

Let's partner! Explore 2026 sponsorship & advertising packages at: reachforresources.org/sponsorship

Join our team! Check out open positions at: reachforresources.org/employment

Volunteers Needed! Share your time and change lives at: reachforresources.org/volunteer

Spring 2026

A community where all people are valued, supported, and included. ★ ★ ★

Reach Reader



Finding Confidence & Support At Reach



When Michelle reflects on the past year, one word rises to the top: proud. She is proud of her daughter Andrea, proud of the effort Andrea has put into therapy, and proud of the growth she has witnessed every step of the way.

Andrea began therapy at Reach for Resources about a year ago, bringing with her a quiet determination and a desire to keep building new skills. Like many families, Michelle spent time searching for a place that truly understood and supported her daughter. "Reach's reputation meant everything," she said. "I trusted their staff, and I knew they understood developmental disabilities. That made me feel secure bringing Andrea here."

Andrea's favorite part of therapy is simple, and her smile says the rest. "We talk about what I need help on," she shared.

Andrea began with one therapist before transitioning to another, a shift Michelle expected to be difficult. Instead, it became a milestone. "Andrea and Aly have really connected," Michelle said. "Watching her handle that transition so well made me so proud."

Through therapy, Andrea began learning new coping strategies, skills that now appear in the moments that matter most. "I use my coping skills more, and I get less anxious," she shared. Deep breaths, stepping away, and talking through her worries have helped her feel more in control.

Michelle has watched these skills unfold in real life. "I can actually see her pause and focus on taking that deep breath," she explained. "She will say, 'That's what Aly taught me.' She is more confident and more willing to talk about what she is feeling."

Continued on page 2.

ANDREA'S STORY (CONTINUED)

When asked how she feels after therapy, Andrea didn't hesitate: "Proud."

Both Andrea and Michelle speak highly of Reach's therapy services and recommend them to others. "I totally recommend Reach therapy to my friends," Andrea said. "I feel safe with my therapist and have learned a lot." Michelle added, "I have recommended it to other parents. Finding appropriate therapists can be a challenge, but Reach has been a smooth, supportive experience for us."

For Michelle, Reach has become far more than a service provider. It is a trusted partner. "When I think of Reach, it is an organization that I trust," she said. "They offer so much more than rec services. They provide therapy, adaptive programs, case management, support for living situations, music therapy. They are well-run, well-staffed, and they do their best for every individual."

As the conversation ended, Andrea shared one last thought. Her words capture both her experience and the heart of Reach's mission: "They are there to help people."

For Michelle, that says everything. And for Andrea, it means she is growing, thriving, and discovering pride in who she is every single day.



To learn more about Therapy Services at Reach, visit: reachforresources.org/therapy.



Saturday, March 7 | 1:00 - 4:00 p.m.
AMF Southtown Lanes | 7941 Southtown Dr, Bloomington
Regular: \$50 | Lunch Only: \$20

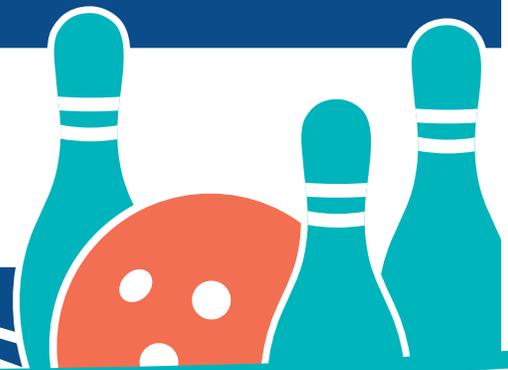
Join us for Reach's annual bowling fundraiser! Enjoy two games, pizza, awards, and prizes—all while raising pledges to support our mission. It's a fun way to spend time with friends and make a difference!



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

Scan Me!

Reach Bowl-A-Thon



Reach in Motion

Reach in Motion makes getting around simple and flexible. This transportation program helps individuals using county or waiver funding access Lyft rides coordinated through Reach for Resources.

How it works:

- Reach sets you up with a Lyft Pass
- Use rides for work, appointments, errands, or activities
- Monthly Lyft funding is managed for you

An easy way to stay independent and connected.



Honored to receive the Great Workplace in Minnesota, again!

Two Years. One amazing team!



Grateful every day for the amazing team that makes it possible.



Reach for Resources' Employment Services Earns CARF Accreditation

Reach for Resources is proud to announce that our Employment Services program has earned CARF International accreditation, a prestigious recognition awarded to organizations that demonstrate the highest standards in quality, accountability, and client-centered service. CARF, the Commission on Accreditation of Rehabilitation Facilities, is an independent nonprofit organization that evaluates health and human service providers around the world. Achieving CARF certification means that an organization has undergone a rigorous review process, meets internationally recognized best practices, and is committed to continuous improvement.

For Reach, this accreditation affirms the quality and integrity of our employment supports, from job development to job coaching to long-term workplace success. CARF standards evaluate everything from service delivery and staff training to organizational leadership and measurable outcomes. Being CARF certified demonstrates that our programs are not only effective but also structured around the needs, goals, and rights of the individuals we support. It also shows that our team prioritizes person-centered planning, equitable access, and supports that help people build meaningful, sustainable careers.

