

Fall 2026

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



Reach Reader



Leaning into Hard Work



Each day, Steven shows up to work with a simple goal in mind: do the job well and give it his best effort. That mindset, paired with his consistency and determination, helped him earn Employee of the Month this past February, a recognition that reflects not only his work ethic, but the impact he has on those around him.

Steven works for New Horizon Foods, supporting a large nursing home and rehabilitation center. The facility spans seven floors and serves approximately 250 residents. As one of four dishwashers, Steven plays a behind-the-scenes but essential role in daily operations, helping ensure everything runs smoothly for both staff and residents.

"I work pretty hard," Steven shared, a statement that perfectly captures his work ethic.

That hard work did not go unnoticed. Out of nearly 1,800 employees across the company, Steven was selected as the February 2026 Employee of the Month. "Steven got Employee of the Month out of that many people," Naomi, his Employment Specialist shared. "I think that says a lot." It is a meaningful accomplishment and a reflection of the consistency and effort he brings to every shift.

Over time, Steven has built a strong reputation with those he works alongside. Naomi noted that throughout his work experience, supervisors and managers have consistently enjoyed working with him, recognizing his dependability and positive attitude. His contributions are so significant that it has been said it would take many people, even as many as ten, to

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LEANING INTO HARD WORK (CONTINUED)

match the level of effort and reliability he brings to the role.

Steven's role is physically demanding and requires both stamina and focus. Over time, he has built important skills, from pacing himself throughout long shifts to staying organized in a fast-moving environment. "I think Steven's learned a lot from this job," Naomi noted, highlighting how he has grown in both confidence and his skill set.

Even when challenges arise, Steven continues to show up and give his best. During a time when elevator access was limited in the seven-floor building, getting through a shift became even more difficult. Despite that, Steven remained dependable and committed, demonstrating resilience and a strong sense of responsibility.

Part of what sets Steven apart is his mindset. He takes initiative and looks for ways to stay productive, always willing to step in and help where needed. One quote he shared captures this perfectly: "If you got time to lean, you got time to clean."

"That's how I got Employee of the Month, basically," Steven said, highlighting the attitude that drives his success.

Beyond his daily responsibilities, Steven brings a kind and thoughtful presence to his workplace. He has built meaningful connections with residents through interactions. On days when extra help is needed, Steven steps in to bus dishes and wipe down tables, often seeing familiar faces and learning residents' names. Those small moments go a long way in creating a warm and welcoming experience for the people who live there.

Steven's story reflects perseverance, growth, and a deep commitment to his work. His recognition as Employee of the Month is well earned. With his dedication, strong reputation among managers, and the lasting impact he makes each day, Steven stands out as someone any workplace would be lucky to have on their team.

"If you got time to lean, you got time to clean."



PUZZLE palooza

PUZZLE COMPETITION

Saturday, September 19 • 5:00 - 7:00 p.m.

Lodestone Coffee & Games
10982 Cedar Lake Road, Minnetonka

Registration Fees

\$25 - Individual | \$45 - Team of 2 | \$80 - Team of 4
(Registration closes September 14th at 10 a.m.)

HOW IT WORKS

- Work in teams, same 500-piece puzzle, revealed at race start.
- Complete it fastest, or have fewest loose pieces, by the end.
- Headphones welcome, battery-powered lighting okay.
- No phones or tools allowed.
- All ages & abilities welcome. It's about fun and community!
- Prizes for the top three teams.

Register now and puzzle for a cause!
Scan the QR Code to learn more or visit reachforresources.org/puzzle-palooza

Learn More!



Thanks to our Sponsors!
Bottiger Family



PICKLEBALL CLASSIC

Play for a Purpose!

Join us for the Reach Pickleball Classic, where a friendly tournament helps create opportunities for individuals with disabilities and mental health needs.

THURSDAY NOVEMBER 12
4:00 - 8:00 PM

MEGA PICKLEBALL
17585 MN-7, Minnetonka

\$100 Team of 2
\$25 Supporter (non-player)
\$10 Mulligan (1 per team)
Child Cheerleader: Free (12 & under)

Register Today!



reachforresources.org/pickleball-classic

Thanks to our Sponsors!





Mental Health & Accessibility Fair

Wednesday, September 23 | 5:30 - 8:00 p.m.

