

# AR & LE

## Winter 2013



Be in a show! Rehearsals start March 17 for  
***AR&LE's Got Talent - a TV Reality Check!***

Performance on May 5, 2013

See details on page 12 inside!

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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

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### 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 program catalog three times a year with descriptions of all programs to be offered for the upcoming season. This is sent out 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](http://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](http://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.

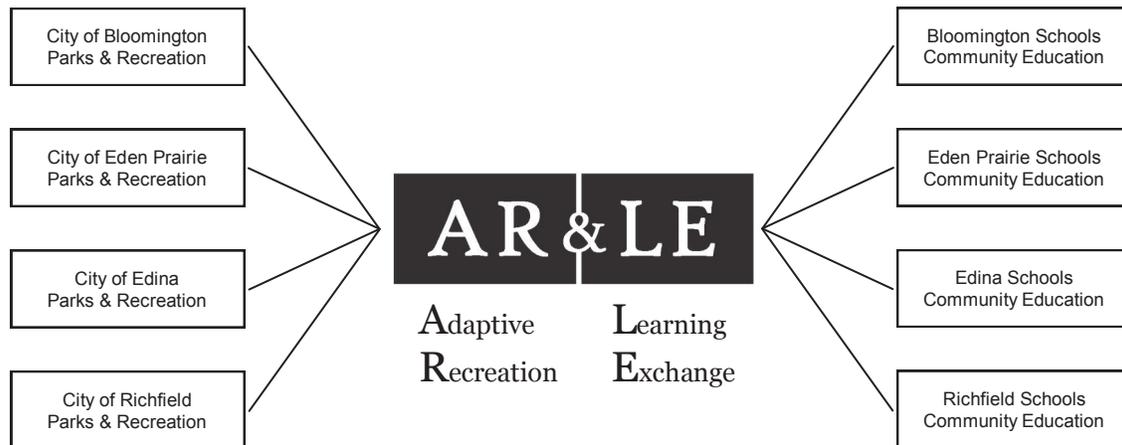
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The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided 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 services for developmentally disabled adults, enabling them to attend a variety of AR&LE programs. TRAIL riders live in Bloomington, Eden Prairie, Edina and Richfield and do not have affordable transportation available. Through donations and fundraising TRAIL subsidizes the cost of transportation, so riders pay a nominal fee per trip. Programs with this bus symbol offer TRAIL rides. To learn more or to make a donation, go to [www.ridetrail.org](http://www.ridetrail.org) or call Michelle at 952-828-0983. **The current AR&LE catalog is available at [www.ridetrail.org](http://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](http://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



**MOVIES AND MUNCHIES COMBINED WITH DANCE YOUR SOCKS OFF!**

Put those dancing shoes on and join us to watch and dance to the music of *Grease!* Don't forget to dress in your favorite Greaser attire! Must have AR&LE Participant Profile on file.

**Who:** Adults 18+  
**Date/Time** Friday ▪ January 11, 2013 ▪ 7:00-9:00 pm  
**Location:** City of Bloomington, Black Box Theater  
 1800 W. Old Shakopee Road, Bloomington  
 Enter through Art Center side doors (on North side)  
**Cost:** \$6/participant (includes 1 can of soda or water).  
 Additional soda/water available for purchase  
 for \$1.00 Support staff are free of charge and can purchase  
 soda/water for \$1.00.  
**Register by:** **SPACE IS LIMITED! You MUST pre-register to reserve  
 your spot by January 7, 2013 at 952-563-8877.**  
 Register for TRAIL by January 7, 2013 @ 952-563-8877.  
 If space allows, you can sign up at the door.



**DANCE YOUR SOCKS OFF!**

Put on your dancing shoes and get ready to boogie! No registration required, but you must have an AR&LE Participant Profile on file. Participants who require assistance must bring their own support person. *Door prizes will be given out near the end of each dance. MUST BE PRESENT TO WIN!* Music by Generations A to Z. Don't miss out on these fun events!

