

AR & LE

Winter 2014



Save the Date ■ Saturday ■ May 3, 2014

AR&LE Spring Retreat at Eden Prairie Art Center

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

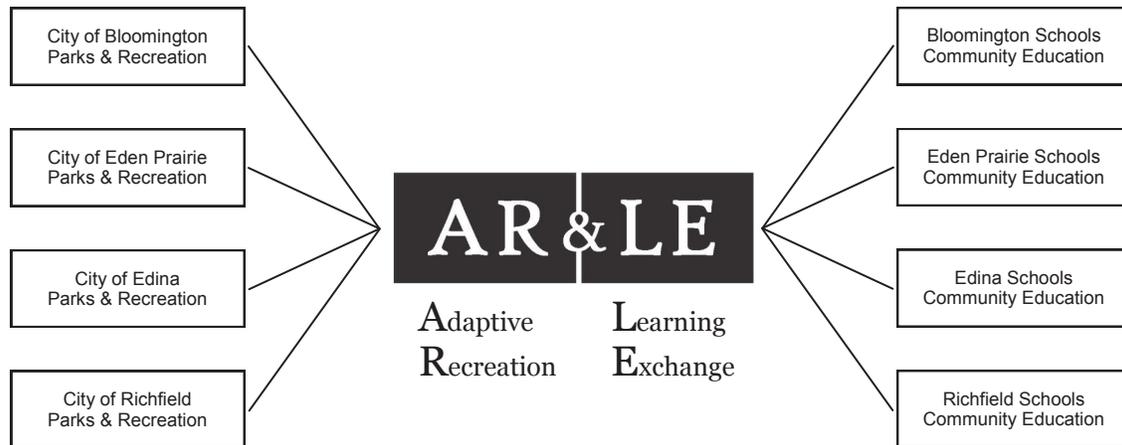
Each city reserves the right to implement their own refund policy.

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

- Jackie Doncavage - Recreation Supervisor: 952-563-8877 (tty: 952-563-8740)
jdoncavage@ci.bloomington.mn.us
- Sacha Pankratz - Recreation Coordinator: 952-563-8877 (tty: 952-563-8740)
spankratz@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			



Jackie Doncavage - Recreation Supervisor
 Phone: 952-563-8877 TTY: 952-563-8740
 Email: jdoncavage@ci.bloomington.mn.us
 Sacha Pankratz - Recreation Coordinator
 Phone: 952-563-8877 TTY: 952-563-8740
 Email: spankratz@ci.bloomington.mn.us
 Address: 1800 W. Old Shakopee Road
 Bloomington 55431
 Website: www.ci.bloomington.mn.us



MOVIES & MUNCHIES COMBINED WITH DANCE YOUR SOCKS OFF!!

Friday, January 10, 2014

“Kick off the Sunday Shoes” and join us in a showing of the original 1984 movie *Footloose* featuring Kevin Bacon! Dress in your best 80’s attire!

- Who:** Adults 18+
- Time:** 7:00 - 9:00 pm
- Location:** City of Bloomington, Black Box Theater
1800 West Old Shakopee Rd., Bloomington, MN 55431
Enter through Art Center side doors (on North side)
- Cost:** \$6 per participant (includes 1 can of soda or water and snack)
Additional soda/water available for purchase for \$1.
Support staff are free of charge.

Register by: **SPACE IS LIMITED! You must pre-register to reserve your spot by January 6, 2014 by calling 952-563-8877.**

TRAIL Deadline: **TRAIL is available!** Registered TRAIL riders must request TRAIL by Monday, January 6, 2014 by calling 952-563-8877.



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 should 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!

Valentine’s Dance ▪ February 21, 2014

Bring your sweetheart and celebrate Valentine’s Day with us!

St. Patrick’s Dance ▪ March 14, 2014

Celebrate St. Patrick’s Day with us and remember to wear green!

Music Video Night: Everything Jackson ▪ April 11, 2014

Moon Walk the night away dancing to music videos from Michael Jackson, Janet Jackson and the Jackson 5!
Don’t forget to dress in your best Jackson outfit!

