

AR & LE

Fall 2013



Sunday ■ October 6, 2013 ■ 11 am to 4 pm ■ \$10!

TRAIL Fundraiser at Water Park of America

See back cover for details!

Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 30 years, the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation "AR" and the Learning Exchange "LE".

- *Adaptive Recreation:* The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, basketball, as well as a number of social programs for both youth and adults.
- *The Learning Exchange:* The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a quarterly program catalog with descriptions of all programs to be offered for the upcoming season. This is sent out quarterly to all the participants and professionals who are on our mailing list.

Electronic copies of the current AR&LE program catalog are available via the Internet at: www.ci.bloomington.mn.us and enter keywords "Adaptive Recreation" in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.ci.bloomington.mn.us, return the completed profile to the following address:

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Non-resident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Non-residents are considered to be those living outside of these cities. If a non-resident fee is charged, the difference is very minimal.

REFUND POLICY

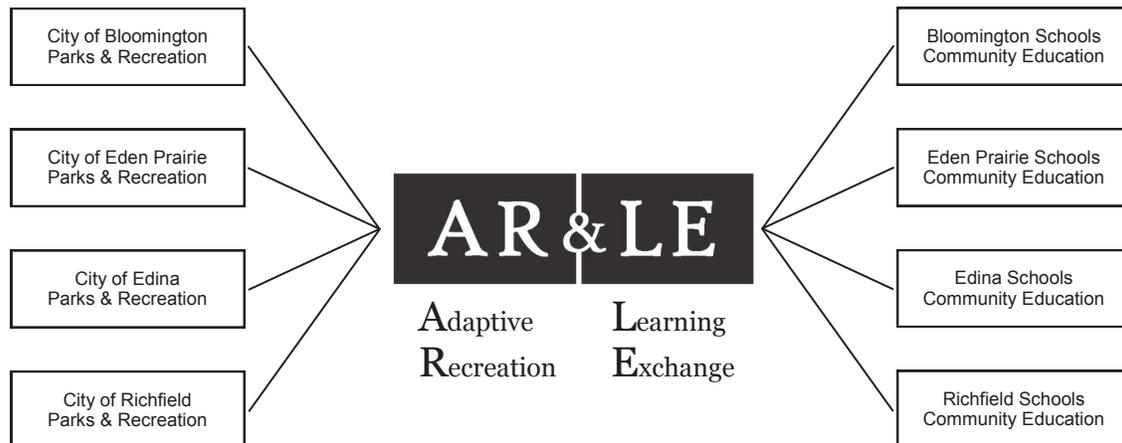
Each city reserves the right to implement their own refund policy.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. Upon request, this information can be available in alternate formats.

THE STAFF

The supervisory staff that are responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.



CONTACT INFORMATION

Bloomington Adaptive Recreation

- Kari Hemp – Recreation Supervisor, Adult & Youth Programming: 952-563-8877 (tty: 952-563-8740) khemp@ci.bloomington.mn.us

Eden Prairie Adaptive Recreation

- Nicole Minton - Recreation Supervisor: 952-949-8457 (tty: 952-949-8399) nminton@edenprairie.org

Edina Adaptive Recreation

- Kristin Aarsvold – Recreation Supervisor: 952-826-0433 (tty: 952-826-0379) kaarsvold@EdinaMN.gov
- Dawn Beitel - Recreation Specialist: 952-826-0438 (tty: 952-826-0379) dbeitel@EdinaMN.gov

Richfield Adaptive Recreation

- Ann Hoffer – Recreation Supervisor: 612-861-9361 (MN Relay Service at 711) ahoffer@cityofrichfield.org

Learning Exchange

- Gina Carpenter – Coordinator of Alternative Educational Services: 952-681-6122 (MN Relay Service at 711) - gcarpenter@bloomington.k12.mn.us
- Janet Clarke – Community Liaison: 952-681-6121 (MN Relay Service at 711) jclarke@bloomington.k12.mn.us



TRAIL (Transportation Resource to Aid Independent Living) provides transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield, allowing them to attend customized recreation and leisure programs offered by the Adaptive Recreation and Learning Exchange (AR&LE). Through donations and fundraising TRAIL subsidizes the cost of transportation; as a result, riders pay a nominal fee for their rides.

Programs with this bus symbol have TRAIL available. To learn more or to make a donation, go to www.ridetrail.org, call Michelle at 952-828-0983, or email ridetrail@msn.com. **The current AR&LE catalog is available at www.ridetrail.org under “Resources”.**

PERSONAL PROGRAM CHART

Use the chart below to keep track of your registered programs! If you don't want to cut out the registration forms, **an electronic copy of the current AR&LE program catalog is available via the Internet at: www.ci.bloomington.mn.us** and enter keywords "Adaptive Recreation" in the search engine.

Day	Date/Time	Program	Location
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



**Kari Hemp - Recreation Supervisor
Adult & Youth Programming**
 Phone: 952-563-8877
 Email: khemp@ci.bloomington.mn.us
 Address: 1800 W. Old Shakopee Road
 Bloomington 55431
 TTY: 952-563-8740
 Website: www.ci.bloomington.mn.us



FALL FORMAL
Friday, September 27, 2013

Dress your best, pin on a corsage or boutonniere, and come out for an elegant evening of glitz, glamour and dancing! Come with a date, a group or on your own. We're teaming up with Project SOAR, Reach for Resources, Windows of Opportunity and the Access Program @ YMCA to host this very special event. Treats will be served.