**Who:** Adults 18+  
**Dates/Time:** February 8, 2013 ▪ 7:00-9:00 pm  
**Valentine's Dance**  
 Bring your sweetheart and celebrate  
 Valentine's Day early with us!  
 Register for TRAIL by Monday, February 4th  
 March 15, 2013 ▪ 7:00-9:00 pm  
**St. Patrick's Dance**  
 Celebrate St. Patrick's Day with us and  
 remember to wear green!  
 Register for TRAIL by Monday, March 11th  
 April 19, 2013 ▪ 7:00-9:00 pm



**Music Video Night: Everything Jackson**

Moon Walk the night away to music videos from Michael Jackson, Janet Jackson and the Jackson 5! Don't forget to dress in your best Jackson outfit!  
 Register for TRAIL by Monday, April 15th

**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/participant (includes 1 can of soda or water). Additional soda/water available for purchase  
 for \$1.00 Support staff are free of charge and can purchase soda/water for \$1.00.

Looking for registration forms or want to pre-register/pay for our programs? Go online to [www.ci.bloomington.mn.us](http://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

### CLUB 204 - AGES 13-22

Hang out with friends after school while playing games in the gym, board games, and more!  
No program March 7, 8, 29, April 4, 5.

**Date/Time:** Thursdays and Fridays only ▪ 2:30 - 5:00 pm  
January 3-31 ▪ \$71 February 1 - 28 ▪ \$64  
March 1-28 ▪ \$57 April 11-May 10 ▪ \$78  
January 3-May 10 ▪ \$270

**Location:** Eden Prairie Community Center Room 203/204  
**Cost:** Varies by date  
**Register by:** Seven days before start date; maximum 8



### EVERYONE CAN DANCE! - AGES 10-22

Learn the basic building blocks of dance that include eye-hand coordination, flexibility, and rhythm. Learn a short dance based on a theme from today's pop culture. Parents of the dancers are invited to attend a performance on the last day.

**Dates:** Saturdays ▪ February 23 - March 23  
Saturdays ▪ April 13 - May 11

**Time:** 10:15 - 11:00 am  
**Location:** Eden Prairie Community Center Room 201  
**Cost:** \$35 per session  
**Register by:** Seven days before program start date; maximum 12



### SWIM, GYM AND MORE - AGES 13-22

Hang out with friends and play games and get creative with art activities. Bring a swimsuit and towel each day. Sign up for one, two, or all three days.

**Dates:** Wednesday, December 26 ▪ Thursday, December 27 ▪ Friday, December 28  
**Time:** 9:00 am to 3:00 pm  
**Location:** Eden Prairie Community Center Room 203/204  
**Cost:** \$26 per day  
**Register by:** December 19; maximum 8



### 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. The program is designed to not only allow children the opportunity to join the Special Olympics movement, but neuro-typical siblings, relatives, or friends can also participate. **Each person must register separate.**

**Date:** Wednesdays ▪ February 6 - March 6  
**Time:** 6:00 - 6:45 pm  
**Location:** Eden Prairie Community Center Room 201  
**Cost:** \$35  
**Register by:** January 30; maximum 8



### CONNECT AND PLAY - AGES 3-12 WITH SIBLINGS AND ADULT

Connect and Play is for kids who have special needs ages 3-12 years and their siblings and parents/guardians. Engage in physical activity, make new friends, and have fun playing together. Parents/guardians are required to stay.

**Date:** Sundays ▪ February 10, March 10 and April 14  
**Time:** 2:00 - 4:00 pm  
**Location:** Eden Prairie Community Center Gym  
**Cost:** \$5 per visit for nonmembers; free for EPCC members. Parents/guardians are free.

## SATURDAY NIGHT OUT - AGES 13-22

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.*

**Swimming, Games, and Pizza** - Shake off the winter blues by jumping into the pool or stay dry and play games with friends. Swim fee and pizza included in the registration fee. Registration deadline is January 25; maximum 12

Date: February 2    Time: 4:00–6:00 pm    Location: Eden Prairie Community Center    Cost: \$15  
Room 203/204

**PJ Party** - We are giving you a perfect opportunity to dress in your most comfortable clothes! It's a PJ party - well somewhat of a PJ party! You may look forward to games, movies, munchies, and much more! Registration deadline is March 8; maximum 15

Date: March 16    Time: 6:00–8:30 pm    Location: Eden Prairie Senior Center    Cost: \$23

**Make and Take Magic Duck Tape Wallet** - The criss-cross starts on one side of the wallet, but when you open it on the other side, the criss-cross switches to the other side! Supplies and healthy snacks will be provided. Registration deadline is April 19; maximum 15

