

Wash for a Cause!
50% of October sales at Crew Carwash
Eden Prairie benefit Reach.
reachforresources.org/crew-carwash-ep

Reach for Resources named
a **Top Workplace** for third
consecutive year, climbing
to #14 in 2025 rankings!

Swing by PoppedCorn in
Minnetonka to grab a 40 Years
of **Reach popcorn tin**, packed
with their delicious Vegas mix!

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

Fall 2025

Reach Reader

SONYA'S SPARKLE: A CELEBRATION OF SERVICE, STRENGTH, AND A DIAMOND-WORTHY SPIRIT



Sonya, a dedicated and hardworking member of the Bloomington community, has been making a meaningful impact in the local service industry. With support from Reach for Resources' Employment Services, she's shown how perseverance and a positive attitude can truly shine. In her role in food services at the Mall of America, Sonya has gone above and beyond—not only making her coworkers feel like family but also creating memorable experiences for the customers she serves.

Sonya also played a key role in testing Reach for Resources' Reach in Motion transportation service before its official launch in early 2025. Her commitment and upbeat spirit recently earned her a nomination for the 2025 Diamond Service Awards.

The nomination came at a poignant time. Sonya had just lost her mother when she received the news. "It was kind of a bittersweet thing because my mom had just passed," she shared. "And then, like a week or so after, I found out I was nominated."

Held annually in Bloomington, the Diamond Service Awards recognize individuals who go above and beyond in hospitality and service. Sonya was nominated in the "Best Food Production Personnel" category, honoring her four years of

Continued on Page 2

SONYA'S SPARKLE (CONTINUED)

outstanding work at the Mall of America. "I didn't even know the service awards were a thing until I was nominated," she said with a laugh.

Following her nomination, Sonya had a professional headshot taken and completed two rounds of interviews with the Bloomington Travel & Tourism board. "It was very easygoing and chill," she said. "You could just be yourself. You didn't have to be somebody you weren't." The interviewers asked questions about her role and included feedback from the person who nominated her.

The awards gala, held at the DoubleTree in Bloomington on April 22, was a night to remember. Sonya wore her mother's dress to the event, making the evening especially meaningful. "It made me feel like she was there," she shared. One of the highlights of the night was the delicious dinner, featuring salad rolls, chicken, green beans, roasted potatoes, and a lemon and chocolate cake that ended the evening on a sweet note.

Being nominated was a tremendous honor, especially with just four years on the job. Sonya's dedication and positive attitude clearly left a lasting impression on those around her.

The evening was filled with fun moments, including photo opportunities, a 360-degree camera, and great music. Sonya was proud to be a finalist in her category. "There were 14 categories, and I was nominated for Best Food Production Personnel," she said. "The awards were literally shaped like a diamond, which was really cool."

The nomination gave Sonya a boost and reminded her why she loves her work. She believes in treating coworkers and customers like family, a value that came through during her interviews. "My job is like my second family," she said. "I want them to treat me the way I want to be treated, and I want to do the same for them. The same goes for our customer base. If you don't treat them well, they're not going to treat you well."

Reflecting on the experience, Sonya feels proud and grateful. "It was just an overall good experience, and I was glad to be a part of it. Hopefully, I get to go again and bring one of those diamonds home," she said with a smile.

Congratulations, Sonya! Your story is a powerful reminder that kindness, resilience, and hard work truly make a difference.



Sonya with her sister at the Diamond Service Awards.



Understanding 529 Plans & ABLE Accounts

Join us for a helpful seminar on two important financial tools for individuals with disabilities and their families: 529 Plans and ABLE (Achieving a Better Life Experience) Accounts. All are welcome—bring your questions!

This FREE seminar will cover:

- Who's eligible
- How each account works
- What expenses they can cover
- How 529 & ABLE accounts can work together

Tuesday, October 7 at 6:00 PM

**Reach for Resources
5900 Green Oak Drive, Suite 303
Minnetonka, MN 55343**

To register scan the QR Code or visit
reachforresources.org/rwf-seminar

*Scan to
Register!*



Rescheduled!

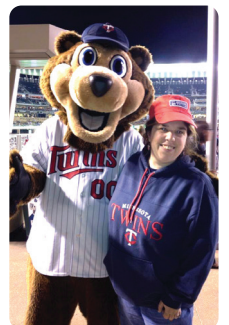
Cheer for Mental Health with the Twins!

Rescheduled for Saturday, September 20
MN Twins vs Cleveland Guardians

Doubleheader at 1:10 PM – Target Field

Tickets: \$59 - \$28 (includes all fees) - purchase by Sept. 1

Join us at the ballpark to bring awareness to the importance of mental health! Cheer on the Twins as they take on the Guardians and help us honor four decades of empowering individuals through our mental health services.



Event Highlights:

- Recognition of mental health initiatives during the game
- Reach will be throwing out the first pitch
- Opportunities to connect with Reach staff and supporters

Purchase Tickets:

reachforresources.org/TwinsGame



READY, SET, MOVE!

