

AR & LE

Fall 2010



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 25 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 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 White, CTRS – Therapeutic Recreation Coordinator: 952-949-8457
(tty: 952-949-8399)
nwhite@edenprairie.org

Edina Adaptive Recreation

- Kristin Aarsvold – Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
kaarsvold@ci.edina.mn.us
- Dawn Beitel - Recreation Specialist: 952-826-0438 (tty: 952-826-0379)
dbeitel@ci.edina.mn.us

Richfield Adaptive Recreation

- Kelly Mertes – Recreation Supervisor: 612-861-9361 (MN Relay Service at 711)
kmertes@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

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 Braille, large print, audiotape and/or computer disk.



TRAIL (Transportation Resource to Aid Independent Living) is a nonprofit service organization formed in 1990 by parents, consumers & professionals. TRAIL'S mission is to provide transportation to adults with disabilities, who live in Bloomington, Eden Prairie, Edina and Richfield and are living independently/semi-independently without transportation on the premises. This service enables riders to attend recreational and educational programs sponsored by AR&LE. Programs with this bus symbol offer TRAIL rides. To request an application or find out more, please call Michelle at 952-828-0983.

AR&LE GET FIT INITIATIVE - FALL 2010



Do you want to get fit and live a healthier lifestyle? Then the year-long **AR&LE Get Fit** initiative will help you reach your goals and have fun at the same time! Look for the **AR&LE Get Fit** logo by selected programs offered by the Adaptive Recreation and Learning Exchange. When you attend these health and fitness related activities/programs (each season) you can earn points toward nifty prizes!

How the **AR&LE Get Fit** initiative works...

- At your first **AR&LE Get Fit** activity of the fall you will receive an **AR&LE Fit Activity Punch Card**. Bring your punch card to all AR&LE programs that have the **AR&LE Fit Activity** logo.
- For participants age 18 and older, the **AR&LE Get Fit Retreat** on September 11th is the kick-off! Sign up to find out the benefits of the **AR&LE Get Fit** Initiative! See more information on page 12.
- Each time you attend an **AR&LE Get Fit** activity you will receive a punch on your card (remember to bring your punch card). Look for the AR&LE programs that have **AR&LE Get Fit Bonus Points** for attending!
- A new punch card will be handed out at the start of a new AR&LE season (Fall, Winter & Spring/Summer). At the end of the season, turn in your punch card.

What will you receive for participating?

Participants will earn nifty prizes! There are two prize categories each season; a low point category where your name will be entered in for great prizes like gift cards and a high point incentive **AR&LE Get Fit** item (like the water bottle for fall).

Participate and turn in your **AR&LE Get Fit** punch card at the end of each season to be entered into a **Grand Prize Drawing!** The Grand Prize Drawing will be held one time in August, 2011. Only participants turning in enough points for the high point incentive item all three seasons will be eligible for the grand prize drawing.

Youth 17 and younger

- Earn 1 – 6 points and your name will be entered into a drawing for great prizes!
- Earn 7 or more points and you will receive an **AR&LE Get Fit Water Bottle!**

Adults – 18 and older

- Earn 1 – 20 points and your name will be entered into a drawing for great prizes!
- Earn 21 or more points and you will receive an **AR&LE Get Fit Water Bottle!**

Fall Program Dates:

- Saturday, September 11 - Wednesday, December 22, 2010

How do I turn in my punch card?

- Write your name, address and age on your punch card.
- Turn your punch card in to staff at the last **Get Fit activity** that you attend out of the AR&LE Fall 2010 catalog. **OR** Mail your punch card to the Learning Exchange by December 22, 2010.

The Learning Exchange
AR&LE Get Fit
2575 West 88th Street
Bloomington, MN 55431

Questions?

Contact the AR&LE Supervisor of the program you are registering for!



**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
 (Keyword: "Dance" to download brochure
and registration form)



FALL FORMAL

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

- Who:** Adults 18+
- Date/Time:** Friday ■ September 24, 2010 ■ 7:00-9:00 pm
- Location:** Minnetonka High School Cafeteria
18301 Highway 7, Minnetonka (enter through west doors)
- Cost:** \$6 for pre-registration ■ \$7 admission at the door.
Take home a portrait of yourself with friends for \$2. (\$1 for each additional photo. Limit 4; pay at event.)
- Register by:** Friday, September 17 or pay at the door. Must have a completed AR&LE Participant Profile on file or be affiliated with one of the other sponsoring agencies. Registered TRAIL riders must request TRAIL by noon September 13 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!