Date: April 27    Time: 5:00–7:30 pm    Location: Eden Prairie Senior Center    Cost: \$20



## Eden Prairie Registration Form

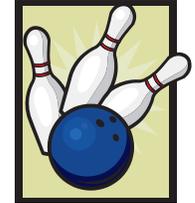
Participant Name		Home Phone		E-mail		Age	
Address/City				Apt. #	Zip Code		Birth Date
Special Information:							
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog.							
Parent/Guardian		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></p> <p>34130 Club 204: Jan 3-31 ----- <input type="checkbox"/> \$71</p> <p>34131 Club 204: Feb 1-28 ----- <input type="checkbox"/> \$64</p> <p>34132 Club 204: Mar 1-28 ----- <input type="checkbox"/> \$57</p> <p>34133 Club 204: Apr 11-May 20 ----- <input type="checkbox"/> \$78</p> <p>34129 Club 204: Jan 3-May 10 ----- <input type="checkbox"/> \$270</p> <p>34124 Everyone Can Dance: Feb 23-Mar 23 ----- <input type="checkbox"/> \$35</p> <p>34125 Everyone Can Dance: Apr 13-May 11 ----- <input type="checkbox"/> \$35</p> <p>34126 Swim, Gym and More: Dec 26 ----- <input type="checkbox"/> \$26</p> <p>34127 Swim, Gym and More: Dec 27 ----- <input type="checkbox"/> \$26</p> <p>34128 Swim, Gym and More: Dec 28 ----- <input type="checkbox"/> \$26</p> <p>34134 Young Athletes ----- <input type="checkbox"/> \$35</p> <p>Connect and Play ----- Daily fee</p>				<p><u>Saturday Night Out</u></p> <p>34135 Swimming, Games and Pizza, Feb 2 ----- <input type="checkbox"/> \$15</p> <p>34136 PJ Party. Mar 16 ----- <input type="checkbox"/> \$23</p> <p>34137 Make &amp; Take Magic Duck Tape Wallet, Apr 27 ----- <input type="checkbox"/> \$20</p>			
<p><b>Registration begins November 28</b></p> <p>Mail completed form and check payable to the <b>City of Eden Prairie to:</b></p> <p>Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346</p>							
TOTAL FEE(S) PAID: \$ _____							
Credit Card Information _____				Exp. Date _____			



Kristin Aarsvold, Recreation Supervisor  
Edina Parks and Recreation  
Address: 4801 W. 50<sup>th</sup> 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

### BOWLING CLUB

Get off the couch and get moving this winter! Youth and teens ages 6-17 are invited to learn to bowl or practice skills and have fun while being part of a team. Teams will be arranged by age.



**Dates:** Saturdays • January 26 - March 16  
**Time:** 12:00 pm - 1:30 pm  
**Location:** Brunswick Eden Prairie Lanes, 12200 Singletree Lane, Eden Prairie  
**Cost:** \$100 for residents; \$105 for non-residents; checks payable to City of Edina  
**Register by:** January 14; 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.*

**Pay it Forward** - Let's do something nice for the community and volunteer at ARC Value Village in Richfield. Sorting clothes, putting price tags on, unpacking boxes are some of the options for our group. *Register by Monday, November 19.*

Date: Dec 2      Time: 1:00–3:00 pm      Location: Meet at ARC Value Village      Cost: \$7  
6528 Penn Ave. So., Richfield

**Minnesota Center for Book Arts** - Get the creative juices flowing at this unique place. Participants will travel by bus to Minneapolis to learn the art of Paper Marbling. This hands-on activity involves using combs to make unique patterns in colored paint on specially prepared paper. Optional: Bring an extra \$3-\$5 for a treat at JJ's coffee shop (located in the same building) afterwards. *Register by Friday, January 4.*

Date: Jan 13      Time: 1:30–4:00 pm      Location: Bus leaves from Edina Senior Center      Cost: \$25  
5280 Grandview Square, Edina

**Valentine's Party** - Come to the Senior Center and join your friends for crazy games, make and take crafts, sweet treats and a special visit from our friend Norm, the caricature artist! *Register by Friday, February 1.*

Date: Feb 10      Time: 1:00–3:00 pm      Location: Edina Senior Center      Cost: \$18  
5280 Grandview Square, Edina

**Minnesota Special Olympics Spring Games** - We will travel by bus to University of St. Thomas to cheer on Special Olympians in aquatics and basketball competitions. Bring extra \$ to purchase a snack at the event. *Register by Monday, March 18.*

Date: Mar 24      Time: 10:30–2:00 pm      Location: Bus leaves from Edina Senior Center      Cost: \$17  
5280 Grandview Square, Edina

Scholarships are available to Edina Residents who cannot afford to pay adaptive program fees. Please contact Kristin at 952-826-0433.