Ready to Move? We've Got You Covered!

Join Ready, Set, Move!—a one-stop event packed with resources to make your move smooth and stress-free.

Whether you're moving out for the first time or looking for a better fit, this event has what you need.

Meet Emma, Reach's Housing Services Manager, and get expert tips on finding stable housing, budgeting, applying for benefits, and more. Learn how a personalized supported approach can make all the difference—from lease guidance to move-in coordination.

Scan to
Register!



Wednesday, September 24

1:00 - 2:00 PM | Cost: Free

St. Louis Park Rec Center, Banquet Room,
3700 Monterey Dr., St Louis Park, MN 55416



MINDFULNESS & HOW IT CAN HELP

Join us for a calming, informative **webinar with Alexis on Thursday, Sept. 18 from 12–1 PM via Teams | FREE**

Discover simple, practical ways mindfulness can reduce stress, improve focus, and boost your overall well-being.

Register via the registration form, scan the QR code or visit reachforresources.org/mh-webinar

Scan to
Register!



WAIVER CASE MANAGEMENT UNITES TO STRENGTHEN SERVICES

Reach has been providing Developmental Disabilities (DD) Waiver Case Management for many years, since 2015. In February 2023, we expanded our waiver case management services to include Community Access for Disability Inclusion (CADI) and Brain Injury (BI) Waiver Case Management. At that time, these new services were established as a separate department from our existing DD Waiver Case Management team.

In early 2025, leadership transitions opened the door for a thoughtful and strategic merge of the two departments into one unified Waiver Case Management team. This shift was designed to align processes, streamline communication, and centralize resources. It strengthens our ability to deliver high-quality, person-centered support while minimizing administrative redundancies.

Waiver Case Management Team



Leading this next chapter are Nathan Orr, Director of Waiver Case Management, and Mackenzie Nadeau, the newly appointed Assistant Director. Together, they are guiding the department through this evolution with a focus on consistency, clarity, and collaboration.

The goal of this new structure is to empower staff to take ownership of their roles, operate with greater independence, and make informed decisions that support the individuals and families we serve. By reducing overlap and building a culture of trust and autonomy, the merged department is cultivating a work environment where each team member feels valued, capable, and connected to our mission.

This is not just a departmental change. It is a reinvestment in people and purpose, paving the way for long-term impact and sustainable success.



Mind Matters:

A Resource Fair for Mental Health, Advocacy & Access

Thursday, September 11

4:30 – 7:00 PM

Minnetonka Community Center, Banquet Room

Hosted by
Reach
for Resources

Join us for a free community resource fair focused on mental health, advocacy, and civic engagement.

Connect with local providers, explore support services like therapy, housing, and employment, and learn about accessible voting and the upcoming Minnetonka election.

Whether you're looking for resources, want to advocate, or just get informed—this free event is for you.

All are welcome. Appetizers and beverages provided.

To register scan the QR Code or visit reachforresources.org/mh-fair

Scan to Register!



Thank You!

We're thrilled to share that TE Connectivity has awarded Reach for Resources a \$3,000 grant in support of our growing team! This generous gift helps us invest in the training and on-boarding of new employees, ensuring they're equipped to provide high-quality, person-centered services from day one.

Thank you for supporting our mission and the people who make it possible!

TE
connectivity

Thanks for Making Our Friends & Family Event a Success!

Thank you to everyone who joined us for our Friends & Family event—it was such a joy to celebrate together!

Special thanks to **LTD Brewing** for hosting us, and to our generous sponsors, **Pizza Lucé** and **Driskill's**, for helping make the event possible.

Congrats again to our Reach Award winners—your passion and dedication inspire us all.

Together, we're building a stronger, more connected Reach community.

PIZZA
LUCE



DRISKILL'S
DOWNTOWN MARKET

Thank You!

Reach for Resources Board Of Directors

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Dan Hildebrandt
Allianz Life

ADAPTIVE RECREATION PROGRAMS

AM I A "RESIDENT"?

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

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Edina
- Golden Valley
- Inver Grove Heights
- 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: 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 2025, we will be offering a variety of programs with different options.



Trail Rides

Trail by Reach transportation available for program



Virtual Programs

Virtual via:
Teams or Zoom



Waiver Eligible* Program

Program billable via ILS
Therapies on DD or CADI waivers

** Almost all of our programs can be billed through CDCS waivers.
Contact Sally Krull to learn more.*

INCLUSION SUPPORT

Reach offers inclusion support to children and adults with disabilities who wish to participate in their city's park and recreation programs. To register, please contact your local park and recreation department. Inclusion support through Reach is available in the following cities:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Chaska
- Crystal
- Edina
- Golden Valley
- Inver Grove Heights
- Little Canada
- New Hope
- Plymouth
- Roseville
- St. Louis Park
- Three Rivers Park District
- Woodbury

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

Once you have registered for a city park program, please contact Reach at inclusion@reachforresources.org to discuss any needs or accommodations for yourself or your child.

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

Email:
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.