- Who:** Adults 18+
- Dates/Time:** October 22, 2010 ■ 7:00-9:00 pm November 19, 2010 ■ 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:** \$5 Cover Charge at the door (support staff free).
- Register by:** No registration required, but registered TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877.

Halloween Dance

Come in costume and Monster Mash the night away!

Holiday Dance

Kick off the holiday season with a festive night of dancing and fun!



S.O.S - SAVE OUR SERVICES!

SAGES Workshop for: Self-advocates, family members, care givers, and service providers of people with developmental disabilities.

Have you benefited from SILS, PCS, transportation or other disability services? If you care for a person with a developmental disability, this two-part forum can help you understand the recent budget cuts and the resulting impact on current and future services, as well as what we can all do to make sure funding continues for needed programs.

Anne Henry, attorney with the MN Disability Law Center, will present on disability-related health and human services cuts over the past decade, the catastrophic budget picture for the coming biennium beginning July 1, 2011, changes planned or underway to reform or improve services and possible cuts in disability services for the coming legislative session.

Lynn Megan, President and CEO with TSE Inc., will present on "Connecting with Elected Officials." Learn strategies on how you can make your voice heard at the legislative level to advocate funding for disability services. **The time to act is NOW! Our voices, united together, can make a difference!**

**Friday, October 15, 2010
1:00-3:30 p.m.
Christ the King Church, Fellowship Hall
8600 Fremont Avenue South, Bloomington, MN**

Please RSVP by Tuesday, October 12, by emailing names of those attending to Gina Carpenter at Learning Exchange, gcarpenter@bloomington.k12.mn.us or by calling 952-681-6122. There will be a charge of \$15 per person at the door. Please make checks payable to ISD #271.



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

BASIC CLAY - AGES 8-13

Get messy and creative at the same time. Learn to work with clay and make a clay critter, flower, plate, or box. The possibilities are endless! Dress for mess and bring your imagination. A snack will be provided.

Date: Saturday ▪ November 13
Time: 6:00 pm - 8:00 pm
Location: Eden Prairie Art Center, 7650 Equitable Drive
Cost: \$32
Register by: November 1. Maximum 6

SATURDAY NIGHT OUT - AGES 15-25

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

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

Costume Party - Be creative as there will be awards for various costumes. Music, movies, and munchies will be a part of the entertainment! Registration deadline is October 15. Maximum 25

Date: Oct 23 **Time:** 6:00–8:00 pm **Location:** Eden Prairie Senior Center Community Room **Cost:** \$18

Bowling at Brunswick - Knock'em down! High fives and oh yeah's ! No experience needed! Bring money for snacks. Registration deadline is Friday, November 12. Maximum 20



Date: Nov 20 **Time:** 6:00–8:00 pm **Location:** Brunswick Bowl 12200 Singletree Lane **Cost:** \$18

KARE 11 and Toys for Tots - We'll be going to KARE 11 Studio to drop off unwrapped gifts and enjoy two 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 3. Maximum 20

Date: Dec 11 **Time:** 5:00–8:00 pm **Location:** Drop off & pickup at Eden Prairie Senior Center - lounge **Cost:** \$29



Sign up for the Saturday Night Out Costume Party October 23rd
You'll have a frightfully fun time!

LET THE GAMES BEGIN! - AGES 8-13

Join your friends for games galore! Play the Wii, board games, or both! Snacks provided.



Date: Saturday • October 16
Time: 6:00 pm - 7:30 pm
Location: Eden Prairie Senior Center, Community Room
Cost: \$25
Register by: October 8. Maximum 6

PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

When participating in the Music Therapy private sessions, students are first assessed and a program plan is then implemented to meet their individual needs and strengths. Assessments, conducted by a board-certified music therapist, are one-hour long and are required before any private music therapy services can begin. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.

Cost: \$68 for one hour and \$34 for 30 minutes
Location: Eden Prairie Senior Center

Contact Jan Ackley Melecha, MT-BC at MacPhail Center for Music at 612-767-5524 or Malecha.Jan@macphail.org for more information or to schedule private and/or adaptive music lessons.