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

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



Dates/Time: Wednesdays ▪ Feb 5 - Mar 12 ▪ 7:10 - 7:40 pm
Location: Eden Prairie Community Center
Cost/Register: \$73; register by January 22; 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 March 28, April 3, 4.

Dates/Time: Thursdays and Fridays ▪ February 6 - May 6 ▪ 2:30 - 5:00 pm
Location: Eden Prairie Community Center, Lounge
Cost/Register: \$300; register by January 24; maximum 12



“BE A STAR” ADAPTIVE THEATER - AGES 13-22

Calling all actors who want to experience performing! Participants act, sing, dance and create. Performance at the end of the session.

Dates/Time: Mondays ▪ February 24 - March 24 ▪ 2:30 - 4:30 pm
Location: Eden Prairie Community Center Cambria Room
Cost/Register: \$120; register by February 10; maximum 12

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.**

Dates: Wednesdays ▪ February 5 - March 5 ▪ April 23 - May 21
Time: 6:00 - 6:45 pm
Location: Eden Prairie Community Center, room 201
Cost/Register: \$50 per session; register 7 days before program; 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!

Dates: Saturdays ▪ February 22 - March 22 ▪ April 12 - May 10
Time: 10:15 - 11:00 am
Location: Eden Prairie Community Center, Cambria Room
Cost/Register: \$43 per session; register 7 days before program; maximum 12



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: \$74 for 1 hour ▪ \$55.50 for 45 minutes ▪ \$37 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.



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.*

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 Sr. Ctr. Cost: \$27

Basic Clay at the Art Center - Get messy and creative at the same time. Learn clay hand-building techniques. The possibilities are endless! Dress for a mess and bring your imagination. Snack provided. Registration deadline is February 14; maximum 15

Date: February 22 Time: 6:00 - 8:00 pm Location: Eden Prairie Art Center Cost: \$16

Hang Time at the Community Center - An evening full of activities including Wii, movies and swimming! Dinner is included. Registration deadline is March 14; maximum 15

Date: March 22 Time: 4:00 - 6:00 pm Location: Community Center rooms 203 & 204 Cost: \$16

Explore Nature at the Outdoor Center - Canoe along the Staring Lake shoreline and capture the sounds of birds and the beauty of budding trees and flowers. Dress comfortably to be outdoors and wear shoes for a nature hike. Dinner is included in the registration fee. Registration deadline is April 18; maximum 15

Date: April 26 Time: 6:00 - 8:00 pm Location: Staring Lake Outdoor Center Cost: \$17



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 _____	
<u>Code</u> Registration begins November 26th 38126 Adaptive Ice Skating I ----- <input type="checkbox"/> \$73 38125 Club 204 ----- <input type="checkbox"/> \$300 38127 ""Be a Star"" Adaptive Theater ----- <input type="checkbox"/> \$120 38130 Young Athletes, Feb 5 - Mar 5 ----- <input type="checkbox"/> \$50 38131 Young Athletes, Apr 23 - May 21 ----- <input type="checkbox"/> \$50 38128 Everyone Can Dance, Feb 22 - Mar 22 ----- <input type="checkbox"/> \$43 38129 Everyone Can Dance, Apr 12 - May 10 ----- <input type="checkbox"/> \$43				<u>Saturday Night Out</u> 36791 KARE 11 & Toys for Tots, Dec 14 ----- <input type="checkbox"/> \$27 38132 Basic Clay @ Art Center, Feb 22 ----- <input type="checkbox"/> \$16 38133 Hang Time @ Community Ctr, Mar 22 ----- <input type="checkbox"/> \$16 38134 Explore Nature @ Outdoor Ctr, Apr 26 ----- <input type="checkbox"/> \$17			
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							
TOTAL FEE(S) PAID: \$ _____							
Credit Card Information _____						Exp. Date _____	



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

WINTER 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!

Dates: Saturdays
January 25 - March 22
Time: 12:15 - 1:45 pm
Location: Brunswick Eden Prairie Lanes
12200 Singletree Lane
Cost: \$100/session for residents
\$105/session for nonresidents
Register by: January 13; minimum 6, maximum 15



Braemar Golf Dome is open!!