Community Health Panel: 6:00 - 6:45 p.m.

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

DOOR PRIZES
Throughout the Evening!

Scan To Register



Join us for a Free evening of resources, connection, and community. Explore local services, attend a mental health panel discussion, enjoy complimentary snacks, and enter for door prizes.

reachforresources.org/mh-fair

A Space Just for You

Young Women's Wellness Group

Provided thanks to a grant from



For Teen Girls Ages 14-24

Tuesdays at 4 PM
September 15 - October 6

Reach for Resources
Office

Build confidence, learn coping skills, and connect with other teens in a supportive environment. Best of all, it's completely free. Our **Young Women's Wellness Group** combines creative activities, mindfulness practices, and meaningful conversations to support mental wellness for girls ages 14–24. Come as you are and leave with new tools, meaningful connections, and greater confidence. Inclusive and welcoming for all abilities.

Scan to Register!



For questions or to learn more contact Alexis at amcclure@reachforresources.org

A SUPPORTIVE SPACE.
REAL CONNECTIONS.

Adult Diagnosis Autism

MENTAL HEALTH GROUP

A group for adults (18+) who identify as neurodivergent (Autism, ADHD, AuDHD) with a diagnosis in adulthood.

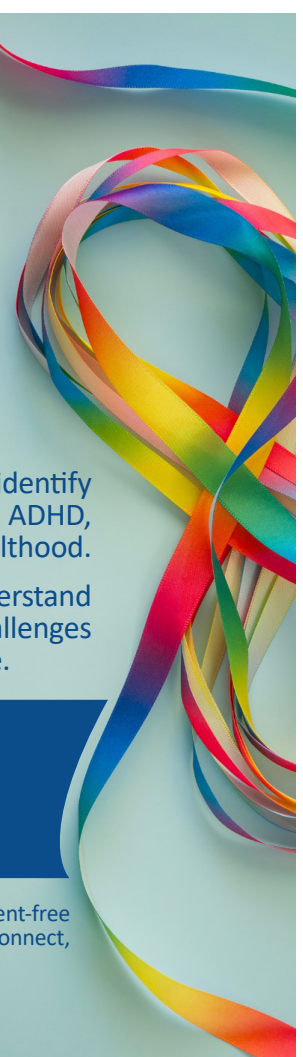
Connect with others who understand the unique experience and challenges of living with neurodivergence.

THURSDAYS | 6:00 P.M.

Reach for Resources Office
Ages 18+
Billed through insurance

Led by Alexis in a welcoming judgement-free environment where you can share, connect, and support one another.

TO REGISTER EMAIL ALEXIS AT amcclure@reachforresources.org



Mingle & Mix with Reach

Tuesday, September 22 | 3:00 – 4:30 p.m.
Unmapped Brewing, Minnetonka
Sponsored by Elks Lodge Hopkins #2221

Mingle. Network. Learn.

Connect with local professionals and community members while enjoying a complimentary drink. Come to:

- Network with others
- Learn about Reach's mission
- Make meaningful connections

No pressure. Just good people, good conversations, and a great cause.

To RSVP scan the QR code or visit
reachforresources.org/mingle-mix



Enjoy a Drink On Us!



SSI & SSDI WEBINAR

Understanding Social Security benefits can be overwhelming. Join Reach for Resources and the Minnesota State Bar Foundation for a **free** webinar covering the differences between SSI and SSDI, eligibility requirements, the application process, and how benefits may affect employment and other supports.

Perfect for:

- Individuals with disabilities
- Family members & caregivers
- Guardians & advocates
- Service providers

October 14, 2026

1:30 - 3:00 p.m.

Online via Microsoft Teams

To register scan the QR Code or visit
reachforresources.org/ssi-webinar

Presented by:



Scan to
Register!



Cheer on the Twins with Reach!

Saturday, September 12

MN Twins vs Cleveland Guardians | 3:10 p.m.

Target Field | 1 Twins Way, Minneapolis

Tickets: \$33-53 (includes all fees) - purchase by August 23rd

Join us at Target Field as the Twins take on the Guardians and celebrate Reach for Resources in a big way.