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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 must have a completed Participant Profile on file. For more information see page 2 of this catalog							
Parent/Guardian			Home Phone		Work 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 a ctivity 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 _____		
<u>Code</u> 28695 Basic Clay, Nov 13 ----- <input type="checkbox"/> \$32 <u>Saturday Night Out</u> 28696 Costume Party, Oct 23 ----- <input type="checkbox"/> \$18 28697 Bowling at Brunswick, Nov 20 ----- <input type="checkbox"/> \$18 28698 KARE 11 & Toys for Tots, December 11 ----- <input type="checkbox"/> \$29 28694 Let the Games Begin, Oct 16 ----- <input type="checkbox"/> \$25				Registration begins on Tuesday, August 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 _____			



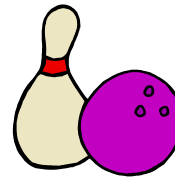
Kristin Aarsvold, Recreation Supervisor
 Edina Parks and Recreation
 Address: 4801 W. 50th Street, Edina 55424
 Phone: 952-826-0433
 TTY: 952-826-0379
 Email: kaarsvold@ci.edina.mn.us
Dawn Beitel- Recreation Specialist - 952-826-0438
 Email: dbeitel@ci.edina.mn.us
 Website: www.ci.edina.mn.us

FALL BOWLING CLUB

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



Date: Saturdays • September 25 - November 20
Time: 9:15 am - 11:00 am
Location: Brunswick Eden Prairie Lanes
 12200 Singletree Lane, Eden Prairie
Cost: \$95 resident, \$100 nonresident
Register by: September 10; minimum 6, maximum 12



SUPER SUNDAYS

Grab your friends, head out on the town and meet new people. Super Sundays is a social group for teens of all ability levels ages 13-22. For trips outside of the four cities, bus transportation is provided to and from the Edina Senior Center. minimum 12, 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.

Rosland Park – Meet under the shelter at this great Edina park for a walk around Lake Cornelia on a paved path (1.1 miles). You will also enjoy snacks and tie dying. Bring a white or light colored shirt or other item to dye and we will provided the supplies. **Register by September 13.**



Date: Sept 19 **Time:** 1:00–3:00 pm **Location:** Meet at Rosland Park Picnic Shelter **Cost:** \$7
 2300 W. 66th Street, Edina

Golf Zone - Back by request, we will travel to Chaska **by bus** to play 18 holes of indoor miniature golf. Bring your best game and be ready to have fun! Bring extra money if you would like to purchase concessions at the course. **Register by October 1**



Date: Oct 10 **Time:** 1:30–4:00 pm **Location:** Meet at Edina Senior Center **Cost:** \$16
 5280 Grandview Square, Edina

Edinborough Park Scavenger Hunt - Come for the scavenger hunt and stay for the pizza! Our group will meet at the indoor park for a huge scavenger hunt and then reward ourselves with pizza and pop/water. **Register by November 8.**



Date: Nov 14 **Time:** 3:00–5:00 pm **Location:** Edinborough Park **Cost:** \$11
 7700 York Avenue South, Edina

Stages Theatre - We are headed **by bus** to Hopkins to see the production of Junie B. in “Jingle Bells, Batman Smells”. The story is based on the book with a family friendly message about giving. A limited number of tickets are available for this play. **Register by November 26.**

Date: Dec 5 **Time:** 1:15–3:45 pm **Location:** Meet at Edina Senior Center **Cost:** \$24
 5280 Grandview Square, Edina



PRESENTS FOR THE HOLIDAYS

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

Dates: Fridays ▪ November 5 - December 17 (no class November 26)
Time: 6:00 pm - 7:30 pm
Location: Edina Senior Center, Classroom #2
 5280 Grandview Square
Cost: \$52 resident, \$57 nonresident
Register by: October 22; minimum 4, maximum 12



Edina Registration Form

Participant Name	Home Phone	Work Phone	E-mail	Age
Address/City		Apt. #	Zip Code	Birth Date
Special Information:				
<p>In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog</p>				
Parent/Guardian	Home Phone	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>R= Resident, NR=Nonresident TRAIL riders please check TRAIL box.</p> <p style="text-align: center;">R NR TRAIL</p> <p>Fall Bowling Club ----- <input type="checkbox"/> \$95 <input type="checkbox"/> \$100</p> <p><u>Super Sundays for Teens</u></p> <p>Sept 19, Rosland Park----- <input type="checkbox"/> \$7</p> <p>Oct 10, Golf Zone----- <input type="checkbox"/> \$16</p> <p>Nov 14, Edinborough Park Scavenger Hunt ----- <input type="checkbox"/> \$11</p> <p>Dec 5, Stages Theatre----- <input type="checkbox"/> \$24</p> <p>Presents for the Holidays ----- <input type="checkbox"/> \$52 <input type="checkbox"/> \$57 <input type="checkbox"/></p>			<p>Mail completed form and check, payable to the City of Edina to:</p> <p>Edina Parks and Recreation 4801 W 50th Street Edina MN 55424</p>	
TOTAL FEE(S) PAID: \$ _____				
Credit Card Information _____			Exp. Date _____	