WINTER GOLF LESSIONS

Head over to Braemar Golf Dome to get ready for golf! This program will review golf etiquette, basic skills and rules. Have fun in a laid back atmosphere with other golfers. Ages 11 and up welcome.

Dates: Tuesdays
January 21 - February 25
Time: 6:45 - 7:45 pm
Location: Braemar Golf Dome, 7420 Braemar Blvd
Cost: \$70/session for residents
\$80/session for nonresidents
Register by: January 8; minimum 6, maximum 15



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:		
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 Winter Bowling ----- <input type="checkbox"/> R \$100 <input type="checkbox"/> NR \$105 Winter Golf Lessons ----- <input type="checkbox"/> \$70 <input type="checkbox"/> \$80 <input type="checkbox"/> TRAIL Get Fit Value Pass, Edinborough Track ----- <input type="checkbox"/> \$25			Mail completed form and check payable to the City of Edina to: Edina Parks and Recreation 4801 W 50 th Street Edina MN 55424		
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____				Exp. Date _____	

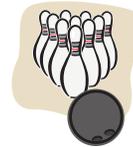


Ann Hoffer
Recreation Supervisor
Richfield Recreation Services
Phone: 612-861-9361
TTY: 711 (Minnesota Relay Service)
Email: ahooffer@cityofrichfield.org
Address: 7000 Nicollet Avenue South
 Richfield 55423
Website: www.cityofrichfield.org



ADULT LEAGUE BOWLING
Winter Session is full!

Who: Adults 18 and older
Dates: Saturdays ▪ January 25 - March 22, 2014 (March 29 make-up)
Time: 9:20 - 11:45 am
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. 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!

Dates: Thursdays ▪ January 16 - February 20, 2014 (make-up February 27)
Time: 6:30 - 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: December 2; maximum 40 for Ski Lessons; maximum 25 for Snowboard Lessons; maximum 20 in Ski Club

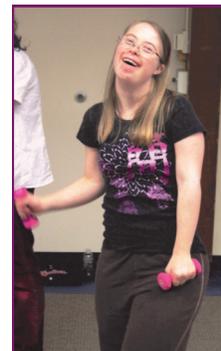


CARDIO FITNESS

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: Mondays and Wednesdays ▪ January 6 - March 10 ▪ 7:00 - 8:00 pm
 (No class Mondays January 20 & February 17 and Wednesday February 19)
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 or Wednesday on your registration form!
****Two TRAIL buses are available for Wednesday nights only. Minimum of five riders and maximum of twenty riders for each session, so sign up early.****

Register by: December 27; 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. Group home staff are asked to assist residents as needed.
Dates/Time: Fridays ▪ 7:00 - 9:00 pm
 Jan 10 **Footloose** (Combined with **Dance your Socks Off!**, must register with Bloomington, see page 5 for details.)
 \$6 per participant for January program.
 Feb 7 **Playing for Keeps** (Popcorn buffet, choose fun flavors and toppings.)
 Mar 7 **Monsters University** (Ice Cream Night, choose your favorite ice cream treat.)

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. *\$6 per participant for January program.

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 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!

Annual Holiday Party – Celebrate the Holidays with your GH friends! We will have a yummy Holiday dinner and play the dice game to win fun gifts! Registration deadline: December 20; max 40

Date: Fri, Dec 27 Time: 6:30 - 8:30 pm Location: Richfield Community Center Cost: \$22
Staff cost: \$8 (for dinner)

Elvis' Birthday Party! – Let's celebrate the King of Rock 'n' Roll! Come dressed as Elvis or in 50's costumes or as your favorite celebrity. We'll have cupcakes, a limbo contest, parade of costumes and a photo corner! **Register with the Learning Exchange on page 15!**

Date: Tues, Jan 14 Time: 7:00 - 8:30 pm Location: Washburn Elementary School Cafeteria Cost: \$15

Super Bowl XLVIII – Watch the 48th 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: January 28; max 40