## ADAPTIVE SWIM LESSONS

Private 1:1 swimming lessons are perfect for individuals, 4 years and older, who require one-to-one water adjustment or swim lessons.

- Date/Time:** Various times, subject to pool space and instructor availability.  
**Location:** Edinborough Park, 7700 York Avenue South, Edina  
**Cost:** \$20 per lesson  
**Register by:** Ongoing, contact Kristin Aarsvold to register.

## 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) at Edinborough, 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:		
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	Cell Phone	E-mail	
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 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.					
Participant or Parent/Guardian Signature _____			Date _____		
R= Resident, NR=Nonresident  Bowling Club ----- <input type="checkbox"/> \$100 <input type="checkbox"/> \$105 <u>Super Sundays</u> Pay it Forward, Dec 2 ----- <input type="checkbox"/> \$7 Minnesota Center for Book Arts, Jan 13 ----- <input type="checkbox"/> \$25 Valentine's Party, Feb 10 ----- <input type="checkbox"/> \$18 Minnesota Special Olympics Spring Games, Mar 24 ----- <input type="checkbox"/> \$17			Get Fit Value Pass, Edinborough Track ----- <input type="checkbox"/> \$25  Mail completed form and check payable to the <b>City of Edina to:</b>  Edina Parks and Recreation 4801 W 50 <sup>th</sup> Street Edina MN 55424		
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**

**Winter Session is Full! Registrations will no longer be taken.**

**Date/Time:** Saturdays ▪ 9:15 am - 11:45 am ▪ January 26 - March 16, 2013 (March 23 make-up)  
**Location:** Brunswick Zone, Eden Prairie Lanes, 12200 Singletree Lane

**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 in small groups. 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:** Thursdays ▪ January 10 - February 14, 2013 (make-up February 21)  
**Time:** 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:** Deadline December 3; 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.

**Who:** Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.  
**Date:** Mondays and Wednesdays ▪ January 7 - March 11, 2013  
 (No class Monday, January 21 or February 18) March 6 make-up class  
**Time:** 7:00 - 8:00 pm  
**Location:** Richfield Community Center, 7000 Nicollet Avenue South  
**Cost:** 2 days per week: \$48 resident, \$52 nonresident  
 1 day per week: \$24 resident, \$26 nonresident  
 Please indicate Monday and/or Wednesday on your registration form!  
**\*\*TRAIL is only available on Wednesday night. Minimum of five riders and maximum of twenty riders.\*\***



**Register by:** January 2; minimum 10, 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. Personal care staff are asked to assist clients as needed.  
**Date/Time:** Fridays ▪ 7:00 - 9:00 pm  
 Dec 14 **Home Alone**  
 Jan 11 **Grease** (Combined with **Dance Your Socks Off**, register with Bloomington page 5.)  
 Feb 1 **Trouble with the Curve**  
 Mar 1 **The Odd Life of Timothy Green**



**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. Staff/assistants are invited to attend free of charge.

**Register by:** Call 612-861-9385 by 12:00 pm the Tuesday before each movie to register or check the box on the registration form. 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!

**Holiday Card Making** – Make festive cards to give to family and friends this holiday season! We will provide all the supplies needed to make creative cards using your own personal touch. Snacks will be served. Registration deadline: Nov 29; min 12, max 30

Date: Tues, Dec 4      Time: 6:30-8:30 pm      Location: Richfield Community Center      Cost: \$15  
Staff cost: \$3 (snacks)

**Annual Holiday Party** – Celebrate the Holidays with your GH friends! We will have a delicious holiday dinner and play the dice game to win fun gifts! Registration deadline: December 13; max 40

Date: Thurs, Dec 20      Time: 6:30-8:30 pm      Location: Richfield Community Center      Cost: \$22  
Staff cost: \$8 (for dinner)