We are incredibly proud to receive this international recognition. This milestone reflects the dedication, skill, and compassion of our entire Employment Services team. The certification validates the work we do every day to empower individuals with disabilities to achieve greater independence through employment. Most importantly, it reinforces our commitment to excellence as we continue helping people build brighter futures, one job at a time.



Reach for Resources Recognized as a 2026 Best Nonprofit Workplace



Reach for Resources is honored to be named a 2026 Best Nonprofit Workplace, a national recognition awarded by Best Companies Group, a leading organization dedicated to evaluating and celebrating exceptional workplace culture. This award is based on a rigorous review of organizational policies as well as direct, anonymous feedback from employees, measuring areas such as leadership trust, communication, employee well-being, professional development, and alignment with mission.

Earning this distinction places Reach among a select group of nonprofits nationwide that demonstrate a deep commitment to creating a supportive, mission-driven, people-first work environment. The award highlights organizations that prioritize staff growth, celebrate achievements, and foster cultures of respect, collaboration, and shared purpose.

We could not be more proud of this achievement. It reflects the heart of who we are, an organization where employees feel valued, connected, and empowered to make a meaningful impact every day. This recognition is a testament to our team's dedication, compassion, and the strong culture they continue to build together. As we celebrate this national honor, we remain committed to supporting our staff and strengthening the workplace that makes Reach for Resources such a special place to work.

COOKIES & CARDS
Tuesday, April 28
6:30-8:00 PM

Join Reach for Resources for an all-abilities Thank You Card Night at the **St. Louis Park Rec Center!**

This free, relaxed event is a chance to get creative while helping us thank our donors and volunteers.

What to expect:

- All art supplies provided
- Make one card or many, sign or leave blank
- Cookies and lemonade included

Scan to RSVP!

Scan the QR code or visit bit.ly/CookiesCards for full details and to RSVP!

Reach for Resources Board Of Directors

Janet Rebman Lillevold
Chair
Rebman Lillevold Consulting

David Holmquist
Deputy Chair/Secretary
Thrivent Asset Management

David Erickson
HealthPartners & Stub Enterprises, Inc.

Kim Pepper
b.e.cause consulting LLC

Peter Kanda
Treasurer
College Possible

Antonia Coleman
Wilder

Peter N. Thompson
Retired Law Professor

Tanner Schafer
Sherburne State Bank

Beth Davis
Practicing Nurse

Dan Hildebrandt
Allianz Life Insurance Company of
North America

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

PROGRAM DETAILS

We offer 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.*

All programs require preregistration. Be sure to sign up at least three days before the start date unless otherwise noted.

EASY ONLINE REGISTRATION!

Our online registration system makes it easier than ever to find and sign up for programs. You can create an account, view your invoices, and even download a calendar of your upcoming activities—all in one convenient place.

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

INCLUSION SUPPORT

Reach's Inclusion Support helps children and adults with disabilities participate fully in their city's park and recreation programs. To join, register through your local park and recreation department. Inclusion Support from Reach is available in the following cities:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- 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.

After registering for a city park program, please email inclusion@reachforresources.org to share any needs or accommodations for yourself or your child. *For the best experience, contact us at least two weeks in advance.*

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
Inclusion Manager
Email: bmax@reachforresources.org
Call or Text: 952-393-4277



Bobbi Jo Dziuk
Adaptive Recreation Manager
Email: bdziuk@reachforresources.org
Call or Text: 612-997-3360

PROGRAM POLICIES & PROCEDURES

REGISTRATION

- All participants must be registered. Friends, housemates, or others may only attend with special permission. Community centers often have common areas for waiting.
- Register online, in person, or by mail; registrations are not taken at programs or by phone.
- Register at least two weeks before a program begins. Late registrants may be placed on a waiting list.
- Joining a recurring program after it starts is welcome, and fees will be prorated if space is available.
- Online registration closes three days before each program.

REGISTRATION CONFIRMATION

- Confirmations are sent to the email provided during registration.

PAYMENT

- We accept major credit cards, cash, checks, and money orders.
- CDCS waivers can be billed with guardian approval; traditional waivers apply only to ILS therapy programs.

CANCELLATIONS & WITHDRAWALS

- Reach may cancel programs due to severe weather, staffing, or low enrollment.
- Withdrawals two weeks in advance receive a refund minus a \$5 cancellation fee per class. Late withdrawals, missed classes, and ticketed events are not refundable.
- ILS therapy classes follow a separate policy.

STAFF / CAREGIVERS

- Caregivers, family, and support staff may attend all programs except Independent Adult Programs.
- Staff ratios vary; participants needing extra assistance should bring a caregiver.
- Reach staff cannot provide extended 1:1 support.

ARRIVAL / PICKUP

- Reach is not responsible for early arrivals or late departures; early arrivals must wait in the lobby.
- Late pickup incurs a \$10 fee per 15 minutes.