Date: Sun, Feb 2 Time: 5:15 - 8:45 pm Location: Richfield Community Center Cost: \$15
Staff cost: \$7 (for food)

Night of the Arts! – Join us for a night of learning and creating. Members of the Richfield Arts Commission will demonstrate two art activities and then help you create them yourself. Come show off your own artistic talents! Registration deadline: February 13; min 15, max 30

Date: Wed, Feb 19 Time: 7:00 - 8:30 pm Location: Richfield Community Center Cost: \$15
Staff cost: \$0, please note if staff will attend

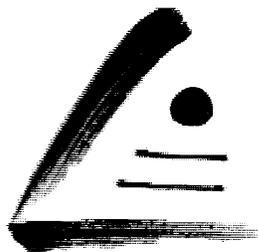
St. Patrick's Day Bingo & Shamrock Sundaes– Celebrate St., Patty's Day early by playing BINGO and winning lucky prizes! For dessert make a shamrock sundae with all of your favorite toppings. Wear Green! Registration deadline: March 6; min 15, max 40

Date: Wed, Mar 12 Time: 7:00 - 8:30 pm Location: Richfield Community Center Cost: \$12
Staff cost: \$3 (for sundae)



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																																																										
<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 TRAIL riders please check TRAIL box.</p> <table border="0"> <tr> <td></td> <td style="text-align: center;"><u>R</u></td> <td style="text-align: center;"><u>NR</u></td> <td style="text-align: center;"><u>TRAIL</u></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Downhill Ski Lessons.....</td> <td><input type="checkbox"/></td> <td>\$135/155</td> <td><input type="checkbox"/></td> <td>\$145/165</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Snowboard Lessons</td> <td><input type="checkbox"/></td> <td>\$135/155</td> <td><input type="checkbox"/></td> <td>\$145/165</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Ski Club.....</td> <td><input type="checkbox"/></td> <td>\$135/155</td> <td><input type="checkbox"/></td> <td>\$145/165</td> <td></td> <td></td> <td></td> </tr> </table> <p>Cardio Fitness</p> <p>Winter Session: Mon. & Wed. <input type="checkbox"/> \$48 <input type="checkbox"/> \$52 <input type="checkbox"/> TRAIL</p> <p>Winter Session: Mon. or Wed (circle one)..... <input type="checkbox"/> \$24 <input type="checkbox"/> \$26 <input type="checkbox"/> TRAIL</p> <p>*Note: TRAIL is only available Wednesday nights.</p>					<u>R</u>	<u>NR</u>	<u>TRAIL</u>					Downhill Ski Lessons.....	<input type="checkbox"/>	\$135/155	<input type="checkbox"/>	\$145/165				Snowboard Lessons	<input type="checkbox"/>	\$135/155	<input type="checkbox"/>	\$145/165				Ski Club.....	<input type="checkbox"/>	\$135/155	<input type="checkbox"/>	\$145/165				<p>Movies & Munchies</p> <p>Footloose combined with Dance Your Socks Off(Jan 10)..... page 5</p> <p>Playing for Keeps (Feb 7) <input type="checkbox"/> TRAIL</p> <p>Monsters University (May 7) <input type="checkbox"/> TRAIL</p> <p><u>Good Happenings</u></p> <table border="0"> <tr> <td></td> <td style="text-align: center;"><u>Participant</u></td> <td style="text-align: center;"><u>Staff</u></td> <td style="text-align: center;"><u>TRAIL</u></td> </tr> <tr> <td>Annual Holiday Party (Dec 27).....</td> <td><input type="checkbox"/></td> <td>\$22</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Elvis Birthday Party (Jan 14)</td> <td colspan="3">Register w/LE page 15</td> </tr> <tr> <td>Super Bowl XLVIII (Feb 2)</td> <td><input type="checkbox"/></td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Night of the Arts (Feb 19).....</td> <td><input type="checkbox"/></td> <td>\$15</td> <td><input type="checkbox"/> yes <input type="checkbox"/></td> </tr> <tr> <td>St. Patrick's Bingo & Sundaes (Mar 12)</td> <td><input type="checkbox"/></td> <td>\$12</td> <td><input type="checkbox"/> \$3 <input type="checkbox"/></td> </tr> </table> <p>Mail completed form and check, payable to the City of Richfield to:</p> <p style="text-align: center;">Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423</p>					<u>Participant</u>	<u>Staff</u>	<u>TRAIL</u>	Annual Holiday Party (Dec 27).....	<input type="checkbox"/>	\$22	<input type="checkbox"/>	Elvis Birthday Party (Jan 14)	Register w/LE page 15			Super Bowl XLVIII (Feb 2)	<input type="checkbox"/>	\$15	<input type="checkbox"/>	Night of the Arts (Feb 19).....	<input type="checkbox"/>	\$15	<input type="checkbox"/> yes <input type="checkbox"/>	St. Patrick's Bingo & Sundaes (Mar 12)	<input type="checkbox"/>	\$12	<input type="checkbox"/> \$3 <input type="checkbox"/>
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THE LEARNING EXCHANGE