**You can now register online starting August 6th
 at www.cityofedina.com at the Edina Store**



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



LEAGUE BOWLING

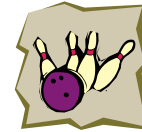
Join a competitive league team and/or work on skills in a non-competitive setting. Play three games each week and have fun with friends! Fee includes an AR&LE Bowling T-shirt.



Who: Adults 18 and older. **REGISTER EARLY, spaces for both sessions fill quickly!**
Date/Time: Saturdays • 11:30 am - 1:45 pm
Session 1: September 18 - November 20, 2010
Session 2: January 29 - March 19, 2011 (March 26 make-up)

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

Cost: **Session 1:** Ten weeks, \$112 resident, \$122 nonresident
Session 2: Eight weeks, \$96 resident, \$106 nonresident



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

Register by: September 7 for Session 1; January 17 for Session 2 or until full

If you have a team or would like to play with a certain person, please indicate the other person's name/ names on the comments area of your registration form. If you will need assistance while bowling, if you use a wheelchair or walker, or if you will need a ramp, please indicate that on comments area of the registration form. Maximum 30 teams of 4 players. Maximum 24 TRAIL riders.

DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

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



Date/Time: Thursdays • January 13 - February 17, 2011 (make-up February 24)
 6:45 pm - 8:45 pm

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

Cost: If you have your own equipment: \$125 resident, \$135 nonresident
 If you need to rent equipment: \$145 resident, \$155 nonresident

Register by: Residents only until October 4; open to nonresidents after October 5
 Deadline December 6; maximum 35 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/Time: Mondays and Wednesdays • September 20 - November 10 • 6:50 - 7:50 pm

Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: \$48 resident, \$53 nonresident—2 days per week
 \$24 resident, \$26.50 nonresident—1 day per week
Please indicate Monday and/or Wednesday on registration form!
****TRAIL is only available on Wednesday Night****



Register by: September 13; 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.

Date/Time: Fridays • 7:00 - 9:00 pm
 Sept. 10 - **The Blind Side**, \$7 movie & pizza night (6:45-9:15)
 Oct. 1 - **Where the Wild Things Are**
 Nov. 5 - **Old Dogs**
 Dec. 3 - **Christmas Vacation**

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. (Pizza nights \$4 if staff would like pizza.)



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 (check box if you need TRAIL). 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 and a full description can be found at <http://www.cityofrichfield.org/Recreation/Adaptive.htm>. Sign up for all or select just a few of the activities offered!

Richardson Nature Center with Rapture Viewing - Enjoy a fall evening with a short bird sighting hike, live rapture viewing and all of the fun exhibits at Richardson Nature Center! Please eat dinner before you arrive; snacks will be provided. Registration deadline Sept 7, maximum 30



Date: Tues, Sept. 14 Time: 7:00-9:00 pm Location: Richardson Nature Center Cost: \$13
Staff fee: \$3 for snacks

Afton Apple Orchard - Join us at the Apple Festival! Fun activities will include hayrides, a corn maze, apple cider pressing demonstrations and more. Please eat lunch before you come. Snacks will be provided. Registration deadline: Oct 4, maximum 40



Date: Sun, Oct. 10 Time: 12:00-4:30 pm Location: Richfield Community Center Cost: \$25
Staff fee: \$10 admission & snacks

Halloween Games & Scary Sundaes! - Get ready to dress up in your Halloween costume, play games and have an ice cream sundae with all of your favorite toppings! There will be a prize for best costume! Registration deadline: Oct 22, maximum 40

Date: Fri, Oct. 29 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$12
Staff fee: \$3 for sundaes

Vikings vs. Bears Game Day Party - Alright, this is one of the big games of the season! The Minnesota Vikings vs. the Chicago Bears! Watch the game at Soldier Field on the big projection screen at the Richfield Community Center with your friends! We will have sub sandwiches w/all the yummy sides for lunch! Make sure to wear your team colors! Registration deadline: Nov 8, maximum 40