ARRIVING EARLY OR LATE

- 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.

LATE PICKUP FEE

- 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.

ATTIRE

- 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: <https://bit.ly/AdaptiveRecPolicies>



COOKING & CRAFTS

CRAFT: PET ROCK ZOO

Paint and decorate your own pet rocks, then create a fun habitat for them to live in. Build your own mini rock zoo to take home.

DAYS	DATE	TIME
Mon.	9/22	6:30-8:00 p.m.
Location	Chanhassen Rec Center 2310 Coulter Blvd. Chanhassen, MN 55317	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	



HOLIDAY COOKIE EXTRAVAGANZA



Make the holiday season extra sweet this year with a cookie baking night. You can create the classics or shape new traditions with our holiday cookie extravaganza.

DAYS	DATE	TIME
Wed.	12/10	6:00-7:30 p.m.
Location	Sandburg Middle School: FACS Room 226; 2400 Sandburg Ln. Golden Valley, MN 55427	
Age	16+	
FEE	\$15 resident / \$18 non-resident	



ART ABILITIES

This series of workshops will invite the participants to explore their creative interests beginning with warm-up exercises, followed by painting, drawing, journaling and other abstract creations to help the participants learn a different method of communication. This activity is made possible through a generous grant funded by the MN State Arts Board.

DAYS	DATE	TIME
Wed.	10/1-11/19	12:00-1:30 p.m.
Location	Plymouth Community Center: Classroom 2B; 14800 34th Ave. N Plymouth, MN 55447	
Age	14+	
FEE	Free	

CRAFT: SNOWFLAKE SUNCATCHERS

Create your own sparkling snowflake suncatcher to brighten up any window! This fun winter craft lets you mix creativity with a touch of seasonal magic—no two snowflakes are alike!

DAYS	DATE	TIME
Mon.	12/15	6:00-7:30 p.m.
Location	Chanhassen Rec Center 2310 Coulter Blvd. Chanhassen, MN 55317	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	

CRAFT: FLUTTERY FRIENDS



Create your own colorful paper bird that flaps and attaches to your arm! This fun, easy craft lets your imagination soar as you design a feathered friend to wear and show off.

DAYS	DATE	TIME
Fri.	11/14	6:00-7:30 p.m.
Location	Brookview Community Center: Valley Room; 316 Brookview Pkwy. S Golden Valley, MN 55426	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	



SPORTS & RECREATION

NON-COMPETITIVE FLAG FOOTBALL

"Kick off" football season with this non-competitive, flag football league. Get exercise and practice teamwork while getting ready to take on the big leagues.

DAYS	DATE	TIME
Tue.	9/2-9/23	6:00-7:45 p.m.
Location	Park Center High School: Turf Field 1 (north); 7300 Brooklyn Blvd. Brooklyn Park, MN 55444	
Age	16+	
FEE	\$48 resident / \$56 non-resident	

DANCE NIGHT

Dance it out with friends! Enhance social and leisure participation and engage in physical activity through group composition and improvisation methods to create a group dance number.

DAYS	DATE	TIME
Tue.	11/4	6:00-7:30 p.m.
Location	Veterans Memorial Community Center: Community Room 1; 8055 Barbara Ave. Inver Grove Heights, MN 55077	
Age	All Ages	
FEE	\$10	

DISCO DANCE WORKOUT

Get moving with upbeat music and fun, easy-to-follow dance moves. No dance experience needed—just bring your energy!

DAYS	DATE	TIME
Tue.	10/28	10:30-11:30 a.m.
Location	Plymouth Community Center 14800 34th Ave. N Plymouth, MN 55447	
Age	16+	
FEE	\$10 resident / \$11 non-resident	



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 BOWL

DAYS	DATE	TIME
Sun.	9/28-12/21	12:00-2:00 p.m.
Location	New Hope Bowl 7107 N 42nd Ave. Minneapolis, MN 55427	
Age	All Ages	
FEE	\$84 resident / \$93 non-resident	

PARK TAVERN



DAYS	DATE	TIME
Sat.	9/27-12/20	10:00 a.m.-12:00 p.m.
Location	Park Tavern 3401 Louisiana Ave. S. St. Louis Park, MN 55426	
Age	All Ages	
FEE	\$84 resident / \$93 non-resident	



PICKLEBALL FOR ALL

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.	11/11-12/2	6:30-7:00 p.m.
Location	Plymouth Community Center: Gym; 14800 34th Ave. N Plymouth, MN 55447	
Age	16+	
FEE	\$48 resident / \$56 non-resident	



MN TWINS GAME

Join a large group of friends to watch the MN Twins take on the Cleveland Guardians. Please note any accessibility needs when registering. Companions MUST register to attend.

DAYS	DATE	TIME
Sat.	9/20	1:10 p.m.
Location	Target Field 1 Twins Way Minneapolis, MN 55403	
Age	All Ages	
FEE	\$26	

Rescheduled!