- Who:** Adults 18+
- Time:** 7:00-9:00 pm
- Location:** Minnetonka High School, Cafeteria
18301 MN Hwy 7 (frontage road), Minnetonka
Park in West Lot—Use TONKA CENTER entrance
- Cost:** \$10 for pre-registration or at the door the day of event.
Pictures: Included in cost of event is one 4x6 print per participant. \$1 for each additional photo, pay at event. Pictures will be mailed to your home after the event.
- Register by:** Friday, September 20 or pay at the door. Must have a completed AR&LE Participant Profile on file or be affiliated with one of the other sponsoring agencies.



TRAIL Deadline: **TRAIL is available!** Registered TRAIL riders must request TRAIL by Monday, September 23 by calling 952-563-8877.



DANCE YOUR SOCKS OFF!

Halloween Dance ■ October 11, 2013

Wear your favorite costume and Monster Mash the night away!

Holiday Dance ■ November 15, 2013

Break out your fanciest holiday sweater!

- Who:** Adults 18+
- Time:** 7:00-9:00 pm
- Location:** Valley View Middle School,
8900 Portland Avenue South, Bloomington.
Parking is available on the West side (back) of the building. Enter through door E on the North end.
- Cost:** \$6 (support staff free). Pre-registration is available!
Pre-registrations (with payment) accepted until the day before the dance or register and pay at the dance.
- TRAIL Deadline:** TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877.



Looking for registration forms or want to pre-register/pay for our programs? Go online to www.ci.bloomington.mn.us (keyword "Dance") or contact us at 952-563-8877.



Nicole Minton, CTRS
Recreation Supervisor
Eden Prairie Parks and Recreation
Address: 8080 Mitchell Road, Eden Prairie 55344
Phone: 952-949-8457
TTY: 952-949-8399
Email: nminton@edenprairie.org
Website: www.edenprairie.org

ADAPTIVE ICE SKATING I - AGES 10-22

Using personalized instruction, this program encourages skaters of all abilities, at an individual pace, within a group setting. Start by becoming familiar with the ice and learn to stand and fall correctly, then progress to improving balance, coordination, flexibility and strength while learning a number of fundamental skating skills. No previous skating experience is required. Protective head gear (such as a bike helmet) is a must.

Date/Time: Wednesdays ▪ Oct 2 - Nov 20 ▪ 7:10 - 7:40 pm
Location: Eden Prairie Community Center
Cost: \$72
Register by: September 18; maximum 6



CLUB 204 - AGES 13-22

Hang out with friends after school while playing board games, games in the gym, and more! The program does not meet October 17, 18, 25 or November 8, 28 or 29.

Date/Time: September 19-December 13 ▪ Thursdays and Fridays ▪ 2:30 - 5:00 pm
Location: Eden Prairie Community Center, room 203 and 204
Cost: \$290
Register by: September 5; maximum 12



MOVE TO THE MUSIC - AGES 13-22

Have fun while enhancing your flexibility, strength, endurance and balance! This is a high-energy class that targets the upper and lower body. No class November 30th.

Date/Time: Saturdays ▪ September 21-October 12 ▪ 11:00 - 11:45 am
Location: Eden Prairie Community Center, room 201
Cost: \$65
Register by: September 4; maximum 10



YOUNG ATHLETES - AGES 2-7

Young Athletes is an innovative sports play program that provides children with intellectual disabilities a setting to practice, enhance, and display their abilities while improving physically, cognitively and socially. Plus, neuro-typical siblings, relatives, or friends can also participate. **Each person must register separately.**

Date/Time: Wednesdays ▪ October 23-November 20 ▪ 6:00 - 6:45 pm
Location: Eden Prairie Community Center, room 201
Cost: \$40
Register by: October 16; maximum 8



BASIC WEAVING - AGES 13-22

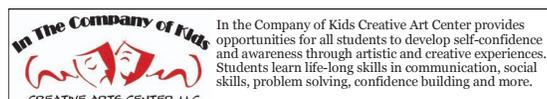
Create a woven pattern embellished with beads, braids and feathers! Use mixed media, paper and yarn to create a one-of-a-kind masterpiece. No previous experience required.

Date/Time: Tuesdays ▪ October 29-November 19 ▪ 3:00 - 4:30 pm
Location: Eden Prairie Art Center
Cost: \$68
Register by: October 23; maximum 8

THAT'S ENTERTAINMENT - AGES 18-25

Hey everyone, with all of the shows like the *Voice*, *So you Think You Can Dance*, *Dancing with the Stars* and *American Idol*, let's come together to create our own Talent Show! One where YOU are the STAR! Performance the last day of class, invite family and friends! Let's get our groove on! Your family and friends are invited to a performance on December 9.

Date/Time: Mondays ▪ September 23-December 9 ▪ 2:30 - 4:00 pm
Location: Eden Prairie Senior Center, room 201
Cost: \$340
Register by: September 16; maximum 8



EVERYONE CAN DANCE - AGES 13-22

Listen to popular music and learn the basic building blocks of dance, including eye-hand coordination, flexibility, and rhythm. No dance experience needed! No class November 30.

