

# AR & LE

# Fall 2019

Serving Bloomington, Eden Prairie,  
Edina and Richfield for over 40 years.



Check out the  
AR&LE webpage  
[www.ARLEMN.org](http://www.ARLEMN.org)  
a one-stop source  
for contact  
information,  
links to web and  
registration sites,  
participant profile  
and current  
AR&LE catalog.



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.

## Welcome!

We invite you to take part in a variety of unique programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). Information provided here explains the AR&LE partnership, how our program works and where to acquire additional information you may need.

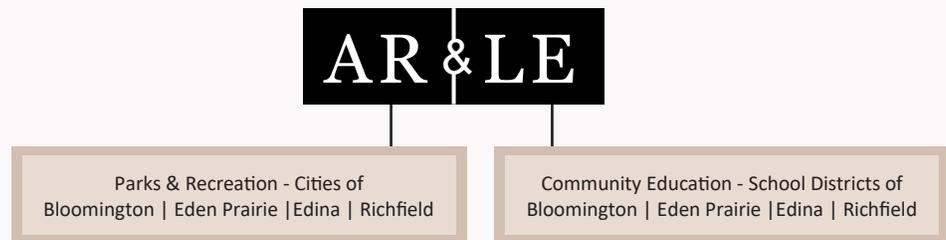
## AR&LE is Made up of Two Parts

**AR = Adaptive Recreation** The cities of Bloomington, Eden Prairie, Edina and Richfield offer programs specifically designed for people of all ages with disabilities. Programs include softball, bowling, water aerobics, fitness programs, skiing/snowboarding, golf, as well as a number of social programs for youth and adults.

The supervisory staff 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.

**LE = Learning Exchange** The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs work together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, theater and performing arts, health, fitness, and other leisure learning activities.

Working together, the Community Education directors from the four school districts 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.



## Transportation Partner

TRAIL, a Minnesota nonprofit operating independent of AR&LE, has provided transportation to many adult AR&LE programs since 1991. Through donations and fundraising, TRAIL subsidizes the cost of transportation, and as a result, riders pay a nominal fee for their rides. Eligible riders must live within the four AR&LE cities. Transportation may not be available to all locations within the four cities and TRAIL may cap the number of riders based on capacity limitations.



TRAIL transportation is available for programs noted with the bus symbol. The current AR&LE catalog is available at [www.ridetrail.org](http://www.ridetrail.org) under resources. To learn more about TRAIL, rider eligibility or to make a donation, go to [www.ridetrail.org](http://www.ridetrail.org), call 612-401-6395 or email [office@ridetrail.org](mailto:office@ridetrail.org).

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. This information can be available in alternate formats, upon request.

For more than 40 years, AR&LE has been a leader in providing recreation, enrichment, and social options specifically designed to meet the diverse needs of people with developmental and physical disabilities.

## Contact Information

<b>Bloomington Adaptive Recreation</b>		
Jenna Smith Recreation Supervisor	952-563-8891 MN Relay Service at 711	jmsmith@BloomingtonMN.gov
<b>Eden Prairie Adaptive Recreation</b>		
Nicole Weedman Sr. Recreation Supervisor Youth and Therapeutic Recreation	952-949-8456 MN Relay Service at 711	nweedman@edenprairie.org
<b>Edina Adaptive Recreation</b>		
Amanda Clarke Recreation Supervisor	952-826-0433 MN Relay Service at 711	aclarke@EdinaMN.gov
<b>Richfield Adaptive Recreation</b>		
Ann Jindra Recreation Supervisor	612-861-9361 MN Relay Service at 711	ajindra@richfieldmn.gov
<b>Learning Exchange</b>		
Janet Clarke Learning Exchange Coordinator	952-681-6121 MN Relay Service at 711	jclarke@isd271.org
Judy Stelmazek Program Secretary	952-681-6109	jstelmazek@isd271.org
<b>TRAIL</b>		
Michelle Veith President	612-201-6470	ridetrail@msn.com
Jill Weinand Administrative Assistant	612-401-6395	office@ridetrail.org

## Profiles

In order to be on our mailing list or participate in a program, each person must have a completed profile form on file. The information within the form is available to program staff so they are aware of any health, medical and special need issues that pertain to the participant. Profile forms are available from any AR&LE staff member or on our website ARLEMN.org. Once completed and signed by the participant and/or their guardian, the profile should be returned to Bloomington Parks & Recreation - AR&LE, 1800 West Old Shakopee Road, Bloomington, MN 55431 or scan and email to parksrec@BloomingtonMN.gov, or fax to 952-563-8715.

## Program Catalog

AR&LE publishes a program catalog three times a year with descriptions and registration information for the programs offered for the upcoming season. Catalogs are sent to all the participants who have indicated on their profile that they prefer communications by US mail. Participants, parents, guardians and support staff who have requested communications by email should adjust their spam settings to ensure they receive all emails from parksrec@BloomingtonMN.gov. They will be sent electronic communications of upcoming events, including the current catalog.

Support staff wishing to be added to the electronic mailing list should email their name and phone number to parksrec@BloomingtonMN.gov. An electronic copy of the current AR&LE catalog is available online at our website ARLEMN.org.