MOVIES & BINGO



PAJAMA & MOVIE NIGHT: FINDING NEMO



Wear your comfiest PJs and join us for a movie night with treats and friends. We'll be watching Finding Nemo (G)—a heartwarming underwater adventure. Bring a pillow or blanket for extra coziness! Runtime: 1h 40m

DAYS	DATE	TIME
Tue.	10/14	6:00-8:00 p.m.
Location	Edina Senior Center 5280 Grandview Sq. #101 Edina, MN 55436	
Age	13+	
FEE	\$10 resident / \$11 non-resident	

OUTDOOR MOVIE: HOCUS POCUS



Enjoy Hocus Pocus (PG) under the crisp fall sky with friends and snacks. Bring a blanket or chair for a cozy evening of outdoor fun. Runtime: 1h 36m

DAYS	DATE	TIME
Tue.	10/28	6:30-9:00 p.m.
Location	Reach for Resources 5900 Green Oak Dr., Suite 303 Minnetonka, MN 55343	
Age	13+	
FEE	\$15 resident / \$18 non-resident	



BINGO

Get ready for a fun and lively Bingo Night! Enjoy a classic game filled with excitement, friendly competition, and chances to win great prizes.

DAYS	DATE	TIME
Wed.	9/3	6:30-8:00 p.m.
Location	Chanhassen Rec Center: Lake Minnewashta Room; 2310 Coulter Blvd. Chanhassen, MN 55317	
Age	13+	
FEE	\$10	

DAYS	DATE	TIME
Thu.	11/6	6:30-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1; 5600 85th Ave. N Brooklyn Park, MN 55443	
Age	13+	
FEE	\$10	

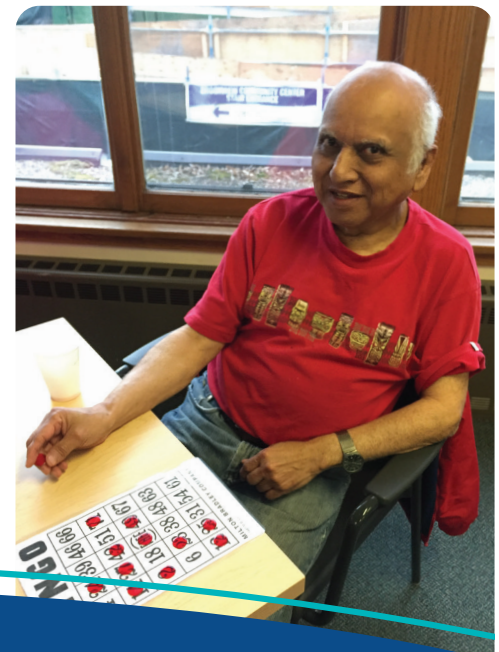
BINGO & PIZZA

Bingo & Pizza night is a fun and casual event that combines two beloved pastimes. Guests can enjoy delicious pizza while playing a variety of bingo games with chances to win prizes and enjoy friendly competition with friends. *Companions only need to register if they want to eat pizza.*

DAYS	DATE	TIME
Thu.	9/18	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1; 5600 85th Ave. N Brooklyn Park, MN 55443	
Age	13+	
FEE	\$18 resident / \$20 non-resident / \$9 companion	



DAYS	DATE	TIME
Thu.	10/9	5:45-7:30 p.m.
Location	Brookview Community Center: Wirth Lake Room; 316 Brookview Pkwy. S Golden Valley, MN 55426	
Age	13+	
FEE	\$18 resident / \$20 non-resident / \$9 companion	



SOCIAL ACTIVITIES & OUTINGS

HUNGRY FOR FALL FUN

Create your own "Hungry, Hungry Caterpillar" from fall leaves followed by making your own "dirt" pudding cups with gummy worms. DIG in!



DAYS	DATE	TIME
Mon.	11/3	6:30-8:00 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	16+	
FEE	\$10 resident / \$11 non-resident	

FALL FARM EXPLORATION

Fall is harvest season, and what better place to experience it than on the farm? Learn from the experts, harvest your own plants for tasting, and more.

DAYS	DATE	TIME
Fri.	9/12	10:00 a.m.-12:00 p.m.
Location	Gale Woods Farm 7210 County Rd. 110 W Minnetrista, MN 55364	
Age	16+	
FEE	\$34 resident / \$35 non-resident	

SOCIAL SEEKERS

This weekly program is for teens and adults on the Autism spectrum to connect, play games, and share highs and lows in a supportive, welcoming space. It's a great way to build friendships and practice social skills. Call 952-393-4277 for more info or to schedule an intake meeting.

DAYS	DATE	TIME
Thu.	9/11-11/13	5:00-6:30 p.m.
Location	Ridgedale Library 12601 Ridgedale Dr. Minnetonka, MN 55305	
Age	16+	
FEE	\$200 resident / \$210 non-resident	

HANDS-ON SCIENCE LAB

Explore science through silly and fun hands-on stations. Play with bubbles, stretchy Slinkys, bouncy balls, and more.