We'll have two cheering sections, so grab your crew and join the fun:

- Section 126 (3rd base line)
- Section 331 (left-center field)

Game Day Highlights:

- First pitch by Reach for Resources
- Celebrating our incredible community
- Photo ops, high-fives, and Twins energy

Come rep Reach, make some noise, and enjoy a summer night of baseball and connection.

Tickets are limited — grab yours today!



Reach for Resources Board Of Directors

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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.
- At-the-door registration is only available for programs where it is specifically noted. Otherwise, advance registration is required.

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 or paint shirt, and cooking participants should wear closed-toe shoes.**

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/AdaptiveRecPolicy>



COOKING & CRAFTS

COOKING: SMOKED TURKEY WILD RICE SOUP T

Make a comfort food for fall. Wild rice soup is a fabulous Minnesota classic meal!

DAYS	DATE	TIME
Tue.	10/20	5:30-7:00 p.m.
Location	Sandburg Middle School 2400 Sandburg Ln Golden Valley, MN 55427	
Age	18+	
FEE	\$20 resident / \$23 non-resident	



CRAFT: SEED ART T

Inspired by Seed Art at the MN State Fair. Let's create our own seed art, using beans, corn, sunflower seeds, and more!

DAYS	DATE	TIME
Fri.	11/20	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Wolfe Park Pavilion 3700 Monterey Dr St. Louis Park, MN 55416	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	



CRAFT: DECOUPAGE FALL VASE T

Decoupage is a fun craft that can use many different materials. We will use leaves to create a colorful homage to fall.

DAYS	DATE	TIME
Thu.	10/8	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: PAPER STRAW ART T

Come and learn a creative way to display dried flowers and other fall items, which can be changed out for each season or holiday.

DAYS	DATE	TIME
Mon.	12/7	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy Brooklyn Center, MN 55430	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	

CRAFT: DENIM RAG WREATH T

Let's upcycle some denim clothing and create a decorative wreath for fall!

DAYS	DATE	TIME
Mon.	9/28	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	

CRAFT: AIR DRY CLAY MOSAIC T

Perfect for beginners and seasoned crafters alike, this fun and relaxing activity lets you experiment with colors and patterns to create a one-of-a-kind piece of art to take home!

DAYS	DATE	TIME
Thu.	11/5	6:00-7:30 p.m.
Location	Veterans Memorial Community Center 8055 Barbara Ave Inver Grove Heights, MN 55077	
Age	16+	
FEE	\$15 resident / \$18 non-resident /\$10 companion	



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.	9/27-12/6	12:00-2:00 p.m.
Location	New Hope Bowl 7107 42nd Ave N Minneapolis, MN 55427	
Age	All Ages	
FEE	\$115 resident / \$120 non-resident	

PARK TAVERN

DAYS	DATE	TIME
Sat.	9/26-12/5	10:00 a.m.-12:00 p.m.
Location	Park Tavern 3401 Louisiana Ave S St. Louis Park, MN 55426	
Age	All Ages	
FEE	\$115 resident / \$120 non-resident	

TWINS GAME

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

DAYS	DATE	TIME
Sat.	9/12	3:10 p.m. Start
Location	Target Field 1 Twins Way Minneapolis, MN 55403	
Age	All Ages	
FEE	\$27	

ADAPTIVE SOCCER

Come learn some ball skills and scrimmage with friends. All abilities are welcome. *Please bring water and wear clothing you can move around in. Equipment is provided and cleats are not required.



DAYS	DATE	TIME
Tue.	9/15-10/6	6:00-7:30 p.m.
Location	Park Center High School: North Soccer Field 7300 Brooklyn Blvd Brooklyn Park, MN 55443	
Age	16+	
FEE	\$48 resident / \$56 non-resident	



MUSIC THERAPY

Music therapy uses engaging music activities to support non-musical 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.

reachforresources.org/music-therapy



Join Us

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 fun.

DAYS	DATE	TIME
Fri.	9/11	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy Brooklyn Center, MN 55430	
Age	18+	
FEE	\$10 resident / \$12 non-resident / \$15 at the door	

TRICK OR TREAT BINGO

Come dressed in your favorite Halloween costume. Will you get a trick or a treat?