Date/Time: Saturdays ▪ November 9 - December 14 ▪ 10:15 - 11:00 am
Location: Eden Prairie Community Center, room 201
Cost: \$40
Register by: November 1; maximum 12



SATURDAY NIGHT OUT - AGES 13-25

Are you looking for an excuse to hang out with friends? Register early for an exciting opportunity to experience various leisure activities and events in and around the community. There are no prerequisites for participation.

*Note: You must **register by the deadline date** for each outing. **No refunds** will be given after this deadline due to the planning for staff, tickets, food and transportation.*

Costume Party - It will be a fun filled evening with spooky music, gooey treats, and ghostly games. What's a party without pizza? Bring your appetite. Registration deadline is October 16; maximum 15

Date: October 26 Time: 6:00-8:00 pm Location: Eden Prairie Senior Center, Community Room Cost: \$28

Salvation Army Bell Ringing - Give back this holiday season by ringing the bell to support families in need. Locations will be at Eden Prairie's Cub Foods and Rainbow Foods. Dress to be outdoors. Registration deadline is November 8; maximum 12

Date: November 23 Time: 2:00-4:00 pm Location: Drop-off & pick-up at Eden Prairie Senior Center Cost: \$16

KARE 11 and Toys for Tots - We'll be going to the KARE 11 Studio to drop off unwrapped gifts and enjoy 2 seconds of fame on TV. You may bring an unwrapped gift if desired. Afterwards, we'll enjoy a pizza party at Davanni's in Eden Prairie. Registration deadline is December 6; maximum 20

Date: December 14 Time: 5:00-8:00 pm Location: Drop-off & pick-up at Eden Prairie Senior Center Cost: \$27

MACPHAIL CENTER FOR MUSIC - PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

Students are assessed before a treatment plan is implemented to meet individual needs and strengths. To register for music therapy, a 20-minute phone placement interview is necessary to gather information that will aid in placing the student with an appropriate music therapist. A board-certified music therapist will assess the students' strengths and needs and then create a treatment plan that will outline the goals and objectives to guide the course of services. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.



Cost: \$72 for 1 hour ▪ \$54 for 45 minutes ▪ \$36 for 30 minutes

Contact Marian Santucci, MacPhail Music Therapy Manager at 612-767-5596 or Santucci.Marian@macphail.org for more information or to set up a placement interview.



Eden Prairie Registration Form

Participant Name		Home Phone		E-mail		Age					
Address/City				Apt. #	Zip Code		Birth Date				
Special Information:											
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog.											
Parent/Guardian		Home Phone		Work Phone		E-mail					
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>											
Participant or Parent/Guardian Signature _____				Date _____							
<p><u>Code</u> Registration begins Tuesday, August 13</p> <p>36785 Adaptive Ice Skating I ----- <input type="checkbox"/> \$72</p> <p>36782 Club 204 ----- <input type="checkbox"/> \$290</p> <p>36783 Move to the Music ----- <input type="checkbox"/> \$65</p> <p>36786 Young Athletes ----- <input type="checkbox"/> \$40</p> <p>36787 Basic Weaving ----- <input type="checkbox"/> \$68</p> <p>36784 That's Entertainment ----- <input type="checkbox"/> \$340</p> <p>36788 Everyone Can Dance ----- <input type="checkbox"/> \$40</p>				<p><u>Saturday Night Out</u></p> <p>36789 Costume Party, Oct 26----- <input type="checkbox"/> \$28</p> <p>36790 Salvation Army Bell Ringing, Nov 23 ----- <input type="checkbox"/> \$16</p> <p>36791 KARE 11 & Toys for Tots, Dec 14 ----- <input type="checkbox"/> \$27</p>							
<p>Mail completed form and check payable to the City of Eden Prairie to: Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346</p>											
Credit Card Information _____				TOTAL FEE(S) PAID: \$ _____				Exp. Date _____			



Kristin Aarsvold, Recreation Supervisor
Edina Parks and Recreation
Address: 4801 W. 50th Street, Edina 55424
Phone: 952-826-0433
TTY: 952-826-0379
Email: kaarsvold@EdinaMN.gov
Dawn Beitel, Recreation Specialist - 952-826-0438
Email: dbeitel@EdinaMN.gov
Website: www.EdinaParks.com

FALL BOWLING CLUB

Youth & teens ages 7 and up are invited to learn to bowl or enhance your skills. Have fun being part of the team. Teams will be arranged by age. VOLUNTEER support is welcome!

Fall Session: Saturdays
September 21-November 16
Winter Session: Saturdays
January 25-March 22
Time: 12:15 pm - 1:45 pm
Location: Brunswick Eden Prairie Lanes
12200 Singletree Lane
Cost: \$100/session for residents
\$105/session for nonresidents
Register by: September 3;
minimum 6, maximum 12



SUPER SUNDAYS

This is a social group for teens and young adults ages **15-25** who like to try new things, get out and explore places, and meet new friends. For trips outside of the four AR&LE cities, bus transportation is provided to and from the Edina Senior Center. minimum 10, maximum 20

*Note: You must **register by the deadline date** for each outing. **No refunds** will be given after this deadline due to the need to plan for staffing, tickets, supplies and transportation. You will **not** receive a confirmation for your registration.*

Super Sunday Planning Party - Meet at the Edina Senior Center for a Fall planning meeting/party. Snacks and a few games will also be on the agenda! The dates for the remainder session have been set, but your ideas and input are needed to keep this program going strong for the upcoming year. Parents/guardians are encouraged to attend. *Register by Monday, September 9.*

Date: Sept 15 Time: 1:00–2:30 pm Location: Edina Senior Center Cost: \$5
5280 Grandview Square, Edina

Mark your calendar for additional Super Sunday events, that YOU will help plan!