**Snowshoe Under the Stars!**– Enjoy the beauty of winter while snowshoeing at Wood Lake Nature Center. Afterwards, warm up inside by a glowing fire with hot cocoa. Snowshoes will be provided. We will hike the trails if there is not sufficient snow. Dress for the weather! Registration deadline: January 17; min 12, max 30

Date: Tues, Jan 22      Time: 6:30-8:30 pm      Location: Wood Lake Nature Center      Cost: \$12  
6710 Lake Shore Drive      Staff cost: \$4 (snowshoe rental)

**Super Bowl XLVII**– Watch the 47th Super Bowl on the BIG SCREEN with your friends! There will be game day treats to munch on while watching the biggest game of the year! Registration deadline: Jan 29; max 40

Date: Sun, Feb 3      Time: 5:15-8:45 pm      Location: Richfield Community Center      Cost: \$15  
Staff cost: \$7 (for food)

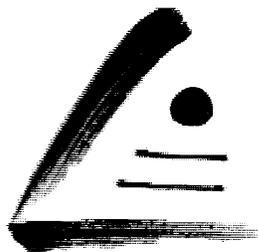
**Swimming at Oak Point Pool!**– Beat the winter blues with a dip in the pool! Zip down the slide and have fun splashing around with friends. Participants who require assistance in the water should bring their own support person. Snacks provided. Registration deadline: February 19; min 15, max 30

Date: Fri, Feb 22      Time: 6:30-8:30 pm      Location: Oak Point Pool at Oak Point Int. School      Cost: \$15  
13400 Staring Lake Parkway, Eden Prairie  
Staff fee: purchase pool admission

✂ -----

### Richfield Registration Form

Participant Name		Home Phone	Work 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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Participant or Parent/Guardian Signature			Date																																										
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THE LEARNING EXCHANGE

Gina Carpenter - Coordinator of Alternative Educational Services  
 Address: 2575 West 88<sup>th</sup> 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.

### NEW On-line Registration Available November 26 and New Web Pages!

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

### Personal Leisure and Healthy Lifestyles

#### **AR&LE'S GOT TALENT - A TV REALITY CHECK!**

Come be in a show! Practice singing and dancing to classic rock tunes, with skits, and individual talent options. This variety show is about a person dreaming of being a judge on a TV reality show and discovering more talents than ever imagined! Get your own rehearsal CD of music – included in cost of class!

**Help us get to know you:** Include on the registration form or on a separate piece of paper, **two or more talents or everyday activities that you are good at doing.** Examples: Stage talents like singing, dancing, playing an instrument, etc. and/or everyday skills or hobbies: playing cards, memorizing facts, cleaning, choosing clothes, etc. Questions: call Janet at 952-681-6121 or email: [jclarke@bloomington.k12.mn.us](mailto:jclarke@bloomington.k12.mn.us)

**Note:** Partial scholarships are available for low-income participants. Request an Application for Tuition Assistance form from Judy S.: 952-681-6109 or email: [jstelmazek@bloomington.k12.mn.us](mailto:jstelmazek@bloomington.k12.mn.us)

- Rehearsal Dates:** Sunday afternoons ▪ March 17, 24, April 7, 14, 21, 28 and Thursday ▪ May 2 ▪ 7 pm dress rehearsal (Required Sundays may vary for different cast members.)  
**Rehearsal Time:** 2:30-4:30 pm  
**Rehearsal Location:** Bloomington Civic Plaza, 1800 W. Old Shakopee Road, Bloomington  
**Dress Rehearsal** Thursday ▪ May 2 ▪ 7:00 pm - 8:30 pm  
**Date/Time/Location:** Olson Middle School, 4551 West 102nd Street, Bloomington  
**Performance Date/** Sunday ▪ May 5 ▪ 3 pm  
**Time/Location:** Olson Middle School, 4551 West 102nd Street, Bloomington (Performers will meet earlier, time to be announced.)  
**Cost:** \$30, checks payable to **ISD 271**  
**Register by:** March 3; minimum 15, maximum 40

#### **MINI RETREAT: ACTING FOR HEROES WORKSHOP**

Improve your acting skills and discover your own inner hero! In this action-packed workshop you will learn how to use your body and voice to act on stage with more power. Professional actors will guide you through movement exercises, improvisations and beginning circus skills; including a safe introduction to slacklining (like a close-to-the-floor tightrope) and basic partner balances. Join us for the adventure as you explore new skills, meet new people and create your own original scene about your favorite hero! We might even find ideas to use in our next show. Snacks provided! Questions? Call Janet at 952-681-6121.