DAYS	DATE	TIME
Mon.	10/20	5:30-7:00 p.m.
Location	Brooklyn Center Community Center: Craft Room; 6301 Shingle Creek Pkwy. Brooklyn Center, MN 55430	
Age	16+	
FEE	\$10 resident / \$11 non-resident	

CAMPFIRE & S'MORES

Gather around a cozy fire to roast marshmallows and sing classic campfire songs. A perfect fall evening activity.

DAYS	DATE	TIME
Fri.	9/26	7:00-8:30 p.m.
Location	Historic Ediem Farm 4345 101st Ave. N Brooklyn Park, MN 55443	
Age	16+	
FEE	\$10 resident / \$11 non-resident	

HALF DAY EXCURSION: SCIENCE MUSEUM OF MN

Discover hands-on science fun, dinosaur fossils, and interactive exhibits at this beloved museum.

DAYS	DATE	TIME
Sat.	12/6	1:00-5:00 p.m.
Location	Science Museum of Minnesota 120 Kellogg Blvd W. Saint Paul, MN 55102	
Age	16+	
FEE	\$48 resident / \$50 non-resident / \$35 companion	



ULTIMATE UNO GAMES

Draw your best UNO hand at this Ultimate UNO night. Wear your favorite UNO card color and get ready to play. You won't want to 'SKIP' this one.

DAYS	DATE	TIME
Thu.	12/4	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1; 5600 85th Ave. N. Brooklyn Park, MN 55443	
Age	13+	
FEE	\$10 resident / \$11 non-resident	

NEW YEAR'S TOAST & 2026 GOAL SETTING

Toast to the new year with bubbly mocktails with new and old friends while creating your 2026 goal board. Bring a list of your dreams and a smile to create vision boards to help manifest a happy and healthy year.

DAYS	DATE	TIME
Mon.	12/29	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3; 5600 85th Ave. N. Brooklyn Park, MN 55443	
Age	16+	
FEE	\$10 resident / \$11 non-resident	

STORYTELLING WORKSHOP

The holidays are about sharing stories with loved ones, which is why we have a librarian to guide you on crafting and telling your best story yet.

DAYS	DATE	TIME
TBD	TBD	10:00-11:30 a.m.
Location	Andersen Horticultural Library: Snyder Building; 3675 Arboretum Dr. Chaska, MN 55318	
Age	16+	
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.

Age: 18+

OTTA1: YOGA & GUIDED MEDITATION

Relax your body and mind with gentle yoga followed by a calming meditation. A peaceful way to stretch, breathe, and unwind.

DAYS	DATE	TIME
Wed.	9/10	11:15 a.m.-12:15 p.m.
Location	Plymouth Community Center: Studio 2B; 14800 34th Ave. N Plymouth, MN 55447	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



OTTA3: APPLE ORCHARD EXCURSION

Pick your own apples and enjoy the beauty of a fall day at a local orchard. Don't forget to try a fresh cider and enjoy the fall air!

DAYS	DATE	TIME
Tue.	9/30	12:00-2:00 p.m.
Location	Everly Farms 6480 County Rd. 26 Minnetrista, MN 55364	
Age	18+	
FEE	\$15 resident / \$18 non-resident	



OTTA4: SENSORY FRIENDLY PLANETARIUM EXPERIENCE

Take a journey through the stars in a planetarium show designed to be calming and fun. Learn about planets, stars, and space travel in a sensory safe environment!

DAYS	DATE	TIME
Sun.	10/5	10:00 a.m.-12:00 p.m.
Location	Bell Museum 2088 Larpenteur Ave. W Saint Paul, MN 55113	
Age	18+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	

OTTA5: COLLAGES & BOOKMARKS

Create colorful collages and bookmarks to keep for your own reading adventures or give as a gift. A fun, simple way to stretch your creative muscles.

DAYS	DATE	TIME
Thu.	11/20	6:00-7:30 p.m.
Location	Wayzata Library 620 Rice St. E Wayzata, MN 55391	
Age	18+	
FEE	\$10 resident / \$11 non-resident	

OTTA6: 90'S DANCE WORKOUT

Get moving with upbeat music and fun, easy-to-follow dance moves. No dance experience needed—just bring your energy!

DAYS	DATE	TIME
Fri.	12/12	10:30-11:30 a.m.
Location	Plymouth Community Center 14800 34th Ave N Plymouth, MN 55447	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



OTTA2: GIANT GAMES IN THE PARK

"Rise" to the occasion with this series of oversized games. With activities like giant Jenga and oversized sports, you'll feel like you shrunk faster than you can yell, "Honey, I shrunk the kids!"

DAYS	DATE	TIME
Sat.	9/20	11:00 a.m.-12:30 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	18+	
FEE	\$13 resident / \$14 non-resident	

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.