Dates: October 20 ■ November 10 ■ December 8

PRESENTS FOR THE HOLIDAYS

Gifts that come from the heart are treasured. Join us as we make special gifts to give to friends and family over the holidays. Adults ages 16 and older are welcome.

Dates: Fridays ■ November 1-December 13 (no class November 29)
Time: 6:00–7:30 pm
Location: Edina Senior Center, Classroom #2
5280 Grandview Square
Cost: \$65
Register by: October 21; minimum 4, maximum 12



GET FIT VALUE PASS

AR&LE participants can use the indoor track at Edinborough Park at a reduced price. Purchase a Get Fit Value Pass for \$25.00 for 10 admissions to the walking track (only). Edinborough is located at 7700 York Avenue South. Bring your pass when you walk. One family member or personal support staff can attend for free. Participants must provide their own supervision while using the track.



Edina Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age
Address/City			Apt. #	Zip Code	Birth Date
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No			Dietary needs/allergies:		
<p>In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog</p>					
Parent/Guardian		Home Phone	Cell Phone	E-mail	
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____			Date _____		
<p>R= Resident, NR=Nonresident</p> <p style="text-align: center;"><u>R</u> <u>NR</u></p> <p>Bowling Club</p> <p>Fall Session ----- <input type="checkbox"/> \$100 <input type="checkbox"/> \$105</p> <p>Winter Session ----- <input type="checkbox"/> \$100 <input type="checkbox"/> \$105</p> <p><u>Super Sundays</u></p> <p>Planning Party, Sept 15----- <input type="checkbox"/> \$5</p> <p>October 20 ----- TBD</p> <p>November 10 ----- TBD</p> <p>December 8 ----- TBD</p>			<p>Presents for the Holidays ----- <input type="checkbox"/> \$65</p> <p>Get Fit Value Pass, Edinborough Track ----- <input type="checkbox"/> \$25</p>		
			<p>Mail completed form and check payable to the City of Edina to:</p> <p>Edina Parks and Recreation 4801 W 50th Street Edina MN 55424</p>		
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____				Exp. Date _____	



Ann Hoffer
Recreation Supervisor
Richfield Recreation Services
Address: 7000 Nicollet Avenue South
Richfield 55423
Phone: 612-861-9361
TTY: 711 (Minnesota Relay Service)
Email: ahoffer@cityofrichfield.org
Website: www.cityofrichfield.org



LEAGUE BOWLING

Join a competitive league team or work on skills in a non-competitive open bowl setting. Play up to three games each week and have fun with friends! Fee includes an AR&LE Bowling T-shirt.

Who: Adults 18 and older. **REGISTER EARLY, spaces fill quickly!**

Date/Time: Saturdays ▪ 9:20 am - 11:45 am

Session 1: September 21 - November 16, 2013

Session 2: January 25 - March 22, 2014 (March 29 make-up)

Location: Brunswick Zone, Eden Prairie Lanes, 12200 Singletree Lane

Cost: Session 1: Nine weeks, \$105 resident, \$115 nonresident

Session 2: Nine weeks, \$105 resident, \$115 nonresident

All payments are made to City of Richfield, not Brunswick Lanes.

Register by: September 4 for Session 1; January 8 for Session 2 or until full.

League bowl is set-up for those who are able to bowl independently with little to no staff assistance. League bowlers, if you have a team or would like to play with a certain person, please indicate the other person's name on the comments area of your registration form. **Open bowl** is set-up for individuals who may need assistance while bowling, use a wheelchair or walker or will need a ramp. Please choose League or Open on the registration form. **AR&LE staff make final decisions on team placements.** Maximum 124 participants. Maximum 24 TRAIL riders.



DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

This six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. Ski Club members must be referred by ski lesson staff and be able to ski independently. Volunteer to participant ratio 1:1 or 1:2 (lessons). Students with mobility impairments are referred to Courage Alpine Skiers. Experienced skiers & snowboarders are needed as volunteers!

Date/Time: Thursdays ▪ January 16 - February 20, 2014 (make-up February 27) ▪ 6:30 pm - 8:45 pm

Location: Hyland Hills Ski Area, 8800 Chalet Road, Bloomington

Cost: If you have your own equipment: \$135 resident, \$145 nonresident

If you need to rent equipment: \$155 resident, \$165 nonresident

Register by: Residents only until October 7, open to nonresidents beginning October 8. Deadline December 2 maximum 40 students for ski lessons; maximum 25 students for snowboard lessons; maximum 20 participants in ski club



CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level. Please wear workout shoes and clothes. Register early, spaces fill quickly.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.