DAYS	DATE	TIME
Tue.	10/6	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$10 resident / \$12 non-resident / \$15 at the door	



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
Mon.	10/5	5:30-7:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$18 resident / \$20 non-resident / \$9 companion	

DAYS	DATE	TIME
Tue.	12/8	5:30-7:00 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$18 resident / \$20 non-resident / \$9 companion	



SOCIAL ACTIVITIES & OUTINGS

BOWLING BANQUET T

All bowlers from our 2025-26 seasons are invited to attend this party. Enjoy dinner as we give out certificates and prizes to all of our bowlers from the past year. We'll watch a photo slideshow from the year and enjoy dancing to wrap up the night. *Please register two weeks in advance. Companions only need to register if they would like dinner.*

DAYS	DATE	TIME
Thu.	9/10	5:30-7:30 p.m.
Location	St. Louis Park Rec Center: Banquet Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	All Ages	
FEE	\$21 resident / \$23 non-resident / \$14 companion	

AUTUMN DANCE SOCIAL T

A fun, inclusive evening of music, movement and community! All are welcome. Enjoy time with friends, music, and dancing. Hosted by Riverway Church.

DAYS	DATE	TIME
Fri.	10/9	6:30-8:00 p.m.
Location	Riverway Church 9000 117th Ave N Champlin, MN 55316	
Age	All Ages	
FEE	Free	



CEREAL AND CARTOONS T

Remember being a kid, watching Saturday morning cartoons on TV, in your pajamas and eating cereal??? Let's recreate that memory! Feel free to wear PJ's, choose a favorite cereal, and laugh at classic cartoons for awhile!

DAYS	DATE	TIME
Mon.	10/19	6:00-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

MINNESOTA ORCHESTRA: MUSICAL TALES OF HANS CHRISTIAN ANDERSEN T

Come enter a world where music and storytelling intertwine. Turning timeless fairy tales into magical soundscapes. Sensory friendly concert for all ages and is part of the Nordic Soundscape Concerts. Companions must register to attend.

DAYS	DATE	TIME
Sun.	11/8	1:30-3:30 p.m.
Location	Orchestra Hall 1111 Nicollet Mall Minneapolis, MN 55403	
Age	All Ages	
FEE	\$20	

SOCIAL SEEKERS T

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.	9/24-12/3	5:00-6:30 p.m.
Location	Plymouth Community Center 14800 34th Ave N Plymouth, MN 55447	
Age	18+	
FEE	\$200 resident / \$210 non-resident	

BIRTHDAY CELEBRATION T

Happy Birthday to you! Come celebrate fall birthdays (September thru December) or come to just enjoy cake with friends!

DAYS	DATE	TIME
Mon.	11/16	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	



KARAOKE WITH MOCKTAILS & SNACKS T

Let out your inner Mariah Carey or Bing Crosby with holiday cheer and music! Light up the evening with your friends.

DAYS	DATE	TIME
Thu.	12/17	6:00-7:30 p.m.
Location	Edina Senior Center 5280 Grandview Square Edina, MN 55436	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

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.

Scan the QR code to learn more or visit reachforresources.org/reach-in-motion



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



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+ COFFEE, CLASSICS, CONVERSATIONS:

QAMARIA YEMENI COFFEE CO.

Make Wednesdays your coffee day! Gather for great conversation, new friendships, and a unique coffee experience featuring authentic Yemeni coffee from a local roaster.

DAYS	DATE	TIME
Wed.	9/16-10/7	1:00-2:30 p.m.
Location	582 Prairie Center Dr Suite 260 Eden Prairie, MN 55344	
Age	55+	
FEE	Free	



55+ METRO MUSEUM: BAKKEN

The museum's exhibits explore the cycle of innovation and inspiration. Along with many exhibits to see, the museum has 3 acres of beautiful gardens to enjoy on your visit.

DAYS	DATE	TIME
Tue.	9/22	10:00 a.m.-12:00 p.m.
Location	Bakken Museum 3537 Zenith Ave S Minneapolis, MN 55416	
Age	55+	
FEE	Free	

55+ FUR-EVER FRIENDS: CAT CAFE

Cross off your caffeine and furry friend fix in one purr-fect day. *There's a fee for each person who enters the cat lounge (participant and staff).