Date: Sun, Nov. 14 Time: 12 noon-3:30 pm Location: Richfield Community Center Cost: \$15
Staff fee: \$8 for food

7th Annual Thank Goodness for Friends Thanksgiving Dinner - Enjoy the company of your Good Happenings friends as you visit while enjoying the spread of good food and dessert at Old Country Buffet! Registration deadline: Nov 16, maximum 40

Date: Tues, Nov. 23 Time: 6:30-8:00 pm Location: Old Country Buffet, Richfield Cost: \$17
Staff fee: purchase own dinner



Richfield Registration Form

Participant Name		Home Phone		Work Phone		Age	
Address/City				Apt #		Zip Code	
Birth Date				Special Information:			
Food Allergies:				Parent/Guardian			
Home Phone		Work Phone					

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 TRAIL riders please check TRAIL box.

	R	NR	TRAIL
League Bowling			
#5822 Session 1	<input type="checkbox"/> \$112	<input type="checkbox"/> \$122	<input type="checkbox"/>
#5823 Session 2	<input type="checkbox"/> \$96	<input type="checkbox"/> \$106	<input type="checkbox"/>
Bowling Shirt (circle size):	S M L XL XXL		
#5825 Downhill Ski Lessons	<input type="checkbox"/> \$125/145	<input type="checkbox"/> \$135/155	
#5826 Snowboard Lessons	<input type="checkbox"/> \$125/145	<input type="checkbox"/> \$135/155	
#5827 Ski Club	<input type="checkbox"/> \$125/145	<input type="checkbox"/> \$135/155	
#5828 Cardio Fitness			
Mon. & Wed.	<input type="checkbox"/> \$48	<input type="checkbox"/> \$53	<input type="checkbox"/> Wed
Mon. or Wed. (circle one)	<input type="checkbox"/> \$24	<input type="checkbox"/> \$26.50	<input type="checkbox"/> Wed
Movies & Munchies			
#5829 The Blind Side (Sept 10)	<input type="checkbox"/> TRAIL		
#5830 Where the Wild Things Are (Oct 1)	<input type="checkbox"/> TRAIL		
#5832 Old Dogs (Nov 5)	<input type="checkbox"/> TRAIL		
#5831 Christmas Vacation (Dec 3)	<input type="checkbox"/> TRAIL		

Good Happenings	Participant	Staff	TRAIL
#5840 Richardson Nature Center, Sept 14	<input type="checkbox"/> \$13	<input type="checkbox"/> \$3	<input type="checkbox"/>
#5841 Afton Apple Orchard, Oct 10	<input type="checkbox"/> \$25	<input type="checkbox"/> \$10	<input type="checkbox"/>
#5833 Halloween Games & Sundaes, Oct 29	<input type="checkbox"/> \$12	<input type="checkbox"/> \$3	<input type="checkbox"/>
#5842 Vikings vs. Bears Game Party, Nov 14	<input type="checkbox"/> \$15	<input type="checkbox"/> \$8	<input type="checkbox"/>
#5834 Thanksgiving Dinner @ OCB, Nov 23	<input type="checkbox"/> \$17	<input type="checkbox"/> \$0	<input type="checkbox"/>

Don't forget your shirt size!

Comments

Mail completed form and check, payable to the **City of Richfield** to:

Richfield Recreation Services
7000 Nicollet Avenue
Richfield, MN 55423

TOTAL FEE(S) PAID: \$ _____

Credit Card Information _____

Exp. Date _____



THE LEARNING EXCHANGE

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

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



AR&LE GET FIT RETREAT!

Come have a blast with your friends exploring ways to Get Fit at the Jefferson Activity Center. From learning about weight lifting machines from a personal trainer, to short sample classes of aerobics, Tai Chi, and Zumba plus learning about and sampling healthy snacks, it will be an awesome way to kick off a year of Getting Fit with AR&LE.

Date/Time: Saturday ▪ September 11 ▪ 1:30 pm - 4:30 pm
Location: Jefferson High School, Activity Center, 4001 W. 102nd St., Bloomington
 (Separate Activity Center entrance toward back of school—south west corner.)
Cost: \$20, checks payable to ISD 271
Register by: September 3; minimum 15, maximum 40

2 bonus points



NEW! HOW TO DEAL WITH BULLYING

You deserve to feel safe! Bullying can range from friends who don't know when to stop teasing, to others in a house or apartment who intimidate you, to co-workers who mock you. Officer Patti VanSickle, a High School Liaison from the Eden Prairie Police Department, will present an interactive workshop on how to identify bullying and how to handle it in various situations. You'll have fun while you find out how to keep yourself and others from being victims of bullying.