- Date/Time:** Sunday ▪ February 24 ▪ 2:30 pm - 4:30 pm  
**Location:** Edina Senior Center, 5280 Grandview Square, Edina  
**Cost:** \$10, checks payable to **ISD 271**  
**Register by:** February 15; minimum 10, maximum 30



Cost on "Acting for Heroes" is kept low thanks to FTF Works and their grant from Metropolitan Regional Arts Council for workshops and the production of "Herocycle" in June.

#### **HOW I SEE ME: BODY IMAGE AND SELF ESTEEM**

People who feel good about themselves when they look in the mirror have an easier time making friends, and feeling positive about themselves. They also are inspired to keep themselves tidy and clean. In this class, we will talk about body image: 'how you FEEL about how you LOOK' and the things that impact our self esteem. We'll talk about ways to boost self esteem, including taking care of our bodies. We will also split into men's and women's groups to talk about issues specific to guys and gals. When you leave class, you will have learned ways to improve your body image, encourage other people, have healthy options for when you are not feeling your best, and be the best YOU that you can be!



- Date/Time:** Thursday ▪ February 28 ▪ 7:00 pm - 8:30 pm  
**Location:** Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington  
**Cost:** \$8, checks payable to **ISD 271**  
**Register by:** February 14; minimum 6, maximum 16



## NEW! MINUTE TO WIN IT - FOOD SHELF COLLECTION

Let's have fun and provide food for hungry people! Bring at least one can of food or new grocery item to class – see list below for suggestions. We'll create mazes with the cans and boxes then see who is able to move ping-pong balls along them the fastest, along with other games. We'll have team and individual events, and everyone gets prizes! The cans and boxes of groceries will be donated to the VEAP Food Shelf.

**Most needed items:** Canned Tuna, Canned Chicken, Canned Beef Stew, Canned Chili, Canned Ham, SPAM, Toothpaste, Laundry Soap, Baby Wipes (call Janet if questions, 952-681-6121)

**Date:** Tuesday ▪ February 5  
**Time:** 7:00 pm - 8:15 pm  
**Location:** Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington  
**Cost:** \$5, checks payable to **ISD 271**  
**Register by:** January 22; minimum 6, maximum 25



## 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!*

**Date:** Monday ▪ March 4  
**Time:** 7:00 pm - 8:15 pm  
**New Location:** Edina Senior Center, 5280 Grandview Square, Edina  
**Cost:** \$8, checks payable to **ISD 271**  
**Register by:** February 18; minimum 6, maximum 12



## TAI CHI AND QIGONG ONCE-A-MONTH!

Come learn these Chinese exercises to relax the body and mind and help develop better balance. The gentle movements of this class can be done by almost anyone either seated or standing. *New: Use a special Tai Chi fan to create additional moves!*

**Dates:** Tuesdays: January 29 ▪ February 19 ▪ March 19  
**Time:** 7:00 pm - 8:00 pm  
**Location:** Fraser Sheridan Court, Commons Room, 2500 West 66th Street, Richfield  
**Cost:** All three classes for only \$14, checks payable to **ISD 271**  
**Register by:** January 15; minimum 6, maximum 10

## 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.

**Dates:** Thursdays: January 17 ▪ February 7 ▪ March 7  
**Time:** 7:00 pm - 8:00 pm  
**Location:** Fraser Lyndale Court Commons Room, 10325 Lyndale Avenue South, Bloomington  
**Cost:** All three classes for only \$14, checks payable to **ISD 271**  
**Register by:** January 3; minimum 6, maximum 12



## CULTURE CLUB: EXPLORE IRELAND

Spend an evening with our own Michelle Veith learning about the people, land, food, crafts and traditions that make Ireland unique. You will experience a taste of traditional soda bread and design your own Lucky Leprechaun mini-hat!