Dates/Time: Fall Session: Mondays and Wednesdays ▪ September 16 - November 6 ▪ 7:00 - 8:00 pm

Holiday Session: Wednesdays only ▪ November 13, 20 and December 4, 11 & 18 ▪ 7:00 - 8:00 pm

Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: Fall Session: 2 days per week: \$48 resident, \$52 nonresident

Fall Session: 1 day per week: \$24 resident, \$26 nonresident *Please indicate Mon and/or Wed on registration form.

Holiday Session: \$15 resident, \$17 nonresident, Wednesday only

****Two TRAIL buses are available for Wednesday nights only for both Fall and Holiday sessions.**

Minimum of five riders and maximum of twenty riders for each session, so sign up early.**

Register by: September 9 for Fall session, November 1 for Holiday session; minimum 10 per night, maximum 25 per night



MOVIES AND MUNCHIES

Meet new people, visit with friends, and enjoy a movie on the big screen!

Who: Adults 18 and older. Support staff are asked to assist clients as needed.

Dates/Time: Fridays ▪ 7:00 - 9:00 pm

Sept 6 **Guilt Trip** (\$8 movie & pizza)

Oct 4 **Little Big League** (Wear your Twins gear!)

Nov 1 **Brave** (Raffle Night, winning ticket wins the movie.)

Dec 6 **Arthur Christmas** (Enjoy holiday cookies and cocoa.)

Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: \$5 per movie **payable at the door.** This is to cover the cost of your munchies. Support Staff are invited to attend free of charge. (September 6 staff are required to pay \$6 if they would like pizza.)

Register by: Call 612-861-9385 by 12:00 pm the Tuesday before each movie to register. TRAIL riders must request a ride by checking the box on the registration form or call in by the Tuesday before each movie. maximum 50.





GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

Riverboat Cruise & Lunch – Come aboard the largest paddlewheel boat in the Midwest as we enjoy an afternoon of cruising down the St. Croix River. Dine on a delicious meal while enjoying live music and the beautiful scenery. Registration deadline: September 19; min 15, max 30

Date: Sun, Sept 29 Time: 11:45 am-5:00 pm Location: Richfield Community Center Cost: \$32
Staff cost: \$23 for cruise & dinner

Game Night! – Spend a fun night with your friends as we play everything from Pictionary to Uno! A variety of games will be set up so you're sure to find one you like. Snacks provided. Registration deadline: October 4; min 10, max 40

Date: Thurs, Oct 10 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$10
Staff cost: \$3 for snacks

Halloween Fun & Scary Sundaes! – Get ready to dress up in your Halloween costume, play ghostly games and have an ice cream sundae with all of your favorite toppings. There will be a prize for best costume! Registration deadline: October 21; min 15, max 40

Date: Fri, Oct 25 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$12
Staff cost: \$3 for sundae

Scavenger Hunt & Dinner at Southdale – A list of clues has been created for you and your friends to find fun things at Southdale Mall! After exploring and finding clues, we will meet up for dinner and see which groups found the most items. Registration deadline: November 1; min 15, max 30

Date: Tues, Nov 12 Time: 6:45-8:30 pm Location: Southdale Mall Entrance #20
LL by Ruby Tuesday's Cost: \$20
Staff cost: purchase own dinner

10th Annual Thank Goodness for Friends Thanksgiving Dinner– Enjoy the company of your Good Happenings friends as you visit while enjoying the spread of good food and dessert at Old Country Buffet! Registration deadline: November 21; min 15, max 40

Date: Tues, Nov 26 Time: 6:45-8:15 pm Location: Old Country Buffet, Richfield Cost: \$17
Staff fee: purchase own dinner

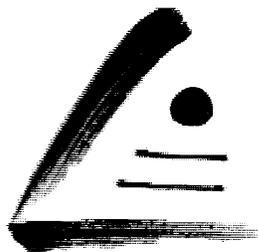
Vikings Football Party– Watch the Vikings take on the Eagles at the Metrodome on the big screen at the Richfield Community Center! We will have sub sandwiches w/all the yummy sides for lunch! Wear your team colors! Registration deadline: December 10; min 15, max 40

Date: Sun, Dec 15 Time: noon-3:30 pm Location: Richfield Community Center Cost: \$15
Staff cost: \$8 for food



Richfield Registration Form

Participant Name		Home Phone		E-mail		Age																																																																																									
Address/City				Apt #	Zip Code	Birth Date																																																																																									
Special Information:				Food Allergies:																																																																																											
Emergency Contact			Home Phone		Work Phone																																																																																										
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THE LEARNING EXCHANGE

Gina Carpenter - Coordinator of Alternative Educational Services
Address: 2575 West 88th Street, Bloomington 55431
Phone: 952-681-6122
TTY: 711 (Minnesota Relay Service)
Email: gcarpenter@bloomington.k12.mn.us
Janet Clarke - Community Liaison
Phone: 952-681-6121
Email: jclarke@bloomington.k12.mn.us
Website: www.bloomington.k12.mn.us

Learning Exchange classes are for adults, 18 years and older.

On-line Registration Site and Web Site

For on-line registration, go to br.thatscommunityed.com and create an account. Or link from our web page at bloomington.k12.mn.us and click on *Community Services*, then *Adults with Disabilities*, then *Registering for Classes*.

Personal Leisure and Healthy Lifestyles

NEW! Once-a-Month Sunday afternoon acting classes!