ATTIRE

- Art and cooking participants should wear old clothing or bring an apron/paint shirt.

MEDICATIONS

- Participants are responsible for their medications. Staff can assist with lifesaving procedures (e.g., EpiPen®) if informed in advance.

ILLNESS / INFECTION CONTROL

- Please stay home if experiencing:
 - Covid-19 (follow CDC guidelines)
 - Upper respiratory infections
 - Fever $\geq 100^{\circ}\text{F}$ in the past 24 hours (must be fever-free without meds)
 - Vomiting or diarrhea in the past 24 hours
 - Head lice or pink-eye (treated for ≥ 24 hours)
 - Strep or other bacterial infections (on antibiotics ≥ 24 hours)

VULNERABLE ADULT PROTECTION & MANDATED REPORTING

- Reach staff are mandated reporters and must report any suspected abuse, neglect, or exploitation of vulnerable adults in accordance with Minnesota law.
- Participants' safety and well-being are a priority. Reports are handled confidentially and in coordination with appropriate authorities.

ALL PROGRAM & PROCEDURES

To read all of our Adaptive Recreation & Inclusion procedures, please visit: <https://bit.ly/AdaptiveRecPolicies>



COOKING & CRAFTS

COOKIES & CARDS (T)

Join Reach for Resources for a relaxed, all-abilities Thank You Card Night! This is a free gathering where participants create and decorate heartfelt Reach thank-you cards to share with our donors and volunteers. We'll provide blank cards, paints, markers, and stickers and let you create! Make as many cards as you'd like, sign them personally or leave them unsigned, and enjoy a welcoming studio vibe! Cookies and lemonade will be provided.

DAYS	DATE	TIME
Tue.	4/28	6:30-8:00 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	All Ages	
FEE	Free	



COOKING: BURGERS & FRIES (T)

Learn simple kitchen skills, build confidence, and enjoy making (and eating!) classic burgers and crispy fries.

DAYS	DATE	TIME
Thu.	5/28	6:00-7:30 p.m.
Location	Sandburg Middle School 2400 Sandburg Ln Golden Valley, MN 55427	
Age	16+	
FEE	\$20 resident / \$22 non-resident	



COOKING: HAM & CHEESE SLIDERS (T)

Get cooking in this hands-on class as we make classic ham and cheese sliders! Learn easy kitchen skills, build confidence in the kitchen, and enjoy a warm, tasty meal together.

DAYS	DATE	TIME
Mon.	4/13	6:00-7:30 p.m.
Location	Sandburg Middle School 2400 Sandburg Ln Golden Valley, MN 55427	
Age	16+	
FEE	\$20 resident / \$22 non-resident	

TIE DYE CRAFT NIGHT (T)

Join a tie-dye program for a colorful, hands-on creative experience. Participants will learn basic tie-dye techniques and experiment with bold colors and patterns. Each design is unique, allowing everyone to express their personal style. The process is fun, a little messy, and full of surprises as the final designs are revealed. This vibrant activity results in wearable art and lasting memories.

DAYS	DATE	TIME
Fri.	5/1	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion 3700 Monterey Dr St. Louis Park, MN 55416	
Age	All Ages	
FEE	\$12 resident / \$14 non-resident /\$10 companion	



SPRING FAUX STAINED GLASS CRAFT (T)

Create a stained glass-inspired artwork in this hands-on craft project. Design patterns, choose colorful materials, and assemble a vibrant piece that comes to life when light shines through. A relaxing, creative activity with a beautiful work of art to take home.

DAYS	DATE	TIME
Mon.	4/20	6:00-7:30 p.m.
Location	Edina Senior Center 5280 Grandview Square Edina, MN 55436	
Age	All Ages	
FEE	\$18 resident / \$20 non-resident /\$10 companion	

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
TBD	TBD	TBD
Location	TBD	
Age	18+	
FEE	Free	

SPORTS & RECREATION



BOWLING LEAGUE:

Join our non-competitive bowling league, which provides a fun and inclusive environment. Registration includes two bowling games each week and shoe rentals.

NEW HOPE BOWL

DAYS	DATE	TIME
Sun.	4/12-6/7	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.	4/11-6/6	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	



BASKETBALL

Whether you're new to the game or just want to play in a relaxed, friendly environment, this event is perfect for all skill levels. No pressure, just good vibes and a great time on the court. No programming 4/10 & 4/24.

DAYS	DATE	TIME
Fri.	4/3-5/29	4:00-5:30 p.m.
Location	Brooklyn Park Community Activity Center: Gym 5600 85th Ave N Brooklyn Park, MN 55443	
Age	All Ages	
FEE	\$48 resident / \$56 non-resident	



Reach Bowl-A-Thon



Join us for Reach's annual bowling fundraiser! Enjoy two games, pizza, awards, and prizes—all while raising pledges to support our mission. It's a fun way to spend time with friends and make a difference!