RT: DANCE WORKOUT



Get ready to move, groove and sweat with our dynamic dance workout program! Follow along with our energetic instructor in a series of fun and engaging dance routines that will help you burn calories, boost your fitness, and unleash your inner dancer. You can join in person or virtually via Teams. *(No class on July 4th.)*

DAYS	DATE	TIME
Fri.	9/5-9/26	10:30-11:30 a.m.
Location	Plymouth Community Center: Studio 2A; 14800 34th Ave. N Plymouth, MN 55447 OR Microsoft Teams (virtual)	
Age	18+	
FEE	\$170.08	



RT: SMALL GROUP PAINTING

This small group class is designed to provide a safe and supportive space for you 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 each week.



DAYS	DATE	TIME
Tue.	10/7-10/28	2:30-4:00 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	18+	
FEE	\$255.12	



DAYS	DATE	TIME
Fri.	10/17-11/7	10:30-11:30 a.m.
Location	Plymouth Community Center: Studio 1A; 14800 34th Ave. N Plymouth, MN 55447 OR Microsoft Teams (virtual)	
Age	18+	
FEE	\$170.08	

RT: MONDAY FUNDAY

This daytime program will offer opportunities for social connection and exercise with peers. We'll do a new activity each week including bingo, charades, crafts, workouts, and nature based activities. The group's interests and goals will help guide our activities.



DAYS	DATE	TIME
Mon.	9/8-9/29	2:30-4:00 p.m.
Location	Plymouth Community Center: Room 2C; 14800 34th Ave. N Plymouth, MN 55447	
Age	18+	
FEE	\$255.12	



DAYS	DATE	TIME
Mon.	11/3-11/24	2:30-4:00 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	18+	
FEE	\$255.12	

DAYS	DATE	TIME
Tue.	11/18-12/9	2:30-4:00 p.m.
Location	Plymouth Community Center: Room 2C; 14800 34th Ave. N Plymouth, MN 55447	
Age	18+	
FEE	\$255.12	

MUSIC THERAPY



Led by a board certified music therapist, this group welcomes all skill levels. It provides a supportive space to express yourself, improve social connections, and boost your mood through the power of music!

DAYS	DATE	TIME
Wed.	10/1-12/17	10:00-10:45 a.m.
Location	Reach for Resources 5900 Green Oak Dr., Suite 303 Minnetonka, MN 55343	
Age	18+	
FEE	\$340	



MUSIC THERAPY

Music therapy uses engaging music activities to support nonmusical goals. Rinnah, a board-certified music therapist, works with each participant (and/or caregiver) to set personalized goals, which may include improving focus, motor skills, self-expression, confidence, and communication.

GROUP MUSIC THERAPY

- Open to all ages, with [immediate openings](#).
- View current group programs via RecDesk.
- Billable through ILS Therapies under DD or CADI Waivers, or via private pay.

ONE-ON-ONE MUSIC THERAPY

- Available in Minneapolis, St. Paul, Plymouth, Coon Rapids, Dayton & additional cities. [Referrals open for all areas!](#)
- Personalized sessions tailored to participant needs, budget, and goals.

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.



Join Us



TRAIL BY REACH TRANSPORTATION



Trail by Reach is our transportation service for adults with developmental disabilities living in:

**BLOOMINGTON • EDEN PRAIRIE • EDINA
GOLDEN VALLEY • RICHFIELD • ST. LOUIS PARK**

We offer convenient and affordable transportation to recreation, leisure, and educational programs hosted by Adaptive Recreation & Learning Exchange (AR&LE) and Reach in these designated cities.

Enjoy round-trip rides for just \$2!

To qualify to be a Trail rider, an individual must be 21 years or older and live independently or semi-independently in: Bloomington, Eden Prairie, Edina, Golden Valley, Richfield, or St. Louis Park.

Learn More & Register!
reachforresources.org/Trail

Questions?
Jill Squires, Transportation Manager
612-401-6395
Trail@reachforresources.org



WEDNESDAY NIGHT SOCIAL

The goal of this program is to increase community engagement while building social skills, coping skills, and flexibility. Activities include cooking classes, craft nights, professional sports outings, dining experiences, and more! Open to individuals of all abilities, with the option for participants to bring a staff member or caregiver if additional support is needed. You can sign up for the full series (1-8) or choose individual activities.

Age: 18+ | **Fee for ALL the events:** \$70 resident / \$75 non-resident

Date: Wednesdays, September 24 - November 12 | **Time:** 6:30 - 8:00 p.m. (unless noted)

WNS1: HIKE & PICNIC

Take a scenic walk through the park and enjoy a relaxing picnic-style snack. A perfect way to enjoy nature and good company. Bring a blanket if you would like to sit on the grass and bring water. Snack will be provided.

DAYS	DATE	TIME
Wed.	9/24	6:00-7:30 p.m.
Location	Purgatory Park 17315 Excelsior Blvd. Minnetonka, MN 55345	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



WNS2: ALL ABOUT ME CRAFT



Design a poster that shows who you are using art, pictures, and words. Share your favorite things and what makes you unique.