Date/Time: Monday ▪ November 22 ▪ 7:00 pm - 8:30 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$8, checks payable to ISD 271
Register by: November 15; minimum 8, maximum 18



1 bonus point

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.



Dates: Tuesdays: September 21 ▪ October 19 ▪ November 16 ▪ December 21
Time: 7:00 pm - 8:00 pm
Location: Sheridan Court, Commons Room, 2500 West 66th Street, Richfield
Cost: All four classes for only \$17, checks payable to ISD 271
Register by: September 7; minimum 6, maximum 10



MARVELOUS MASK MAKING

Use paint, glitter and cool art materials to create two masks: a Mardi Gras masquerade mask to display and an animal mask on a stick for Halloween!

Date/Time: Thursday ▪ September 30 ▪ 7:00 pm - 8:30 pm
Location: Central Middle School, Art Room, 8025 School Road, Eden Prairie
Cost: \$11, checks payable to ISD 271
Register by: September 16; minimum 6, maximum 14



COCOA AND CAROLS

Sing holiday songs and Christmas carols accompanied by piano music, and sip hot cocoa. What a wonderful way to celebrate the season with friends!

Date/Time: Monday ▪ December 20 ▪ 7:00 pm - 8:30 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$11, checks payable to ISD 271
Register by: December 13; minimum 10, maximum 40





NEW! "THE PRICE IS RIGHT": SPENDING WISELY

Let's play a new version of "The Price is Right!" Quiz your knowledge of bargain shopping, plus how to find deals and coupons to make your money go further. Discuss the differences between wants and needs when spending money. Co-led by representatives from Metro Center for Independent Living...sharing resources that you can use.

Date/Time: Monday ▪ October 11 ▪ 7:00 pm - 8:30 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$8, checks payable to ISD 271
Register by: September 27; minimum 8, maximum 18



NEW! MOUTH HEALTH: MORE THAN BREATH MINTS

Keeping your mouth healthy is an important part of keeping the rest of your body healthy. We'll have a fun time in this interactive workshop presented by nursing students from Bethel University. From learning the best way to keep lips moisturized in the winter, to why tooth brushing matters, to flossing and having clean breath, you'll be inspired to take care of that very important mouth!

Date/Time: Monday ▪ November 8 ▪ 7:00 pm - 8:30 pm
Location: South View Middle School, Room 141 (enter door #3), 4725 South View Lane, Edina
Cost: \$8, checks payable to ISD 271
Register by: November 1; minimum 8, maximum 16



SHOOTING POOL/PLAYING BILLIARDS

Have a blast learning the basics of shooting pool or practicing what you already know! This one-night class shows you the basics and will give you time to play several games with other class members and volunteers from the Pool Room. **Choose one date only. Note: TRAIL is only offered on October 26.**

Option 1: Tuesday ▪ September 28 ▪ 7:00 pm - 8:15 pm

Option 2: Tuesday ▪ October 26 ▪ 7:00 pm - 8:15 pm

Location: Creekside Community Center, Pool Room
9801 Penn Avenue South, Bloomington
Cost: \$8 for one session, checks payable to ISD 271
Register by: Two weeks before class; minimum 6, maximum 10



Wii & COMPUTER GAMES NIGHT

Come learn to play a bowling game on a Wii system, using a hand-held controller and a video screen; it's the latest fun-fitness fad! Then play some great on-line computer games selected by our staff with other class members or on your own. Plus, have conversations with other class members about your favorite games.

Date/Time: Thursday ▪ November 4 ▪ 7:00 pm - 8:30 pm
Location: Creekside Community Center, room 105, 9801 Penn Ave. So., Bloomington
Cost: \$11, checks payable to ISD 271
Register by: October 21, minimum 6, maximum 12



CRAFTS AND MORE

Join Michelle for a fun evening making great decorations to keep or give as gifts. These fill fast – sign up soon! **TRAIL riders: Some classes have one option that offers TRAIL and one option that does not offer TRAIL. Verify on the Registration Form that your choice offers TRAIL.**



MINI REMINDER CHALK BOARD

You're sure to remember when you write it down on this 9" x 7" chalk board with frame. Customize the frame to match your personal style. Go home with chalk and tips on where to display your finished reminder board.