DAYS	DATE	TIME
Sat.	3/7	1:00-4:00 p.m.
Location	AMF Southtown Lanes 7941 Southtown Dr Bloomington, MN 55431	
Age	All Ages	
FEE	\$50 regular / \$20 lunch only	

MOVIES & BINGO

SNACKS & CINEMA: GREASE



Get cozy in your favorite pajamas for a fun movie party featuring the classic film Grease. Enjoy the music, sing along to iconic songs, and relax with friends—bring a comfy chair or blanket and settle in! Runtime: 110 minutes | PG

DAYS	DATE	TIME
Thu.	5/14	6:00-7:30 p.m.
Location	Edina Senior Center 5280 Grandview Square Edina, MN 55436	
Age	13+	
FEE	\$10 resident / \$11 non-resident	



SNACKS & CINEMA: PITCH PERFECT 2

Join us for a relaxed movie night featuring Pitch Perfect 2! Enjoy snacks, laughs, and a cozy group hang with friends—sing along if you want and bring your comfy vibes. Runtime: 115 minutes | PG-13

DAYS	DATE	TIME
Thu.	4/16	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	



BINGO

Get ready for a lively Bingo night! Enjoy a classic game full of excitement, friendly competition, and chances to win great prizes. Join friends for an evening of laughs, luck, and bingo fun!

DAYS	DATE	TIME
Mon.	4/6	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy Brooklyn Center, MN 55430	
Age	All Ages	
FEE	\$10 resident / \$12 non-resident	



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
Fri.	4/24	6:00-7:30 p.m.
Location	Chanhausen Rec Center 2310 Coulter Blvd Chanhausen, MN 55317	
Age	All Ages	
FEE	\$18 resident / \$20 non-resident / \$9 companion	

DAYS	DATE	TIME
Thu.	5/21	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1 5600 85th Ave N Brooklyn Park, MN 55443	
Age	All Ages	
FEE	\$18 resident / \$20 non-resident / \$9 companion	



SOCIAL ACTIVITIES & OUTINGS

BIRTHDAY CELEBRATION APRIL-MAY Ⓟ

HAPPY BIRTHDAY TO YOU! We're celebrating participants' birthdays that fall between April-May. Come to celebrate yourself and your friends with a casual and festive party with music, snacks, and more. YOU are the guest of honor.

DAYS	DATE	TIME
Tue.	5/19	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	All Ages	
FEE	\$10 resident / \$12 non-resident	



LUTHERAN SOCIAL SERVICE WORKSHOP: CONSENT AND BOUNDARIES Ⓟ

In this virtual workshop, participants will learn about the definitions of consent and boundaries. We will talk about how to communicate our own boundaries to others, how to ask for consent, and what healthy consent looks like. This workshop will be taught by Lutheran Social Service of MN's SELF team.

DAYS	DATE	TIME
TBD	TBD	TBD
Location	Microsoft Teams (virtual)	
Age	16+	
FEE	Free	

LUTHERAN SOCIAL SERVICE WORKSHOP: ONLINE DATING SAFETY Ⓟ

Learn the ins and outs of online dating and how to safely connect with other singles. We will talk about everything from different online dating platforms, relationship styles, and dating. This workshop will be taught by Lutheran Social Service of MN's SELF team. Due to generous funding sources, there is no cost to attend this workshop.

DAYS	DATE	TIME
TBD	TBD	TBD
Location	Microsoft Teams (virtual)	
Age	16+	
FEE	Free	

SOCIAL SEEKERS

This program is designed for teens and adults on the Autism spectrum. We meet once a week to connect, have fun, and build social skills through games, riddles, and sharing our weekly highs and lows. For more information or to schedule an intake, call 952-393-4277.

DAYS	DATE	TIME
Thu.	4/2-5/28	5:00-6:30 p.m.
Location	Plymouth Community Center: Classroom 1B 14800 34th Ave N Plymouth, MN 55447	
Age	18+	
FEE	\$200 resident / \$210 non-resident	

HALF DAY EXCURSION: WALKER ART CENTER

Explore a world of creativity and history as you wander galleries filled with art from different cultures and time periods. Discover the stories behind the artwork, observe details and emotions, and enjoy an inspiring, reflective experience.

DAYS	DATE	TIME
Sat.	5/2	10:00 a.m.-2:00 p.m.
Location	Walker Art Center 725 Vineland Pl Minneapolis, MN 55403	
Age	18+	
FEE	\$10 resident / \$12 non-resident	



Reach for the Stars

★ SPRING FLING ★ Ⓟ

Join us for Spring Fling, a joyful, family-friendly evening of music, dancing, and celebration in a bright, cheerful setting that captures the spirit of the season.

Dress your best, strike a pose at the photo booth, and dance the night away with friends and family—both old and new! From lively tunes to sweet treats and unforgettable moments, this is one all-ages celebration you won't want to miss.

Let's Reach for the Stars together and make it a night full of smiles, laughter, and connection!