PHYSICAL ACTING: POWER AND SAFE RISKS

This two-part class will have you on your feet, balancing in new ways and taking risks in a safe environment. If you enjoyed the 'Heroes' Workshop, here's an opportunity to increase your skills! If you didn't attend 'Heroes', this is a great introduction to safe risk-taking. The first session will focus on partner leans, creating physical scenes and looking at which character has the power in scenes. During the second session you can walk on a slack-line (like a low-to-the-ground tight rope) and experience using other circus-style physical props individually and with a partner or group.

Dates/Time: Sundays ▪ September 22 and October 13 ▪ 2:30 pm - 4:00 pm
Location: Bloomington Civic Plaza, 1800 W. Old Shakopee Road, Bloomington
Cost: \$22 includes both classes, checks payable to **ISD 271**
Register by: September 9; minimum 8, maximum 20



NEW! SPOKEN ACTING: HOLIDAY WORD PLAY

Let's have fun with words in a holiday theme! Join Janet and friends to create a wacky 'Mad Libs' story about the holidays, then act it out. Share stories about your holidays and write new words to a familiar holiday tune to be sung at this year's **Cocoa and Carols** class! (See page 13)

Date/Time: Sunday ▪ November 17 ▪ 2:30 pm - 4:00 pm
Location: Bloomington Civic Plaza, 1800 W. Old Shakopee Road, Bloomington
Cost: \$11, checks payable to **ISD 271**
Register by: November 4; minimum 8, maximum 20



RELATIONSHIPS BETWEEN GUYS AND GALS: FRIENDSHIP

A famous movie asks: Can men and women be friends? We think so! Come discuss the differences between friendships with people that are the same gender as you and the opposite gender. What is reasonable to expect from friends? How do friendships develop? What boundaries do we have with various friends? Led by Nina Jonson, education manager at myHealth, and David Kurtzon program manager at Teenwise. Bring your questions and comments. Look for "Relationships between Guys and Gals: Dating" in the winter session!

Date/Time: Thursday ▪ October 3 ▪ 7:00 pm - 8:30 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$8, checks payable to **ISD 271**
Register by: September 19; minimum 6, maximum 16



KNOW THE SKIN YOU'RE IN!

Your skin protects you, how do you protect your skin? From preventing athlete's foot, rashes and skin cancer to understanding how wounds heal, this fascinating class led by Bethel University Nursing students is sure to have cool information for everyone. We'll talk about identifying whether skin moles are normal or not, and knowing what age spots are. Plus we'll discuss better soaps and moisturizers so you can take care of the skin you're in!

Date/Time: Thursday ▪ November 21 ▪ 7:00 pm - 8:15 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$8, checks payable to **ISD 271**
Register by: November 7; minimum 6, maximum 16





MUMMIES, MYSTERIES AND MORE!

Mummies aren't just for Halloween! Come explore where mummies come from in this intriguing, hands-on class. You'll dig for treasure like an archeologist, find out about mummification and ancient Egyptian archeology, create your own special amulet, write your name in hieroglyphics, and more!



Date/Time: Tuesday ▪ October 29 ▪ 7:00 pm - 8:30 pm
Location: South View Middle School, 4725 South View Lane, Edina
Room 201 (enter door #1),
Cost: \$10, checks payable to **ISD 271**
Register by: October 22; minimum 6, maximum 16



SHOOTING POOL

Have a blast learning the basics of shooting pool or practicing what you already know! This class shows you the basics and will give you time to play several games with other class members and volunteers from the Pool Room. **Now at the Edina Senior Center Pool Room in Edina!**

Choose one date only:

Date/Time: Option 1: Monday ▪ September 9 ▪ 7:00 pm - 8:15 pm
Option 2: Monday ▪ October 7 ▪ 7:00 pm - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$8 for one session, checks payable to **ISD 271**
Register by: August 26; minimum 6, maximum 12



NEW LOCATION AND NIGHT! CHAIR YOGA AND RELAXATION

Come stretch, breathe, feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair – no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first. **Now Tuesdays at Fraser Sheridan Court.**

Dates: Tuesdays ▪ September 17 ▪ October 15 ▪ November 19 ▪ December 17
Time: 7:00 pm - 8:00 pm
NEW Location: Sheridan Court Commons Room, 2500 W. 66th Street, Richfield
Cost: All four classes for only \$18, checks payable to **ISD 271**
Register by: September 3; minimum 6, maximum 12



COCOA AND CAROLS

Sing holiday songs and Christmas carols accompanied by piano music, and sip hot cocoa. Plus sing new words to a favorite tune—from the *Holiday Word Play* class (see page 12). What a wonderful way to celebrate the season with friends!

Date/Time: Monday ▪ December 2 ▪ 7:00 pm - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$11, checks payable to **ISD 271**
Register by: November 25, minimum 10, maximum 40



Arts & Crafts



HOLIDAY CARD STAMPING 2013

Make greeting cards with rubber stamping techniques and designer paper for Christmas and other winter greetings. Bonus opportunity to stamp to/from tags for gift giving as well!