DAYS	DATE	TIME
Tue.	10/13	TBD
Location	Cafe Meow 3524 Winnetka Ave N New Hope, MN 55427	
Age	55+	
FEE	Free	



55+ SENIOR SPORTS: VIKINGS GAME

Cheer on the Minnesota Vikings with friends and fellow fans! Join us for an exciting day of football, great company, and unforgettable game-day energy as we head to the stadium together. Whether you're a lifelong Vikings fan or just in it for the fun, this is an outing you won't want to miss.

DAYS	DATE	TIME
TBD	TBD	TBD
Location	U.S. Bank Stadium 401 Chicago Ave Minneapolis, MN 55415	
Age	55+	
FEE	Free	



Reach for the Stars

★ SPRING FLING ★

Thank you to everyone who attended Spring Fling: Reach for the Stars and helped make the evening such a success. It was wonderful to see our community come together for a night of fun, friendship, and celebration.

A special thank you to our sponsors, City & County Credit Union, Minnwest Bank, and the Lillevold Family, whose generosity made the event possible.

Your support helps create inclusive opportunities where people of all abilities can connect, build friendships, and make lasting memories.

Thank You for a Great Spring Fling!



**Lillevold
Family**



ON THE TOWN: ALL ABILITIES

OTTA1: TONKADALE GREENHOUSE TOUR



Tonkdale is a local, family run greenhouse. Let's tour their business and get a little dirt on our hands with a planting project.

DAYS	DATE	TIME
Mon.	9/21	1:00-2:30 p.m.
Location	Tonkdale Greenhouse 3739 Tonkawood Rd Minnetonka, MN 55345	
Age	18+	
FEE	\$12 resident / \$15 non-resident	

OTTA2: NORDIC WALKING



Join Linda Lemke the "Nordic Walking Queen" as we enjoy the outdoors together and learn a new fitness activity! Nordic poles will be provided.

DAYS	DATE	TIME
Mon.	9/21	5:30-7:00 p.m.
Location	Brooklyn Park Community Activity Center 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$15 resident / \$20 non-resident	

OTTA3: HELPING PAWS



Helping Paws is a local nonprofit which helps breed, train, and place service dogs. We will be taking a tour of their facility and learning about volunteer opportunities with their program.

DAYS	DATE	TIME
Tue.	11/10	2:00-3:30 p.m.
Location	Helping Paws 6569 City West Pkwy Eden Prairie, MN 55344	
Age	18+	
FEE	\$12 resident / \$15 non-resident	



OTTA4: BROWN BAG BIRDWATCHING



Let's hang out together at the Richardson Nature Center. It has a fabulous wildlife viewing room, so rain or shine, we can enjoy the day.

DAYS	DATE	TIME
Mon.	11/23	11:00 a.m.-1:00 p.m.
Location	Richardson Nature Center 8737 E Bush Lake Rd Bloomington, MN 55438	
Age	18+	
FEE	\$12 resident / \$15 non-resident	

OTTA5: MOVIE NIGHT AT EMAGINE



Catch the latest blockbuster on the big screen! Relax with friends and enjoy a movie night with popcorn and snacks. It's a great way to kick back and escape into the world of film. Exact movie and program time will be announced when the event gets closer. Companions must register to attend.

DAYS	DATE	TIME
Tue.	12/15	6:00-8:00 p.m.
Location	Imagine Theater 900 Shelard Pkwy Plymouth, MN 55441	
Age	18+	
FEE	\$18 resident / \$20 non-resident / \$14 companion	

Friends & Family event

Thank You for Making it Special!

Our Friends & Family Event was a wonderful reminder of the incredible community that surrounds Reach. Thank you to everyone who joined us, our generous sponsors **LTD Brewing Co.**, **Pizza Luce** and **Driskill's Downtown Market** who helped make the evening possible, and all those who continue to support our mission throughout the year.

Together, you're helping create a community where people of all abilities are valued, supported, and included. We couldn't do it without you.



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:** \$90 resident / \$95 non-resident

Date: Wednesdays, September 23 - November 18 | **Time:** 6:00 - 7:30 p.m. *(unless noted)*

WNS1: THINGS



Want to learn a new game? Come join an evening of THINGS! Socialize with friends and kick off the Fall with us.

DAYS	DATE	TIME
Wed.	9/23	6:00-7:30 p.m.
Location	St. Louis Park Rec Center 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

WNS2: MOVIE NIGHT



Let's enjoy an evening of nature enjoyment with National Geographic. Known for their beautiful photography of wild places around the world, it will be a movie to remember.