DAYS	DATE	TIME
Sat.	5/9	6:00-9:00 p.m.
Location	Plymouth Community Center: Banquet Room 14800 34th Ave N Plymouth, MN 55447	
Age	All Ages	
FEE	\$15 / \$10 companion	

TEEN EXPLORERS

Our Teen Explorers group aims to build social skills, as well as engagement in our community and the natural world. This program is open to individuals of all abilities and participants can bring a staff or caregiver if additional support is needed.

Age: 13-21

TE1: OUT TO EAT AT DAVE & BUSTER'S

Kick off spring with a fun night at Dave & Buster's! Enjoy a group meal, arcade games, friendly competition, and lots of laughs while connecting with peers in the community. Please plan to bring \$30–\$45 for food and games.

DAYS	DATE	TIME
Mon.	4/13	6:00-7:30 p.m.
Location	Dave & Buster's 500 Southdale Center Edina, MN 55435	
Age	13-21	
FEE	\$10 resident / \$11 non-resident	

TE2: FRIENDSHIP BRACELETS

Get creative and connect with friends during this relaxed and social craft night! Participants will design and make their own friendship bracelets while chatting, laughing, and building connections with peers. This is a great chance to express your style, practice creativity, and leave with something meaningful to share or keep.

DAYS	DATE	TIME
Tue.	5/12	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1 5600 85th Ave N Brooklyn Park, MN 55443	
Age	13-21	
FEE	\$12 resident / \$14 non-resident	

TE3: NATURE HIKE

Enjoy the beauty of nature with friends on a guided walk through the Eloise Butler Wildflower Garden. Take in fresh air, explore seasonal plants and scenic trails, and enjoy conversation and connection during a peaceful, social outdoor experience designed to help you relax and unwind.

DAYS	DATE	TIME
Tue.	5/26	6:00-7:30 p.m.
Location	Eloise Butler Wildflower Garden 1 Theodore Wirth Pkwy Minneapolis, MN 55405	
Age	13-21	
FEE	\$10 resident / \$11 non-resident	

REACH'S 55+ MOVE & MINGLE

Reach's 55+ Move & Mingle is a year-long series of inclusive, interactive programs designed to support social connection and mental well-being among older adults with and without disabilities. Each session features guided activities, conversation prompts, and discussion starters led by trained staff experienced in adaptive recreation and therapeutic engagement.

Participants are responsible for their own transportation. If transportation is a barrier, please contact Sally Krull at 952-383-5880. *These programs are generously funded through an Age-Friendly Hennepin Social Connection Projects grant.*

55+ ART

Our inclusive 55+ art program offers older adults of all abilities a welcoming space to enjoy creative, hands-on activities like painting, soap making, music, and candle making—focused on self-expression, connection, and joy.

DAYS	DATE	TIME
Wed.	4/22- 5/13	10:00-11:30 a.m.
Location	Plymouth Community Center: Classroom 1C 14800 34th Ave N Plymouth, MN 55447	
Age	55+	
FEE	Free	

55+ FUR-EVER FRIENDS: SEA LIFE

Dive into an underwater adventure as we explore ocean tunnels and discover amazing marine animals. This fun, inclusive outing offers a sensory-rich experience and a great way to connect and learn together.

DAYS	DATE	TIME
Mon.	4/27	11:00 a.m.-12:00 p.m.
Location	SEA LIFE at Mall of America 120 E Broadway Bloomington, MN 55425	
Age	55+	
FEE	Free	

55+ MATINEE MINGLE: DINNER THEATRE - GUYS & DOLLS

Enjoy a matinee performance of Guys and Dolls at Chanhassen Dinner Theatres, a lively musical set in Damon Runyon's mythical New York City filled with comedy, romance, music, and dance.

DAYS	DATE	TIME
Wed.	5/27	11:00 a.m.
Location	Chanhassen Dinner Theatres 501 W 78th St Chanhassen, MN 55317	
Age	55+	
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.

DANCE WORKOUT



Get ready to move, groove, and sweat with our dynamic dance workout program! You can 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 on Teams.

DAYS	DATE	TIME
Fri.	4/17-5/8	10:30-11:30 a.m.
Location	Plymouth Community Center 1480 34th Ave N Plymouth, MN 55447 OR Microsoft Teams (virtual)	
Age	18+	
FEE	\$170.08	

RT: MONDAY FUNDAY



This program provides opportunities for social connection and exercise with peers. Each week features a new activity, such as bingo, charades, crafts, workouts, or nature-based adventures. Activities are guided by the group's interests and goals, ensuring everyone stays engaged and having fun.

DAYS	DATE	TIME
Mon.	4/6-4/27	2:30-4:00 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$255.12	

RT: SMALL GROUP PAINTING



This small group class is designed to provide a safe and supportive space for adults with disabilities to express themselves through painting. Participants can explore their emotions, build self-esteem, and develop new coping skills in a therapeutic setting while creating a new project each week.

DAYS	DATE	TIME
Wed.	5/6-5/27	2:30-4:00 p.m.
Location	Plymouth Community Center: Classroom 2B 14800 34th Ave N Plymouth, MN 55447	
Age	18+	
FEE	\$255.12	

THERAPEUTIC MUSIC 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.