**Date:** Monday ▪ March 11  
**Time:** 7:00 pm - 8:30 pm  
**Location:** Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington  
**Cost:** \$12, checks payable to **ISD 271**  
**Register by:** February 25; minimum 8, maximum 16



## Arts & Crafts

**Save the dates: April 1 and 8 - Clay and Art Creations Class.** You wanted to make and decorate your own clay pot- here are the dates! As a bonus, we'll make an additional art project the second night when showing off our fired pots!

**Details coming in the AR&LE Spring/Summer 2013 Catalog.**



## VALENTINE CARD STAMPING

Use rubber stamps and decorative paper to make designer Valentine cards for those special Valentine people in your life! Bonus: Decorate a folder to hold your cards.

**Date:** Monday ▪ February 4  
**Time:** 7:00 pm - 8:30 pm  
**Location:** South View Middle School, Room 201, (enter door #3)  
4725 South View Lane, Edina  
**Cost:** \$12, checks payable to **ISD 271**  
**Register by:** January 21; 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.**

### **EASY-WEAVE FLEECE SCARF**

Keep your neck warm all winter long with this easy-to-make fleece scarf. You'll tuck contrasting strips of fleece through already made slits to create this fashion statement for guys or gals!

**Date/Time:** Tuesday ▪ January 15 ▪ 7:00 pm - 8:00 pm  
**NEW Location:** Cornelia Elementary, 7000 Cornelia Drive, Edina; Room 44  
**Cost:** \$12, checks payable to **ISD 271**  
**Register by:** January 1; minimum 6, maximum 16



### **CD SUN CATCHER**

Brighten up cold winter days with this colorful, reflective sun catcher made from recycled CD's. Bonus idea: hang your creation near a window to reflect light and keep birds from flying into your window in the spring time!

**Date/Time:** Tuesday ▪ February 12 ▪ 7:00 pm - 8:15 pm  
**Location:** South View Middle School, Room 201, (enter door #3), 4725 South View Lane, Edina  
**Cost:** \$12, checks payable to **ISD 271**  
**Register by:** January 29; minimum 6, maximum 16

## SUNSHINE DRINK MIX & SPRING CONTAINER

Decorate containers for springtime with bright colors or a charming bunny. Then mix up a refreshing orange/lemonade drink mix to package inside. Give one as a gift and enjoy one for yourself!

**Option 1:** Monday ▪ February 25 ▪ 7:00 pm - 8:15 pm  
Fraser Lyndale Court Commons Room, 10325 Lyndale Avenue South, Bloomington  
**Option 2:** Tuesday ▪ March 5 ▪ 7:00 pm - 8:15 pm  
Fraser 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 12



## 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!)



### Juicy Lucy Burger

**Thursday, Jan 24 or Monday, Jan 28 or Thursday, Jan 31**

Why have your cheese on the outside of your hamburger when you can put it on the inside?! Watch the cheese gush out with the first bite. There you have a Juicy Lucy! We will add a delicious green bean side dish to finish off this oh so juicy meal.

### Sweet and Savory Crepes

**Monday, Feb 11 or Thursday, Feb 14 or Thursday, Feb 21**

OOO La La. Let's have fun with a French classic. The versatile French crepe is a super-thin pancake. It works great as a foundation for both sweet and savory favorites. For the savory side, try creamy chicken or ham and on the sweet side expect fruit with chocolate.

### Island Delight Sandwich

**Thursday, Mar 14 or Monday, Mar 18 or Thursday, Mar 21**

You can travel the world looking for sandwiches. We found a real winner on the island of Cuba where we find the incredible Cuban sandwich. This Latin-inspired version of our favorite ham and cheese will make you feel like you are visiting the island.

## LEAP—Learning Exchange Advisory Partners

We are always seeking new members to provide valuable information and feedback and help us develop new programs and partnerships to benefit the interests of adults with disabilities. We meet three times per year. Interested or questions? Contact Gina at 952-681-6122. Current members:

Allison F - participant	Yvonne F - ISD 271 Transition
Barb L - participant	Dave C - parent
Michelle V - LE instructor/TRAIL Board/parent	Kay S - ISD 273 Special Education
Amy P - LE instructor/ISD 271 Transition	Barb T - parent

**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:  
ISD #271/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