DAYS	DATE	TIME
Wed.	10/1	6:30-8:00 p.m.
Location	St. Louis Park Rec Center: Banquet Room; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



WNS3: OUT TO EAT OLIVE GARDEN

Join us for a delicious meal at Olive Garden. Enjoy a variety of mouthwatering dishes while chatting with friends in a laid-back atmosphere. Great food and good company make for the perfect evening out. *Please bring \$20-\$30 for dinner.*

DAYS	DATE	TIME
Wed.	10/8	6:00-7:30 p.m.
Location	Olive Garden 11390 Wayzata Blvd. Minnetonka, MN 55305	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



WNS4: PUMPKIN PAINTING



Paint and decorate mini pumpkins using a variety of colors and supplies. A no-carve, mess-free way to celebrate fall, while still celebrating with a hands-on experience.

DAYS	DATE	TIME
Wed.	10/15	6:30-8:00 p.m.
Location	St. Louis Park Rec Center: Gallery Room; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



WEDNESDAY NIGHT SOCIAL

The goal of this program is to increase community engagement while building social skills, coping skills, and flexibility. Activities include cooking classes, craft nights, professional sports outings, dining experiences, and more! Open to individuals of all abilities, with the option for participants to bring a staff member or caregiver if additional support is needed. You can sign up for the full series (1-8) or choose individual activities.

Age: 18+ | **Fee for ALL the events:** \$69 resident / \$74 non-resident

Date: Wednesdays, September 24 - November 12 | **Time:** 6:30 - 8:00 p.m. *(unless noted)*

WNS5: SNACKS & SANDWICHES

Get creative in the kitchen while making your own tasty snacks and sandwiches. Mix, stack, and spread your way to a delicious treat you can enjoy on the spot!

DAYS	DATE	TIME
Wed.	10/22	6:30-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1; 5600 85th Ave. N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$15 resident / \$18 non-resident	



WNS6: COSTUMES & CRAFTS T

Dress up and show off your favorite Halloween costume while you dive into some spooky and silly fall crafts. What adventure do you choose, "Trick" or "Treat"?

DAYS	DATE	TIME
Wed.	10/29	6:30-8:00 p.m.
Location	St. Louis Park Rec Center: Gallery Room; 3700 Monterey Dr. St. Louis Park, MN 55416	
Age	18+	
FEE	\$15 resident / \$18 non-resident	

WNS7: CARD GAMES & COCOA

Play classic card games like Uno while sipping hot cocoa. A cozy way to connect and enjoy a low-key evening.

DAYS	DATE	TIME
Wed.	11/5	6:30-8:00 p.m.
Location	Edina Senior Center 5280 Grandview Sq. #101 Edina, MN 55436	
Age	18+	
FEE	\$10 resident / \$11 non-resident	



WNS8: MINUTE TO WIN IT

Try quick and silly challenges using everyday items. Laughs are guaranteed as you race the clock!

DAYS	DATE	TIME
Wed.	11/12	6:00-7:30 p.m.
Location	Brooklyn Center Community Activity Center: Craft Room; 6301 Shingle Creek Pkwy. Brooklyn Center, MN 55430	
Age	18+	
FEE	\$10 resident / \$11 non-resident	





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



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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

Scan the QR code or visit
reachforresources.org/GhostlyGala
to learn more and register!

Scan Me! ➔

REGISTRATION FORM — FALL 2025



Name: _____ Pronouns: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact Name: _____ Emergency Phone: _____

Allergies/Diet/Accessibility: _____

Race/Ethnicity: ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African American ☐ Hispanic/Latino/a ☐ Middle Eastern/North African ☐ Native Hawaiian/Pacific Islander ☐ White/Caucasian ☐ Other (optional)

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
<input type="checkbox"/>	Craft - Pet Rock Zoo: 9/22	\$15 / \$18 / \$10 companion # of Companions _____
<input type="checkbox"/>	Craft - Fluttery Friends: 11/14	\$15 / \$18 / \$10 companion # of Companions _____ <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	Art Abilities: Starts 10/1	FREE
<input type="checkbox"/>	Holiday Cookie Extravaganza: 12/10	\$15 / \$18 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	Craft - Snowflake Suncatchers: 12/15	\$15 / \$18 / \$10 companion # of Companions _____

	Movies & Bingo (page 9)	Resident/Non-Resident
<input type="checkbox"/>	Pajama & Movie Night: 10/14	\$10 / \$11 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	Outdoor Movie - Hocus Pocus: 10/28	\$15 / \$18 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	Bingo (1): 9/3	\$10
<input type="checkbox"/>	Bingo (2): 11/6	\$10
<input type="checkbox"/>	Bingo & Pizza (1): 9/18	\$18 / \$20 / \$9 companion # of Companions _____
<input type="checkbox"/>	Bingo & Pizza (2): 10/9	\$18 / \$20 / \$9 companion # of Companions _____ <input type="checkbox"/> Need Trail Ride