ADULT MUSIC THERAPY GROUP



Led by a certified music therapist, this group is open to all skill levels and offers a safe space to express yourself, improve social connections, and boost your mood!

DAYS	DATE	TIME
Tue.	4/7-5/26	11:00-11:45 a.m.
Location	Reach for Resources' Office 5900 Green Oak Drive; Suite 303 Minnetonka, MN 55343	
Age	18+	
FEE	\$340	



MELODAY MAKERS



Bring your passion for music and join like-minded individuals for an hour of music-making. Sessions will include music, movement, and instrument play. Bridging voices, building community.

DAYS	DATE	TIME
Tue.	4/7-5/26	5:30-6:30 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion 3700 Monterey Dr St. Louis Park, MN 55416	
Age	All Ages	
FEE	\$40 resident / \$45 non-resident	



MUSIC THERAPY



Music therapy uses engaging music activities to support goals like focus, motor skills, self-expression, confidence, and communication.

Group Sessions: Open to all ages with immediate openings. Programs are on RecDesk and billed through ILS Therapies (DD or CADI Waivers) or private pay.

One-on-One Sessions: Available in Minneapolis, St. Paul, Plymouth, Coon Rapids, Dayton, and surrounding areas. Sessions are personalized, with referrals open and immediate openings available.

Join Us



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.

ART THERAPY

Express. Create. Grow.

Discover Art Therapy at Reach for Resources

Explore your creativity while building confidence, emotional awareness, and connection through Art Therapy. Guided by a certified art therapist, each session is tailored to your goals—whether it's self-expression, improving focus, or personal growth. Choose from individual or group sessions and experience the power of art as a pathway to wellness.



Learn More

Scan the QR code or visit
reachforresources.org/art-therapy



INCLUSION SERVICES

Support your child's summer fun with Inclusion Services!

Reach's Inclusion Services help kids and adults fully participate in their city's programs.

We partner with local parks and recreation departments to provide individualized support so children can join camps, sports, and activities alongside their peers—building confidence, independence, and a great summer experience.



Learn More

Scan the QR code or visit
reachforresources.org/inclusion



TRAIL BY REACH TRANSPORTATION



Trail by Reach is an affordable, door-to-door transportation for adults (21+) with developmental disabilities who live independently or semi-independently in:

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

Safe, reliable round-trip rides to Adaptive Recreation & Learning Exchange (AR&LE) and Reach programs in your community

In partnership with Metro Mobility, all ride details are coordinated for you. Riders receive a phone call with pick-up time at least one day in advance. Drivers provide door-to-door service and safely escort riders to and from each program..

Enjoy safe, reliable, round-trips for just \$3!

A simple, stress-free way to get to fun, engaging activities and stay active in your community.

Learn More & Register!
reachforresources.org/Trail

Questions?

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



WEDNESDAY NIGHT SOCIAL

Build social skills, coping skills, and practice flexibility through this series of fun. Activities include cooking classes, craft nights, going out to eat, and much more! Open to individuals of all abilities, some participants bring a staff or caregiver if additional support is needed. Sign up for the full series (which includes 1-8) or sign up for individual activities.

Age: 18+ | **Fee for ALL the events:** \$80 resident / \$85 non-resident

Date: Wednesdays, April 8 - May 27 | **Time:** 6:00 - 7:30 p.m. (unless noted)

WNS1: AIR DRY CLAY CREATIONS

Get creative by shaping and decorating your own clay project while enjoying a relaxed, social art night.

DAYS	DATE	TIME
Wed.	4/8	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy, Brooklyn Center, MN 55430	
Age	18+	
FEE	\$16 resident / \$18 non-resident	

WNS2: BINGO NIGHT

Enjoy a classic game of Bingo with plenty of chances to play, win prizes, and have fun.

DAYS	DATE	TIME
Wed.	4/15	6:00-7:30 p.m.
Location	Chanhassen Rec Center 2310 Coulter Blvd Chanhassen, MN 55317	
Age	18+	
FEE	\$10 resident / \$12 non-resident	



WNS3: EARTH DAY HIKE

Spend time outdoors on a group hike at Westwood Hills as we celebrate Earth Day, enjoying the trails and beautiful natural scenery together.

DAYS	DATE	TIME
Wed.	4/22	6:00-7:30 p.m.
Location	Westwood Hills Nature Center 8300 W Franklin Ave St. Louis Park, MN 55426	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

WNS4: OUT TO EAT AT DAVANNI'S

Join the group for a meal at Davanni's and a night out in the community. Please bring \$15-\$20 for food.

DAYS	DATE	TIME
Wed.	4/29	6:00-7:30 p.m.
Location	Davanni's Pizza & Hot Hoagies 663 Winnetka Ave N Golden Valley, MN 55427	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

WNS5: BAKED PENNE

Prepare and enjoy baked penne together while learning simple cooking steps.

DAYS	DATE	TIME
Wed.	5/6	6:00-7:30 p.m.
Location	Sandburg Middle School 2400 Sandburg Ln Golden Valley, MN 55427	
Age	18+	
FEE	\$20 resident / \$22 non-resident	

WNS6: FAMILY FEUD

Play a fast-paced game of Family Feud and see how your team stacks up.