Date/Time: Monday ▪ November 25 ▪ 7:00 pm - 8:30 pm
Location: South View Middle School, 4725 South View Lane, Edina
Room 201 (enter door #1)
Cost: \$12, checks payable to **ISD 271**
Register by: November 11; minimum 6, maximum 16



CRAFTS WITH MICHELLE

Join Michelle for a fun evening making unique handmade projects to keep or give as gifts. These fill fast—sign up soon! **TRAIL riders: Not all classes offer TRAIL. Verify on the Registration Form that your choice offers TRAIL.**



NEW! CUSTOMIZED RECIPE BOOK

Attention all Cooking Corner participants! Bring your recipes from cooking classes to this class. Here's your chance to decorate a personalized cookbook binder and organize all of your past and future recipes.

Date/Time: Monday ▪ September 23 ▪ 7:00 pm - 8:15 pm
Location: South View Middle School, 4725 South View Lane, Edina
Room 201 (enter door #1)
Cost: \$12, checks payable to **ISD 271**
Register by: September 9; minimum 6, maximum 16



ELEGANT OR SPOOKY TABLETOP TREE

Create your own mini ornaments with an Autumn or Halloween theme to hang on a small tree branch “planted” in a container. Use a variety of materials to create ornaments, from paper punches to gems. Whether it’s elegant or spooky, this unique table top tree is perfect to celebrate the season!

Option 1: Tuesday ▪ October 8 ▪ 7:00 pm - 8:00 pm

Lyndale Court Commons Room, 10325 Lyndale Avenue South, Bloomington

Option 2: Monday ▪ October 14 ▪ 7:00 pm - 8:00 pm

Sheridan Court Commons Room, 2500 West 66th Street, Richfield

Cost: \$12, checks payable to **ISD 271**

Register by: Two weeks before class; minimum 6, maximum 10



LIGHT-UP SNOWMAN

Light up the long winter nights with this charming 4” glass snowman with battery votive light. Use paint and fabric to make this character for yourself or to give as a special gift.

Date/Time: Monday ▪ November 11 ▪ 7:00 pm - 8:00 pm

Location: Central Middle School, 8025 School Road, Eden Prairie; Art Room 601

Cost: \$12, checks payable to **ISD 271**

Register by: October 28; minimum 6, maximum 16



Cooking Classes

COOKING CORNER

 **TRAIL riders: Only Thursday cooking classes have TRAIL. No Monday cooking classes will have TRAIL available. See registration form to verify that your choice offers TRAIL.**

Register for one or more of the classes listed below, and don’t forget to bring containers. These classes are designed for adults who can safely use knives, oven and stovetop without supervision.



NOTICE NEW TIME FOR ALL CLASSES BELOW:

NEW Time: All classes meet from **7:00 pm - 8:30 pm**

Location: Jefferson High School, 4001 W. 102nd St., Bloomington, Cooking Lab A100

Cost: \$14 per class, checks payable to **ISD 271**

Register by: Two weeks before class; minimum 6, maximum 12 (Hurry, these fill fast!)

Perfect Pizza Roll Ups!

Thursday, Sep 19 or Thursday, Sept 26 or Monday, Sept 30

Come try a taste of Little Italy! We will be making pizza with the toppings rolled inside, also known as ‘Stromboli.’ Fill with your favorite toppings, then make a simple homemade tomato sauce to dip them in. We’ll also learn how to make an Italian Salad to round out the meal. These easy dinner treats are perfect for a movie night on your couch. Salut!

Mac ‘N Cheese Showdown

Thursday, Oct 17 or Monday, Oct 21 or Thursday, Oct 24

It’s a Halloween Mac n’ Cheese competition and you’re the judges! Kitchens will make one of two versions that are sure to delight your taste buds and increase your culinary skills. While we eagerly wait for our dishes to cook, we will also make dips for your veggies. Perfect to bring to your next Halloween party. Come dressed in your favorite Halloween costume and party with us as we vote for our favorite recipe.

Fall into Fajitas

Monday, Nov 4 or Thursday, Nov 7 or Thursday, Nov 14

The brisk winter wind is almost upon us but we are warm and happy making our own Tex-Mex specialty, fajitas. Chicken, peppers and onions take center stage on fluffy flour tortillas. Chips and delicious non-alcoholic sangria are a tasty addition to round out our celebration. Muy delicioso!

Holiday Make and Take

Thursday, Dec 5 or Monday, Dec 9 or Thursday, Dec 12

Come celebrate the holidays at our yearly Holiday Take and Bake. Learn how to make delicious treats to share for the holidays – or keep for yourself! New delicacies and old favorites will delight as we share the warmth and cheer of the season together.

UNSCRAMBLING THE ACRONYM SOUP: MA, MA-EPD, SNBC

SAGES is a collaboration of community organizations offering education about disability issues. SAGES workshops are for self-advocates, family members, caregivers and service providers of people with disabilities.

Minnesota has made several changes to the Medical Assistance program to offer increased healthcare choices to adults with disabilities. Do you want to better understand Medical Assistance (MA), Medical Assistance for Employed Persons with Disabilities (MA-EPD) and Special Needs Basic Care (SNBC)? Come to this workshop to understand the differences between MA, MA-EPD, and SNBC. Representatives from Arc, Medica, Metropolitan Health Plan (MHP), and UCare will provide detailed information, resources, and respond to questions.

Friday, October 11, 2013

1:00-3:00 p.m.

Christ the King Church, Fellowship Hall

8600 Fremont Avenue South, Bloomington

Please RSVP by Tuesday, Oct. 8, by contacting Gina Carpenter at The Learning Exchange at gcarpenter@bloomington.k12.mn.us, or call (952) 681-6122. There will be a charge of \$15 per person at the door. Please make checks payable to ISD #271. Light refreshments will be served.