	Sports & Recreation (page 8)	Resident/Non-Resident
<input type="checkbox"/>	Non-Competitive Flag Football: Starts 9/2	\$48 / \$56
<input type="checkbox"/>	Dance Night: 11/4	\$10
<input type="checkbox"/>	Disco Dance Workout: 10/28	\$10 / \$11
<input type="checkbox"/>	Bowling - New Hope Bowl: Starts 9/28	\$84 / \$93 <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp
<input type="checkbox"/>	Bowling - Park Tavern: Starts 9/27	\$84 / \$93 <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	Pickleball For All: Starts 11/11	\$48 / \$56
<input type="checkbox"/>	MN Twins Game (Rescheduled): 9/20	\$26 # of Companions _____

	Social Activities & Outings (page 10)	Resident/Non-Resident
<input type="checkbox"/>	Hungry for Fall Fun: 11/3	\$10 / \$11 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	Fall Farm Exploration: 9/12	\$34 / \$35
<input type="checkbox"/>	Social Seekers: Starts 9/11	\$200 / \$210
<input type="checkbox"/>	Hands-On Science Lab: 10/20	\$10 / \$11
<input type="checkbox"/>	Campfire & S'mores: 9/26	\$10 / \$11
<input type="checkbox"/>	Half Day Excursion Science Museum: 12/6	\$48 / \$50 / \$35 companion # of Companions _____
<input type="checkbox"/>	Ultimate Uno Games: 12/4	\$10 / \$11
<input type="checkbox"/>	New Year's Toast & Goal Setting: 12/29	\$10 / \$11
<input type="checkbox"/>	Storytelling Workshop: TBD	\$10 / \$11

	On The Town: All Abilities (OTTA) - Age 18+	Resident/Non-Resident
<input type="checkbox"/>	OTTA1 - Yoga & Guided Meditation: 9/10	\$10 / \$11
<input type="checkbox"/>	OTTA2 - Giant Games in the Park: 9/20	\$13 / \$14 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	OTTA3 - Apple Orchard Excursion: 9/30	\$15 / \$18
<input type="checkbox"/>	OTTA4 - Sensory Friendly Planetarium Experience: 10/5	\$15 / \$18 / \$10 companion # of Companions_____
<input type="checkbox"/>	OTTA5 - Collages & Bookmarks: 11/20	\$10 / \$11 # of Companions_____
<input type="checkbox"/>	OTTA6 - 90's Dance Workout: 12/12	\$10 / \$11

	Ghostly Gala	Resident/Non-Resident
<input type="checkbox"/>	Ghostly Gala: 10/25	\$10 # of Attendees_____

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.

Can be photographed: Yes ☐ No ☐

First name can be used: Yes ☐ No ☐

Program Total:	\$
Donation to Reach <i>(Optional)</i> :	\$
Total Enclosed:	\$

☐ Cash ☐ Waiver ☐ Check # _____
☐ Credit Card # _____
 Expiration Date: _____ Security Code: _____
 Name on Card: _____
 Billing Address (if different than registration address): _____

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

 Participant Signature: _____

 Caregiver or Guardian: _____

	Therapeutic Programs	Resident/Non-Resident
<input type="checkbox"/>	RT - Dance Workout (1): Starts 9/5	\$170.08 <input type="checkbox"/> In Person <input type="checkbox"/> Virtual <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Dance Workout (2): Starts 10/17	\$170.08 <input type="checkbox"/> In Person <input type="checkbox"/> Virtual <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Monday Funday (1): Starts 9/8	\$255.12 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Monday Funday (2): Starts 11/3	\$255.12 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	RT - Small Group Painting (1): Starts 10/7	\$255.12 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	RT - Small Group Painting (2): Starts 11/18	\$255.12 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Music Therapy: Starts 10/1	\$340 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need Trail Ride

	Wednesday Night Social (WNS) - Age 18+	Resident/Non-Resident
<input type="checkbox"/>	Wednesday Night Social - ALL Programs	\$70 / \$75
<input type="checkbox"/>	WNS1 - Hike & Picnic: 9/24	\$10 / \$11
<input type="checkbox"/>	WNS2 - All About Me Craft: 10/1	\$10 / \$11 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS3 - Out To Eat At Olive Garden: 10/8	\$10 / \$11
<input type="checkbox"/>	WNS4 - Pumpkin Painting: 10/15	\$10 / \$11 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS5 - Snacks & Sandwiches: 10/22	\$15 / \$18
<input type="checkbox"/>	WNS6 - Costumes & Crafts: 10/29	\$15 / \$18 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS7 - Card Games & Cocoa: 11/5	\$10 / \$11 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS8 - Minute To Win It: 11/12	\$10 / \$11

	Ready, Set, Move! Event	Resident/Non-Resident
<input type="checkbox"/>	Ready, Set, Move! Event: 9/24	FREE # of Companions_____ <input type="checkbox"/> Need Trail Ride

	Financial Webinar	Resident/Non-Resident
<input type="checkbox"/>	Understanding 529 Plans & ABLE Accounts: 10/7	FREE # of Companions_____ <input type="checkbox"/> Need Trail Ride

	Mindfulness Webinar	Resident/Non-Resident
<input type="checkbox"/>	Mindfulness & How It Can Help: 9/18	FREE

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