DAYS	DATE	TIME
Wed.	5/13	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

WNS7: PUZZLE NIGHT

Work together on a variety of puzzles, from jigsaws to brain teasers.

DAYS	DATE	TIME
Wed.	5/20	6:00-7:30 p.m.
Location	Brookview Community Center: Wirth Lake Room 316 Brookview Pkwy S Golden Valley, MN 55426	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

WNS8: FABRIC ART

Design a one-of-a-kind fabric art project using different textures and materials.

DAYS	DATE	TIME
Wed.	5/27	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy, Brooklyn Center, MN 55430	
Age	18+	
FEE	\$16 resident / \$18 non-resident	

ON THE TOWN: ALL ABILITIES

OTTA1: OUT TO THE MOVIES

Catch a blockbuster at Emagine Willow Creek! Relax with friends, enjoy popcorn and snacks, and escape into a fun movie night. Exact movie and time announced closer to the event. Please bring \$10 - \$15 if you would like to purchase snacks.

DAYS	DATE	TIME
Tue.	4/14	7:00-9:00 p.m.
Location	Emagine Willow Creek 9900 Shelard Pkwy Plymouth, MN 55441	
Age	18+	
FEE	\$15 resident / \$17 non-resident	



OTTA3: ESCAPE ROOM

Jump into an escape room adventure where teamwork and quick thinking are key. Solve puzzles, uncover clues, and race the clock for a fun, high-energy challenge.

DAYS	DATE	TIME
Mon.	5/4	6:00-7:30 p.m.
Location	Breakout Games 12369 Wayzata Blvd Minnetonka, MN 55305	
Age	18+	
FEE	\$35 resident / \$38 non-resident	



OTTA2: ART IN BLOOM

Art in Bloom exhibits imaginative floral interpretations of selected works of art from MIA's permanent collection, created by more than 100 individual and commercial florists. Take a free guided tour, find family-friendly activities and more.

DAYS	DATE	TIME
Thu.	4/23	6:00-7:30 p.m.
Location	Minneapolis Institute of Art 2400 3rd Ave S Minneapolis, MN 55404	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

OTTA4: INDIGENOUS ART FAIR



Visit vendor booths featuring local Native artists, watch Native performances and participate in family-friendly activities. Indigenous food trucks will be onsite! Bring money to purchase souvenirs and any food.

DAYS	DATE	TIME
Sun.	5/17	10:00-11:30 a.m.
Location	Bloomington Civic Plaza 1800 W Old Shakopee Rd Bloomington, MN 55431	
Age	18+	
FEE	\$10 resident / \$12 non-resident	



OTTA5: SPRING AT HISTORIC EIDEM FARM

Join us to witness the Spring awakening at Historic Eidem Farm! Enjoy meeting the farm animals and exploring the farm.

DAYS	DATE	TIME
Fri.	5/29	5:30-7:00 p.m.
Location	Historic Eidem Farm 4345 101st Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$10 resident / \$12 non-resident	



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



Not Interested in the Reach Reader?

Text your first and last name
with "Unsubscribe" to
952-688-3944 or email
info@reachforresources.org

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

Reach for the Stars

★ SPRING FLING ★

Celebrate an unforgettable evening of elegance and inclusion at Spring Fling, a unified prom for people of all ages, with and without disabilities. This family-friendly event supports Reach for Resources' goal of raising \$15,000 to help individuals with disabilities and mental health conditions live, work, and play in their communities—everyone is welcome.

Saturday, May 9 | 6:00-9:00 PM | Plymouth Community Center: Banquet Room

Tickets: \$30 | Youth (ages 3-17): \$15 | Children (2 & Under): Free

With your ticket enjoy:

- ★ Photo booth
- ★ Appetizers and treats
- ★ Silent auction
- ★ Non-alcoholic drinks

Visit reachforresources.org/spring-fling
or scan the QR code for more
information or to RSVP.



REGISTRATION FORM — SPRING 2026



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"/> Cookies & Cards: 4/28	FREE <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Cooking - Ham & Cheese Sliders: 4/13	\$20 / \$22 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Cooking - Burgers & Fries: 5/28	\$20 / \$22 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Art Abilities: Starts TBD	FREE
<input type="checkbox"/> Tie Dye Craft Night: 5/1	\$12 / \$14 / \$10 companion # of Companions _____ <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Spring Faux Stained Glass Craft: 4/20	\$18 / \$20 / \$10 companion # of Companions _____ <input type="checkbox"/> Need Trail Ride

Sports & Recreation (page 8)	Resident/Non-Resident
<input type="checkbox"/> Bowling - New Hope Bowl: Starts 4/12	\$84 / \$93 <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp
<input type="checkbox"/> Bowling - Park Tavern: Starts 4/11	\$84 / \$93 <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Basketball: Starts 4/3	\$48 / 56