Gina Carpenter - Coordinator of Alternative Educational Services
 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
 Address: 2575 West 88th Street, Bloomington 55431
 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! ELVIS' BIRTHDAY PARTY (IN COOPERATION WITH GOOD HAPPENINGS)

Let's celebrate the King of Rock 'n' Roll! Costumes, music, dancing, videos, food, fun and prizes! Come dressed as Elvis or in 50's costumes, or as your favorite celebrity, or in your own party clothes. We'll mingle and munch on Elvis-inspired snacks – peanut butter and banana treats, and birthday cupcakes to decorate. We'll have a limbo contest, parade of costumes and a photo corner – bring your camera or cell phone to take a photo!



Date/Time: Tuesday ▪ January 14 ▪ 7:00 - 8:30 pm
Location: Washburn Elementary School, 8401 Xerxes Avenue South, Bloomington; Cafeteria
Cost: \$15 for participant; staff \$4 for snacks. Checks payable to **ISD 271**
Register by: January 7; minimum 10, maximum 40



RELATIONSHIP SKILLS: DATING

Getting to know someone romantically is a wonderful adventure. The movies make it look easy, but let's talk about real life! How do you know if someone you meet is a potential dating partner? What are healthy communication guidelines? How do you have healthy physical boundaries? How do you end a relationship appropriately? Bring your questions and comments. Led by Nina Jonson, education manager at myHealth, and David Kurtzon program manager at Teenwise.



Date/Time: Tuesday ▪ February 4 ▪ 7:00 - 8:30 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington
Cost: \$8, checks payable to **ISD 271**
Register by: January 28; minimum 6, maximum 16

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: NOW on Tuesdays ▪ January 21 ▪ February 18 ▪ March 18
Time: 7:00 - 8:00 pm
NEW Location: Fraser Sheridan Court Commons Room, 2500 W. 66th Street, Richfield
Cost: All three classes for only \$14, checks payable to **ISD 271**
Register by: January 7; minimum 6, maximum 12



MINUTE TO WIN IT - FOOD SHELF COLLECTION - 2ND ANNUAL

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. Last year we collected 55 pounds of food to donate – can we top that this year?

Most needed items: Canned tuna, canned chicken, canned beef stew, canned chili, toothpaste, cereal, canned fruit, canned soups; plus paper grocery bags (call Janet if you have questions, 952-681-6121).

Date/Time: Monday ▪ February 10 ▪ 7:00 - 8:15 pm
Location: DIFFERENT location than last year:
Washburn Elementary School, 8401 Xerxes Avenue South,
Bloomington; Cafeteria
Cost: \$5, checks payable to **ISD 271**
Register by: February 3; minimum 6, maximum 25



CULTURE CLUB: MARDI GRAS

Spend an evening with our own Michelle Veith exploring the history of Mardi Gras - how it's celebrated in the United States as well as other countries. Snack on a traditional King Cake while making a Mardi Gras Mask. You'll get your own string of Mardi Gras beads. End the evening with our own mini parade with swinging New Orleans Jazz!