Class ID		Cost	TRAIL
<b>Personal Leisure &amp; Healthy Lifestyles</b>			
LE32W	AR&LE's Got Talent - a TV Reality Check .....	\$30	<input type="checkbox"/>
<b>Registering for AR&amp;LE'S Got Talent? List your talents and/or everyday skills:</b>			
LE33W	Mini Retreat: Acting for Heroes Workshop, Feb 24.....	\$10	<input type="checkbox"/>
LE34W	How I see Me: Body Image & Self Esteem, Feb 28.....	\$8	<input type="checkbox"/>
LE35W	Minute to Win It—Food Shelf Collection, Feb 5 .....	\$5	<input type="checkbox"/>
LE16W	Shooting Pool, Mar 4 .....	\$8	<input type="checkbox"/>
LE10W	Tai Chi & Qigong Once-a-Month!		
	Jan 29, Feb 7, Mar 7 .....	\$14	<input type="checkbox"/>
LE11W	Chair Yoga and Relaxation		
	Jan 17, Feb 7, Mar 11 .....	\$14	<input type="checkbox"/>
LE37W	Culture Club: Explore Ireland, Mar 11 .....	\$12	<input type="checkbox"/>
<b>Arts &amp; Crafts</b>			
LE28W	Valentine Card Stamping, Feb 4 .....	\$12	<input type="checkbox"/>
<b>Crafts with Michelle</b>			
LE29W	Ease-Weave Fleece Scarf, Jan 15 .....	\$12	<input type="checkbox"/>
LE30W	CD Sun Catcher, Feb 12 .....	\$12	<input type="checkbox"/>
	Sunshine Drink Mix & Spring Container		
LE31W-A	Option 1: Fraser Lyndale Court, Feb 25 .....	\$12	<input type="checkbox"/>
LE31W-B	Option 2: Fraser Sheridan Court, Mar 5 .....	\$12	<input type="checkbox"/>
<b>Classes continued on next column....</b>			

Class ID		Cost	TRAIL
<b>Cooking Classes</b>			
<b>Cooking Corner - NEW TIME 7-8:30 pm!</b>			
<b>Note: TRAIL is <u>only</u> available on Thursdays, <u>not</u> on Mondays.</b>			
Juicy Lucy			
LE25W-A	Thurs, Jan 24 .....	\$14	<input type="checkbox"/>
LE25W-B	Mon, Jan 28 .....	\$14	<input type="checkbox"/>
LE25W-C	Thurs, Jan 31 .....	\$14	<input type="checkbox"/>
Sweet and Savory Crepes Note: First class on Monday			
LE26W-A	Mon, Feb 11 .....	\$14	<input type="checkbox"/>
LE26W-B	Thurs, Feb 14 .....	\$14	<input type="checkbox"/>
LE26W-C	Thurs, Feb 21 .....	\$14	<input type="checkbox"/>
Island Delight Sandwich			
LE27W-A	Thurs, Mar 14 .....	\$14	<input type="checkbox"/>
LE27W-B	Mon, Mar 18 .....	\$14	<input type="checkbox"/>
LE27W-C	Thurs, Mar 21 .....	\$14	<input type="checkbox"/>

Mail complete form to:  
 ISD #271/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

## PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

### MacPhail Center for Music - Private Music Therapy Sessions or Adaptive Lessons

When participating in private music therapy sessions, students are first assessed and a program plan is then implemented to meet individual needs and strengths. Assessments, conducted by a board-certified music therapist, are approximately one hour long and are part of the music therapy intake process. Ongoing documentation of progress and consultation with care providers occur in order to maintain a high quality music therapy experience.

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

Financial Aid may be available for individuals/families who meet the guidelines.



### MacPhail Center for Music - Create a Music Therapy Group

Sometimes the best possible environment for success can be achieved by working toward your goals while interacting in a group setting. You can create and organize your own group with other individuals with common goals and meet in a small group for music therapy. Common goals during group sessions include communication, expression, social skills and meeting sensory needs. Group rates are available. Financial Aid may be available for individuals/families who meet the guidelines.

To learn more about MacPhail Center for Music programs and services, visit our website at:  
<http://www.macphail.org/>

Contact Marian Santucci, MacPhail Music Therapy Manager at 612-767-5596 or [santucci.marian@macphail.org](mailto:santucci.marian@macphail.org) for more information about music therapy services, financial aid, or to set up a placement interview.

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Watch for the AR&LE Spring/Summer 2013 Catalog the week of February 21st