DAYS	DATE	TIME
Wed.	9/30	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$10 resident / \$12 non-resident	



WNS3: CIDER BY THE FIRE



Sip warm apple cider, taste test varieties of apples, and sample a selection of dips for the apple slices! Recipes will be included.

DAYS	DATE	TIME
Wed.	10/7	6:00-7:30 p.m.
Location	St. Louis Park Rec Center 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$15 resident / \$18 non-resident	

WNS4: PUZZLE NIGHT



Puzzles are a great hobby, whether you like working on one alone, or with a group. Come join us and put the pieces in place!

DAYS	DATE	TIME
Wed.	10/14	6:00-7:30 p.m.
Location	Edina Senior Center 5280 Grandview Square Edina, MN 55436	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

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:** \$90 resident / \$95 non-resident

Date: Wednesdays, September 23 - November 18 | **Time:** 6:00 - 7:30 p.m. (unless noted)

WNS5: SCARECROW CRAFT T

Create a unique scarecrow, using an variety of paper, fabric and yarn. A classic fall decor piece.

DAYS	DATE	TIME
Wed.	10/21	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$15 resident / \$18 non-resident	

WNS6: BINGO T

Get ready for a fun evening of Bingo! Enjoy the classic game with excitement, friends, and chances to win great prizes.

DAYS	DATE	TIME
Wed.	10/28	6:00-7:30 p.m.
Location	St. Louis Park Rec Center 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$10 resident / \$12 non-resident	



WNS7: WOOD CRAFT NIGHT T

Choose your own wooden craft project to complete. Paint, mosaic, decoupage, your choice. Maybe a possible holiday gift for someone special.

DAYS	DATE	TIME
Wed.	11/4	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	\$15 resident / \$18 non-resident	



WNS8: EAT OUT - TAVERN GRILL T

Join friends for a fun, social dinner. If you can't decide how much money to bring for dinner, check out their menu online.

DAYS	DATE	TIME
Wed.	11/11	5:30-7:00 p.m.
Location	Tavern Grill 12653 Wayzata Blvd Minnetonka, MN 55305	
Age	18+	
FEE	\$10 resident / \$12 non-resident	

WNS9: HOMEMADE POTPOURRI T

Homemade potpourri is a creative way to fill your house with fragrance, using natural materials. Blend scents for an aroma to enhance the season.

DAYS	DATE	TIME
Wed.	11/18	6:00-7:30 p.m.
Location	St. Louis Park Rec Center 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	\$16 resident / \$18 non-resident	





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GHOSTLY GALA

Friday, October 30 • 5:30 - 8:00 p.m.
• \$10 pre-registration (ends 10/27) • \$15 at door
All Ages & Abilities Welcomed
New this year! Trail by Reach transportation is available.

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 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
☐	Cooking - Smoked Turkey Wild Rice Soup: 10/20	\$20 / \$23 ☐ Need Trail Ride
☐	Craft - Denim Rag Wreath: 9/28	\$15 / \$18 / \$10 companion # of Companions _____ ☐ Need Trail Ride
☐	Craft - Decoupage Fall Vase: 10/8	\$15 / \$18 / \$10 companion # of Companions _____ ☐ Need Trail Ride
☐	Craft - Air Dry Clay Mosaic: 11/5	\$15 / \$18 / \$10 companion # of Companions _____ ☐ Need Trail Ride
☐	Craft - Seed Art: 11/20	\$15 / \$18 / \$10 companion # of Companions _____ ☐ Need Trail Ride
☐	Craft - Paper Straw Art: 12/7	\$15 / \$18 / \$10 companion # of Companions _____ ☐ Need Trail Ride

	Sports & Recreation (page 8)	Resident/Non-Resident
☐	Bowling - New Hope: Starts 9/27	\$115 / \$120 ☐ Lane Bumpers ☐ Bowling Ramp ☐ Need Trail Ride
☐	Bowling - Park Tavern: Starts 9/26	\$115 / \$120 ☐ Lane Bumpers ☐ Bowling Ramp ☐ Need Trail Ride
☐	Adaptive Soccer: Starts 9/15	\$48 / \$56 ☐ Need Trail Ride
☐	Twins Game: 9/12	\$27 # of Companions _____