**NEW Site! Register on-line with a credit card or link to your checking account:
br.thatscommunityed.com Or mail in this form with payment to:
Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431
Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!**

Learning Exchange Registration Form

Participant Name		Home Phone	E-mail		Age
Address		Apt. #	City	Zip Code	Birth Date
Allergies/Medical Concerns					
Parent/Guardian		Home Phone	Cell/Work Phone	E-mail	
Emergency Contact		Phone/s		Relationship	

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

WAIVER: I understand and agree that Adaptive Recreation and Learning Exchange may use my photo image or video image for publicity purposes.

Participant or Parent/Guardian Signature _____

_____ Date

TRAIL Riders please check TRAIL Box

<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>
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Personal Leisure & Healthy Lifestyles

NEW! Sunday Once-a-Month Acting Classes

- | | | | | |
|---------|--|--------------------------|------|--------------------------|
| LE45F | Physical Acting, Sept 22, Oct 13 | <input type="checkbox"/> | \$22 | <input type="checkbox"/> |
| LE46F | Spoken Acting, Nov 17 | <input type="checkbox"/> | \$11 | <input type="checkbox"/> |
| LE47F | Relationships Between Guys & Gals, Oct 3 | <input type="checkbox"/> | \$8 | <input type="checkbox"/> |
| LE48F | Know the Skin You're In, Nov 21 | <input type="checkbox"/> | \$8 | <input type="checkbox"/> |
| LE49F | Mummies, Mysteries & More, Oct 29 | <input type="checkbox"/> | \$10 | <input type="checkbox"/> |
| LE16F-A | Shooting Pool (in Edina), Sept 9 | <input type="checkbox"/> | \$8 | <input type="checkbox"/> |
| LE16F-B | Shooting Pool (in Edina) Oct 7 | <input type="checkbox"/> | \$8 | <input type="checkbox"/> |
| LE11F | Chair Yoga and Relaxation NEW at Sheridan Court!
Tuesdays: Sept 17, Oct 15, Nov 19, Dec 17 | <input type="checkbox"/> | \$18 | <input type="checkbox"/> |
| LE13F | Cocoa and Carols, Dec 2 | <input type="checkbox"/> | \$11 | <input type="checkbox"/> |

Arts & Crafts

- | | | | | |
|-------|--|--------------------------|------|--------------------------|
| LE50F | Holiday Card Stamping 2013, Nov 25 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
|-------|--|--------------------------|------|--------------------------|

Crafts with Michelle

- | | | | | |
|---------|--|--------------------------|------|--------------------------|
| LE51F | Customized Recipe Book, Sept 23 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
| | Elegant or Spooky Tabletop Tree | | | |
| LE52F-A | Option 1: Lyndale Court, Oct 8 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
| LE52F-B | Option 2: Sheridan Court, Oct 14 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
| LE53F | Light-up Snowman, Nov 11 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |

Classes continued on next column....

<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>
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Cooking Classes

Cooking Corner

Note: TRAIL is only available on Thursdays, not on Mondays.

Perfect Pizza Roll Ups

- | | | | | |
|---------|----------------------|--------------------------|------|--------------------------|
| LE54F-A | Thurs, Sept 19 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE54F-B | Thurs, Sept 26 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE54F-C | Mon, Sept 30 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |

Mac'N Cheese Showdown

- | | | | | |
|---------|---------------------|--------------------------|------|--------------------------|
| LE55F-A | Thurs, Oct 17 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE55F-B | Mon, Oct 21 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE55F-C | Thurs, Oct 24 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |

Fall into Fajitas

- | | | | | |
|---------|---------------------|--------------------------|------|--------------------------|
| LE56F-A | Mon, Nov 4 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE56F-B | Thurs, Nov 7 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE56F-C | Thurs, Nov 14 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |

Holiday Make and Take

- | | | | | |
|---------|---------------------|--------------------------|------|--------------------------|
| LE24F-A | Thurs, Dec 5 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE24F-B | Mon, Dec 9 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE24F-C | Thurs, Dec 12 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |

Mail complete form to:

The Learning Exchange
2575 W 88th Street
Bloomington, MN 55431

Checks MUST be made payable to ISD 271 or they will be returned.

TOTAL FEE(S) PAID: \$ _____ Check/Money Order Payable to: **ISD 271**

Credit Card: Visa MasterCard Discover

Number _____ Exp. Date _____

By signing above, I authorize my Credit Card to be charged

_____ Date



The Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096

Water Park of America

by MALL OF AMERICA®

Make a Splash!

Sunday, October 6
11am-4pm



TRAIL is a Minnesota non-profit corporation and has a 501(c)(3) tax exempt status with the IRS.

Tickets are only

\$10

TICKETS MUST BE PURCHASED IN ADVANCE

TRAIL 2013 Fundraiser

Tickets on sale August 1 - October 2 at www.ridetrail.org
Questions? Email ridetrail@msn.com or call 612.861.9361

1700 East American Blvd., Bloomington, MN 55425
952-854-8700 | www.waterparkofamerica.com

Watch for the AR&LE Winter 2014 Catalog the week of November 18, 2013.