Date/Time: Tuesday ▪ March 4 ▪ 7:00 - 8:15 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington
Cost: \$12, checks payable to **ISD 271**
Register by: February 18; minimum 8, maximum 16



DANCE MOVES: GANGNAM STYLE, THRILLER & MORE!

Want to try the hottest dance moves? Tricia from *Dance and Entertainment* leads an energy-filled hour of learning dance moves that you can make part of your own style. Learn the basics from Gangnam Style, to Michael Jackson's Thriller and more. Great ways to get your body moving!

Date/Time: Thursday ▪ March 6 ▪ 7:00 - 8:00 pm
Location: Washburn Elementary School, 8401 Xerxes Avenue South, Bloomington; Cafeteria
Cost: \$10, checks payable to **ISD 271**
Register by: February 27, minimum 8, maximum 25

Arts & Crafts

CRAFTS FOR EVERYONE!

Join Michelle or Jackie for a fun evening making great decorations 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.

VALENTINE KEEPSAKE TILE

Using a 5" x 5" particle board square, you'll create a unique Valentine Keepsake to give as a gift or keep for yourself. We'll be using scrapbooking supplies such as papers, stickers, ribbons and gems to create this special square which can be hung with a ribbon or twine.

Option 1: Thursday ▪ January 23 ▪ 7:00 - 8:00 pm
Lyndale Court Commons Room, 10325 Lyndale Avenue South, Bloomington
Option 2: Monday ▪ January 27 ▪ 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



STORAGE/MEMORY BOX WITH PERSONALITY!

Do you have special keepsakes, photos or art projects stored in different places? Here's your chance to create a personalized storage box for all your special items. You'll start with a sturdy white 8 1/4 x 10 1/4 x 6 inch box with lid and decorate the outside to reflect your personality and what's inside!

Date/Time: Thursday ▪ February 13 ▪ 7:00 - 8:15 pm
Location: Central Middle School, 8025 School Road, Eden Prairie; Art Room 601
Cost: \$12, checks payable to **ISD 271**
Register by: January 30; minimum 8, maximum 16



POP TAB WRISTBAND/BRACELET

Be creative and recycle at the same time! “Upcycle” pop tabs into a cool, trendy wristband or bracelet that’s great for guys or gals. We’ll string tabs together and customize your creation with colored elastic or ribbon. We provide all the materials. Fabulous to keep for yourself or give as a gift!

Date/Time: Thursday ▪ March 13 ▪ 7:00 - 8:30 pm
Location: South View Middle School, Room 201 (enter door #1)
4725 South View Lane, Edina
Cost: \$12, checks payable to **ISD 271**
Register by: February 27; 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 - 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!)



Super Finger Foods!

Thursday, Jan 30 or Monday, Feb 3 or Thursday, Feb 6

Make this the best *Super Bowl* ever and score a touchdown with snack and finger foods that are easy and fun to make! Not into football? No problem. These appetizers are great for any party or even a night to yourself! Wear your favorite team colors or just your favorite colors to class!

Chinese New Year

Thursday, Feb 20 or Monday, Feb 24 or Thursday, Feb 27

It’s the Chinese New Year and we are bringing in good luck and fortune with our recipes this month. Who needs Chinese take-out when we can make something this delicious? It’s a choose-your-own adventure when you can pick chicken or baby shrimp and veggies and savory sauces and rice or noodles! Celebrate the Year of the Horse - who could say 'neigh' to that?!

“Egg-cellent” Frittata

Thursday, Mar 20 or Monday, Mar 24 or Thursday, Mar 27

Spring is almost upon us but we have one more chilly month to go. Let’s warm up with a taste from Italy. A frittata is like an oven omelet filled with meat, veggies and cheese. Make a scrumptious fruit side-dish, too! We will bring the world of breakfast to new heights that may make you want it for dinner instead.