	Bingo (page 9)	Resident/Non-Resident
☐	Bingo: 9/11	\$10 / \$12 ☐ Need Trail Ride
☐	Trick or Treat Bingo: 10/6	\$10 / \$12 ☐ Need Trail Ride
☐	Bingo & Pizza (1): 10/5	\$18 / \$20 / \$9 companion # of Companions _____ ☐ Need Trail Ride
☐	Bingo & Pizza (2): 12/8	\$18 / \$20 / \$9 companion # of Companions _____ ☐ Need Trail Ride

	Social Activities & Outings (page 10)	Resident/Non-Resident
☐	Bowling Banquet: 9/10	\$21 / \$23 / \$14 companion # of Companions _____ ☐ Need Trail Ride
☐	Autumn Dance Social: 10/9	FREE ☐ Need Trail Ride
☐	Cereal and Cartoons: 10/19	\$10 / \$12 ☐ Need Trail Ride
☐	Minnesota Orchestra: 11/8	\$20 # of Companions _____ ☐ Need Trail Ride
☐	Birthday Celebration: 11/16	\$10 / \$12 ☐ Need Trail Ride
☐	Karaoke with Mocktails & Snacks: 12/17	\$10 / \$12 ☐ Need Trail Ride
☐	Social Seekers: Starts 9/24	\$200 / \$210 ☐ Need Trail Ride

	Reach's 55+ Move & Mingle - Ages 55+	Resident/Non-Resident
☐	55+ Coffee, Classics, Conversations - Qamaria Yemeni Coffee: Starts 9/16	FREE ☐ Need Trail Ride
☐	55+ Metro Museum - Bakken: 9/22	FREE ☐ Need Trail Ride
☐	55+ Fur-Ever Friends - Cat Cafe: 10/13	FREE ☐ Need Trail Ride
☐	55+ Senior Sports - Vikings Game: TBD	FREE ☐ Need Trail Ride

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: _____

	On The Town: All Abilities (OTTA) - Age 18+	Resident/Non-Resident
☐	OTTA1 - Tonkadale Greenhouse Tour: 9/21	\$12 / \$15 ☐ Need Trail Ride
☐	OTTA2 - Nordic Walking: 9/21	\$12 / \$15 ☐ Need Trail Ride
☐	OTTA3 - Helping Paws: 11/10	\$12 / \$15 ☐ Need Trail Ride
☐	OTTA4 - Brown Bag Birdwatching: 11/23	\$12 / \$15 ☐ Need Trail Ride
☐	OTTA5 - Movie Night at Emagine: 12/15	\$18 / \$20 / \$14 companion # of Companions _____ ☐ Need Trail Ride

	Wednesday Night Social (WNS) - Age 18+	Resident/Non-Resident
☐	Wednesday Night Social - ALL Programs	\$90 / \$95 ☐ Need Trail Ride
☐	WNS1 - Things: 9/23	\$10 / \$12 ☐ Need Trail Ride
☐	WNS2 - Movie Night: 9/30	\$10 / \$12 ☐ Need Trail Ride
☐	WNS3 - Cider by the Fire: 10/7	\$15 / \$18 ☐ Need Trail Ride
☐	WNS4 - Puzzle Night: 10/14	\$10 / \$12 ☐ Need Trail Ride
☐	WNS5 - Scarecrow Craft: 10/21	\$15 / \$18 ☐ Need Trail Ride
☐	WNS6 - Bingo: 10/28	\$10 / \$12 ☐ Need Trail Ride
☐	WNS7 - Wood Craft Night: 11/4	\$15 / \$18 ☐ Need Trail Ride
☐	WNS8 - Eat Out - Tavern Grill: 11/11	\$10 / \$12 ☐ Need Trail Ride
☐	WNS9 - Homemade Potpourri: 11/18	\$16 / \$18 ☐ Need Trail Ride

	Financial Webinar	Resident/Non-Resident
☐	SSI & SSDI Webinar: 10/14	FREE

	Ghostly Gala	Resident/Non-Resident
☐	Ghostly Gala: 10/30	\$10 # of Attendees _____ ☐ Need Trail Ride

Please send completed form with payment to:
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 7300 Metro Blvd, Suite 625
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