Date/Time: Monday ▪ September 13 ▪ 7:00 pm - 8:30 pm
Location: Central Middle School, Art Room, 8025 School Road, Eden Prairie
Cost: \$11, checks payable to ISD 271
Register by: August 30; minimum 8, maximum 16



SCARECROW SHELF SITTER

Fall is here and this cute scarecrow with dangling legs will look great sitting on a shelf, table or ledge. You decide how much "scare" to give him using paint, a clay pot, burlap, raffia, leaves and more!

Date/Time: Monday ▪ October 4 ▪ 7:00 pm - 8:30 pm
Location: Central Middle School, Art Room, 8025 School Road, Eden Prairie
Cost: \$11, checks payable to ISD 271
Register by: September 20; minimum 8, maximum 16



PINECONE CHRISTMAS TREE

Turn a large pinecone into an eye-catching tabletop mini Christmas tree. You decide how to decorate it with adornments such as glitter, beads, paint, pretend snow and much more.

 **Option 1:** Monday ▪ November 1 ▪ 7:00 pm - 8:30 pm
Central Middle School, Art Room, 8025 School Road, Eden Prairie

Option 2: Tuesday ▪ November 2 ▪ 7:00 pm - 8:30 pm
Sheridan Court, Commons Room, 2500 West 66th Street, Richfield

Cost: \$11, checks payable to ISD 271

Register by: Two weeks before class; minimum 6, maximum 12



HOLIDAY GIFT BAGS & TAGS

Your gifts will be extra special when tucked into a one-of-a-kind gift bag with decorated tag that you've created. Using a variety of embellishments, you will turn 3 or 4 plain paper handle bags and tags into unique holiday gift bags of various sizes. Also bring home tissue paper and tips on how to package your gifts!

Date/Time: Tuesday ▪ November 30 ▪ 7:00 pm - 8:30 pm

Location: South View Middle School, Room 201 (enter door #3), 4725 South View Lane, Edina

Cost: \$11, checks payable to ISD 271

Register by: November 16; minimum 8, maximum 16

SNOWMAN SOUP

Winter is coming and it's the perfect time for hot cocoa! You will assemble the ingredients for these single servings of Snowman Soup: cocoa mix; snowballs (marshmallows); and coal (chocolate kiss!) Keep one for yourself and give some for gifts!

Date/Time: Monday ▪ December 13 ▪ 7:00 pm - 8:15 pm


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

Cost: \$11, checks payable to ISD 271

Register by: November 29; minimum 8, maximum 18



COOKING CORNER

 **TRAIL riders: No Monday cooking classes will have TRAIL available. See registration form to verify that your choice offers TRAIL. Thursday, December 2 DOES NOT offer 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.

Time: All classes meet from 7:15 pm - 8:45 pm

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

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

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



Asian Stir Fry Sensation

Thursday, Sept 16 or Monday, Sept 20 or Thursday, Sept 23

Explore endless possibilities with the Asian cooking technique of stir frying. Watch the veggies sizzle into a new taste sensation with healthy nutty-flavored brown rice as an accompaniment. Plus, sample three different sauces on your stir fry creation and vote on your favorite!



Spooky Spuds

Thursday, Oct 14 or Monday, Oct 25 or Thursday, Oct 28

Come scare up some winning ideas for baked potatoes! We'll use the microwave to prep our potatoes and toppings for a fast and nutritious meal. Use veggies, meats and sauces to dress up your potato for Halloween and then eat it up. It's 'spudtastic!'



Native American-inspired Corn Chowder

Thursday, Nov 11 or Monday, Nov 15 or Thursday, Nov 18

Let's make delicious comfort food with Corn Chowder, a dish that Native American cooking brings to the Thanksgiving table. This soup with bacon, corn, milk and seasonings is a delicious meal with crackers and salad.

Holiday Make and Take

Thursday, Dec 2 or Monday, Dec 6 or Thursday, Dec 9

We'll make and share amazing holiday treat favorites like peanut butter blossoms, dipped pretzels and much more. Santa just might bring a few new treats for us to make and share!

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.

NO PHOTOS OR VIDEO: Please check box if you do NOT wish your image to be used for publicity purposes.