Movies & Bingo (page 9)	Resident/Non-Resident
<input type="checkbox"/> Snack & Cinema - Grease: 5/14	\$10 / \$11 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Snack & Cinema - Pitch Perfect 2: 4/16	\$10 / \$11
<input type="checkbox"/> Bingo (1): 4/6	\$10 / \$12
<input type="checkbox"/> Bingo (2): 5/5	\$10 / \$12 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Bingo & Pizza (1): 4/24	\$18 / \$20 / \$9 companion # of Companions _____
<input type="checkbox"/> Bingo & Pizza (2): 5/21	\$18 / \$20 / \$9 companion # of Companions _____

Social Activities & Outings (page 10)	Resident/Non-Resident
<input type="checkbox"/> Birthday Celebration: 5/19	\$10 / \$12 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/> Social Seekers: Starts 4/2	\$200 / \$210
<input type="checkbox"/> Consent & Boundaries Workshop: TBD	FREE
<input type="checkbox"/> Online Dating Safety Workshop: TBD	FREE
<input type="checkbox"/> Half Day Excursion Walker Art Center: 5/2	\$10 / \$12

Reach for the Stars - Spring Fling	Resident/Non-Resident
<input type="checkbox"/> Spring Fling: 5/9	\$15 / \$10 companion # of Attendees _____ # of Companions _____ <input type="checkbox"/> Need Trail Ride

	Bowl-A-Thon	Resident/Non-Resident
<input type="checkbox"/>	Bowl-A-Thon: 3/7	\$50 / \$20 (lunch only) <input type="checkbox"/> Payment Included <input type="checkbox"/> Pay at Event # of Bowlers _____ Shirt Size _____ # of Lunch Only _____ <input type="checkbox"/> Need Trail Ride <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp

	Teen Explorers - Ages 13-21	Resident/Non-Resident
<input type="checkbox"/>	TE1 - Out to Eat at Dave & Buster's: 4/13	\$10 / \$11
<input type="checkbox"/>	TE2 - Friendship Bracelets: 5/12	\$12 / \$14
<input type="checkbox"/>	TE3 - Nature Hike: 5/26	\$10 / \$11

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:	\$
<input type="checkbox"/> Cash <input type="checkbox"/> Waiver <input type="checkbox"/> Check # _____ <input type="checkbox"/> Credit Card # _____ Expiration Date: _____ Security Code: _____ Name on Card: _____ Billing Address (if different than registration address): _____ _____ <p style="text-align: center;">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.</p> Participant Signature: _____ Caregiver or Guardian: _____	

	Reach's 55+ Move & Mingle - Ages 55+	Resident/Non-Resident
<input type="checkbox"/>	55+ Art: Starts 4/22	FREE
<input type="checkbox"/>	55+ Fur-Ever Friends: Sea Life: 4/27	FREE
<input type="checkbox"/>	55+ Matinee Mingle: Dinner Theatre: 5/27	FREE

	Therapeutic Programs	Resident/Non-Resident
<input type="checkbox"/>	RT - Dance Workout: Starts 4/17	\$170.08 <input type="checkbox"/> In Person <input type="checkbox"/> Virtual <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Monday Funday: Starts 4/6	\$255.12 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	RT - Small Group Painting: Starts 5/6	\$255.12 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Adult Music Therapy: Starts 4/7	\$340 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	RT - Melody Makers: Starts 4/7	\$40/ \$45 <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	\$80 / \$85
<input type="checkbox"/>	WNS1 - Air Dry Clay Creations: 4/8	\$16 / \$18
<input type="checkbox"/>	WNS2 - Bingo Night: 4/15	\$10 / \$12
<input type="checkbox"/>	WNS3 - Earth Day Hike: 4/22	\$10 / \$12 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS4 - Out To Eat At Divanni's: 4/29	\$10 / \$12 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS5 - Baked Penne: 5/6	\$20 / \$22 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS6 - Family Feud: 5/13	\$10 / \$12
<input type="checkbox"/>	WNS7 - Puzzle Night: 5/20	\$10 / \$12 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	WNS8 - Fabric Art: 5/27	\$16 / \$18

	On The Town: All Abilities (OTTA) - Age 18+	Resident/Non-Resident
<input type="checkbox"/>	OTTA1 - Out To the Movies: 4/14	\$15 / \$17
<input type="checkbox"/>	OTTA2 - Art In Bloom: 4/23	\$10 / \$12
<input type="checkbox"/>	OTTA3 - Escape Room: 5/4	\$35 / \$38
<input type="checkbox"/>	OTTA4 - Indigenous Art Fair: 5/17	\$10 / \$12 <input type="checkbox"/> Need Trail Ride
<input type="checkbox"/>	OTTA5 - Spring At Historic Eidem Farm: 5/29	\$10 / \$12

Digital Newsletter Sign Up

Subscribe to our monthly email newsletter.

Name: _____

Email: _____

Please send completed form with payment to:
 Reach for Resources
 5900 Green Oak Drive, Suite 303
 Minnetonka, MN 55343
 Fax: 952-229-4468 • info@reachforresources.org
Online registration: reach.recdesk.com