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:

Emily A - Service Provider

Dave C - Parent

Gail D - Parent

Allison F - Participant

Yvonne F - ISD #271 Transition Teacher

Adam G - Residential Provider

Kim J - Service Provider

Barb L - Participant

Amy P - ISD #271 Transition Teacher

Gayle R - Parent

Michelle V - LE Instructor/TRAIL Board/Parent

**Register on-line with a credit card or link to your checking account:
br.thatcommunityed.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
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 for publicity purposes.

_____ Date _____
Participant or Parent/Guardian Signature

TRAIL Riders please check TRAIL Box			Class ID			Cost			TRAIL			
<u>Personal Leisure & Healthy Lifestyles</u>			<u>Cooking Classes</u>									
LE60W-A	Elvis' Birthday Party! (Good Happenings) Jan 14	<input type="checkbox"/>	\$15	<input type="checkbox"/>	<u>Cooking Corner</u>							
LE60W-B	Staff - snacks for Elvis' Birthday Party	<input type="checkbox"/>	\$4	<input type="checkbox"/>	Note: TRAIL is <u>only</u> available on Thursdays, <u>not</u> on Mondays.							
LE61W	Relationships Skills: Dating, Feb 4	<input type="checkbox"/>	\$8	<input type="checkbox"/>	Super Finger Foods!							
LE11W	Chair Yoga and Relaxation at Sheridan Court!				LE57W-A	Thurs, Jan 30	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
	Tuesdays: Jan 21, Feb 18, Mar 18	<input type="checkbox"/>	\$14		LE57W-B	Mon, Feb 3	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
LE35W	Minute to Win It-Food Shelf Collection, Feb 10	<input type="checkbox"/>	\$5	<input type="checkbox"/>	LE57W-C	Thurs, Feb 6	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
LE62W	Culture Club: Mardi Gras, Mar 4	<input type="checkbox"/>	\$12	<input type="checkbox"/>	Chinese New Year							
LE63W	Dance Moves: Gangnam Style, Mar 6	<input type="checkbox"/>	\$10	<input type="checkbox"/>	LE58W-A	Thurs, Feb 20	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
					LE58W-B	Mon, Feb 24	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
<u>Arts & Crafts</u>						LE58W-C	Thurs, Feb 27	<input type="checkbox"/>	\$14	<input type="checkbox"/>		
	Valentine Keepsake Tile				"Egg-cellent" Frittata							
LE64W-A	Option 1: Lyndale Court, Jan 23	<input type="checkbox"/>	\$12		LE59W-A	Thurs, Mar 20	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
LE64W-B	Option 2: Sheridan Court, Jan 27	<input type="checkbox"/>	\$12		LE59W-B	Mon, Mar 24	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
LE65W	Storage/Memory Box w/Personality!, Feb 13	<input type="checkbox"/>	\$12	<input type="checkbox"/>	LE59W-C	Thurs, Mar 27	<input type="checkbox"/>	\$14	<input type="checkbox"/>			
LE66W	Pop Tab Wristband/Bracelet, Mar 13	<input type="checkbox"/>	\$12	<input type="checkbox"/>	Mail complete form to:							
Classes continued on next column....				The Learning Exchange 2575 W 88th Street Bloomington, MN 55431								
				<u>Checks MUST be made payable to ISD 271 or they will be returned.</u>								

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

Spring AR&LE Retreat

Saturday ■ May 3, 2014

Afternoon

Eden Prairie Art Center



Here's your chance to explore making cool art and have fun with friends. Snacks included!

**Details in the AR&LE
Spring/Summer 2014 Catalog**

Elvis' Birthday Party!

January 14, 2014

7 to 8:30 pm



Adults 18 and over are invited to celebrate the King of Rock 'n' Roll! Costumes, music, dancing, videos, food, fun and prizes! Come dressed as Elvis or in 50's costumes, or as your favorite celebrity, or in your own party clothes. Mingle and munch on Elvis-inspired snacks – peanut butter and banana treats, and birthday cupcakes to decorate. Check out the limbo contest, parade of costumes and a photo corner – bring your camera or cell phone to take a photo!

**Details on page 12
Registration on page 15**

Sponsored by Learning Exchange & Good Happenings

Watch for the AR&LE Spring/Summer 2014 Catalog the week of February 17, 2014.