Our counseling services are here to guide you towards a brighter, more resilient you. Take the first step to a healthier mind in 2024. Available for people with and without disabilities.

[Click here](#) to view/download the Counseling referral form.

[Learn more about Counseling](#)



Open! Reach Award Nominations

Nominations Due By: Sunday, March 10

Please take a minute to nominate a deserving Reach employee, individual or company who made an impact on the services/supports you, your friends or family member received from Reach in 2023. Submit as many nominations as you would like.

We are taking nominations for the following awards:

- Advocate of the Year
- Volunteer of the Year
- Community Partner of the Year
- Corporate/Civic Sponsor of the Year

[Submit a Nomination](#)



Winter Reach Reader & Program Sign Up

There's still time to sign-up for our Winter Adaptive Recreation programs! Check out some of our new programs including: Nickelodeon Universe Day, Ice Fishing, Yoga & Mindful Snacking, Non-Competitive Basketball, Pre-K Pals and so much more!

[Download/View Winter Reach Reader](#)

[Download/Print Winter Registration Form](#)

[Online Program Registration](#)



TRAIL Bowling & Pizza Party

Date: Sunday, February 25

Time: 2:45 - 5:00 p.m.

Location: AMF Southtown Lanes - Bloomington

Fee: \$18 Bowler | \$10 Companion

Bowler fee includes: Bowling, shoes and pizza

Companion fee includes: pizza

Enjoy a fantastic combination of bowling and delicious pizza. Showcase your bowling skills, socialize with friends and indulge in a tasty pizza feast where

every roll supports TRAIL's transportation initiatives. TRAIL riders ride for free to this program.

This program is open to TRAIL riders and Reach Adaptive Rec participants.

Register Online

Register by Mail



Recreation Therapy Programs

This winter, we are offering a wide variety of Rec. Therapy programs including: Art Therapy Small Group, Dance Workout, Mindful Coloring & Eating, Mini Succulent Gardens, MN Zoo Field Trip, Pre-K Pals and Zen Doodling. [Click here to download/view](#) the winter rec therapy programs flyer.

If you have a question about our Recreation Therapy programs, please reach out to our Director of Adaptive Rec & Inclusion, Emily at 952-393-5880 or eorr@reachforresources.org. Reach is approved to bill ILS therapies for recreation, music and art. Out-of-pocket payments are also accepted.

If you would like to bill your waiver, please email or mail in a registration form.

Register Online

Register via Mail



Upcoming Programs

- Mindful Coloring & Eating - 2/1
- Dance Workout - Starts 2/2
- Forest Friends: Ice Fishing - 2/5
- Singles Mingle: Cooking - 2/6
- WNS: Super-Bowl - 2/7
- Craft: Rolled Beeswax Candles - 2/8
- OTTA: Super Bowl Party - 2/11
- IAP: Mardi Gras Party - 2/12
- Dance: Valentine's Day - 2/13
- OTTA: Sledding - 2/15
- Parent Support Group - Starts 2/15
- Zen Doodling - 2/20
- WNS: Wacky Olympics - 2/21
- Step-By-Step Painting - Starts 2/22

- IAP - Paisley Park - 2/23
- TRAIL Bowling & Pizza Party - 2/25
- Monday Funday - Starts 2/26
- Snacks & Cinema: Walk the Line - 2/26
- Yoga & Mindful Snacking - Starts 2/26
- Pre-K Pals - Starts 2/27
- WNS: Sip & Paint - 2/28
- Bingo - 3/1
- Nickelodeon Universe - 3/3

February Calendar

Donate to Reach



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Mailing address:

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