Participant or Parent/Guardian Signature

Date

TRAIL Riders please check TRAIL Box

	<u>Cost</u>	<u>TRAIL</u>
AR&LE Get Fit Retreat, Sept 11	<input type="checkbox"/> \$20	<input type="checkbox"/>
New! How to Deal with Bullying, Nov 22.....	<input type="checkbox"/> \$8	<input type="checkbox"/>
Tai Chi & Qigong! Once-a-Month!	<input type="checkbox"/> \$17	<input type="checkbox"/>
Marvelous Mask Making, Sept 30.....	<input type="checkbox"/> \$11	<input type="checkbox"/>
Cocoa and Carols, Dec 20.....	<input type="checkbox"/> \$11	<input type="checkbox"/>
The "Price is Right" Spending Wisely, Oct 11.....	<input type="checkbox"/> \$8	<input type="checkbox"/>
Mouth Health: More Than Breath Mints Nov 8	<input type="checkbox"/> \$8	<input type="checkbox"/>
Shooting Pool/Playing Billiards		
Option 1: Sept 28.....	<input type="checkbox"/> \$8	<input type="checkbox"/>
Option 2: October 26	<input type="checkbox"/> \$8	<input type="checkbox"/>
Wii & Computer Games Night, Nov 4	<input type="checkbox"/> \$11	<input type="checkbox"/>
<u>Crafts and More</u>		
Mini Reminder Chalk Boad, Sep 13.....	<input type="checkbox"/> \$11	<input type="checkbox"/>
Scarecrow Shelf Sitter, Oct 4.....	<input type="checkbox"/> \$11	<input type="checkbox"/>
Pinecone Christmas Tree		
Option 1: Nov 1, CMS, EP.....	<input type="checkbox"/> \$11	<input type="checkbox"/>
Option 2: Nov 2, Sheridan Ct.....	<input type="checkbox"/> \$11	<input type="checkbox"/>
Holiday Gift Bags & Tags, Nov 30	<input type="checkbox"/> \$11	<input type="checkbox"/>
Snowman Soup, Dec. 13.....	<input type="checkbox"/> \$11	<input type="checkbox"/>

Classes continued on next column....

NEW! You can now register using a credit card!

	<u>Cost</u>	<u>TRAIL</u>
<u>Cooking Corner</u> - Note: TRAIL is <u>only</u> available on Thursdays, <u>not</u> on Mondays. Thursday, December 2 <u>does not offer TRAIL.</u>		
Asian Stir Fry Sensation		
Thurs, Sept 16	<input type="checkbox"/> \$14	<input type="checkbox"/>
Mon, Sept 20.....	<input type="checkbox"/> \$14	<input type="checkbox"/>
Thurs, Sept 23	<input type="checkbox"/> \$14	<input type="checkbox"/>
Spooky Spuds		
Thurs, Oct 14	<input type="checkbox"/> \$14	<input type="checkbox"/>
Mon, Oct 25	<input type="checkbox"/> \$14	<input type="checkbox"/>
Thurs, Oct 28	<input type="checkbox"/> \$14	<input type="checkbox"/>
Native American-inspired Corn Chowder		
Thurs, Nov 11	<input type="checkbox"/> \$14	<input type="checkbox"/>
Mon, Nov 15.....	<input type="checkbox"/> \$14	<input type="checkbox"/>
Thurs, Nov 18	<input type="checkbox"/> \$14	<input type="checkbox"/>
Holiday Make and Take		
Thurs, Dec 2	<input type="checkbox"/> \$14	<input type="checkbox"/>
Mon, Dec 6.....	<input type="checkbox"/> \$14	<input type="checkbox"/>
Thurs, Dec 9	<input type="checkbox"/> \$14	<input type="checkbox"/>

Mail complete form and check, payable to **ISD 271** to:

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

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

AR&LE Sponsored TRAIL Spring Formal Fundraising Dance Raises \$2,500!



The Trail Spring Formal Dance was a huge success. Over 150 people enjoyed great music and a fabulous dessert buffet with chocolate fountain. A big **Thank You!** to all of the businesses and individuals who contributed goods and services for the raffle and refreshments!

Bruegger's - Richfield

Byerly's - Edina

Costco

General Mills

Hammer Photography

Sacha Hammer -

Lia Sophia Fashion

Jewelry Advisor

Jerry's of Eden Prairie

Jerry's of Edina

Kowalski's Markets

Marcie Langefels

Lunds - Richfield

Minnesota Lynx

Minnesota Twins

Minnesota Vikings

Party City – Tower Square

Party City – Southtown Center

Perkins - Edina

Replenex

Sams Club - Richfield

Snips SpaSalon

Starbuck's, 7610 Lyndale, Richfield

Anne Stundahl

Watch for the AR&LE 2011 Winter Catalog the week of November 15th