## Program Fees, Registration and Refunds

The fees to register for AR&LE programs vary. Some have different fees for residents and nonresidents. A resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Registrations and payment should be mailed to the address listed on the appropriate registration form. Each partner reserves the right to implement their own refund policy.



### JENNA SMITH

Recreation Supervisor  
1800 W. Old Shakopee Road  
Bloomington, MN 55431  
952-563-8891  
MN Relay Services at 711  
jmsmith@BloomingtonMN.gov  
www.BloomingtonMN.gov

### QUESTIONS ABOUT REGISTERING?

Contact our office at  
952-563-8877 or  
parksrec@BloomingtonMN.gov



## AR&LE Country Dance Party Benefiting TRAIL

Friday, September 20, 2019 | 7 to 9 pm

Put on your boots, saddle up and mosey on over to Embassy Suites for a foot stompin' good time. Show off your dance moves and learn country line dance with our DJ from Complete Music. Chow down on a variety of down-home BBQ inspired snacks and stop by the watering hole for a cold drink! Dress in your favorite country-western wear and take home a "jail" photo booth selfie. Prizes will be awarded for best dancers and costumes.

Purchase tickets by mail using the form on the back cover or online starting August 1st at [www.arletrildance.eventbrite.com](http://www.arletrildance.eventbrite.com).

**Date/Time:** Friday, September 20, 2019 | 7 to 9 pm

**Location:** Embassy Suites by Hilton | Bloomington  
2800 American Blvd. West, Bloomington

**Cost:** \$16 participant tickets (mail orders must be received by September 18)  
\$18 at the door  
Support staff admitted free of charge and can purchase food for \$6 in advance  
\$7 at the door.

**Register:** Use the form on the back cover to purchase tickets by mail before September 18th. Tickets available online starting August 1st at [www.arletrildance.com](http://www.arletrildance.com).



## Dance Your Socks Off! - Adults 18+

Put on your dancing shoes and get ready to boogie with music supplied by a local DJ! **Door prizes will be given out towards the end of evening. Must be present to win!** Individuals requiring assistance during dances must bring their own support person. Don't miss out on these fun events! Doors open at 6:50 pm. **Please note there is a new location for Dance Your Socks Off!**

**Halloween Day** | October 25, 2019

Wear a costume and monster mash the night away!

**Holiday Dance** | November 22, 2019

Put on a holiday sweater and kick off the season!

**Time:** 7:00-9:00 pm

**NEW Location:** Creekside Community Center, 9801 Penn Ave. So., Bloomington

**Cost:** \$6.00 (includes one beverage) | Support staff admitted free and can purchase beverages for \$1.00.

**Tickets:** Purchase at the door or register and pay in advance. To register online, visit [www.BloomingtonMN.gov](http://www.BloomingtonMN.gov), keyword "ARLE".

**TRAIL:** TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877. Minimum of four riders required.



# Dance Your Socks Off

for adults with disabilities, ages 18+



## 2019 FALL DYSO—PRE-REGISTRATION FORM

Participant Name		Cell Phone		Alternate (Home/Work) Phone	
Email Address: <b>ONE form per Adult Participant</b>				<input type="checkbox"/> I have an AR&LE Profile on file	
Address/ City		Apt. #	Zip Code	Birth Date	Age
<b>Please list 2 Emergency Contacts that can be reached during program hours</b>					
Emergency Contact #1		Home Phone		Cell Phone	
Emergency Contact #2		Home Phone		Cell Phone	
Dance Date		Activity #	Cost	<input checked="" type="checkbox"/> attending	Trail Requested
September 2019: TRAIL Benefit Dance		<i>Register with TRAIL</i>		Are you a <b>registered trail rider</b> ? •If TRAIL is not requested by the deadline, you will NOT be on the TRAIL rider list for that dance. •TRAIL deadlines are the Monday prior to each dance. •If not pre-registering, call 952-563-8877 to sign up for TRAIL prior to the TRAIL registration deadline.	
October 25, 2019: Halloween Dance		250-B	\$6.00	Yes No	
November 22, 2019: Holiday Dance		250-C	\$6.00	Yes No	

INITIAL HERE **Waiver:** I understand that participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant(s). The City of Bloomington shall not be liable for any claims, injuries or damages, of whatever nature, incurred by the participant(s) which are directly or indirectly attributable to the negligence, whether passive or active, of the City and their agents or employees, arising out of, or in connection with the activity or programs. On behalf of the participant(s) and myself, I expressly release and discharge the City and their agents or employees from any such claims, injuries or damages. I also understand this waiver includes any injuries that may result from the condition of facility used in the activity or program.

INITIAL HERE **Data Privacy:** The data supplied on this form will be used to enroll you in a recreation and or social program. Some requested data is private. It is available to you and the City staff who need this information to perform their duties, but is not available to the public. You are not legally required to provide this data, but City staff may not be able to complete your registration and/or you may not receive updated information.

**Release Agreement:** City staff takes pictures and videos of participants enjoying the activities for use in marketing and promotion of programs. If I do not grant permission, I will send a letter to the City of Bloomington, Parks & Recreation expressing my wishes.

**Guardian/Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### PAYMENT INFORMATION (Refund Policy: No refunds or participant substitutions)

Total: \$	Check #: _____ payable to: City of Bloomington	Cash: \$ _____
Cardholder's Name: _____	Signature: _____	
Credit Card Number: _____	Expiration Date: ____/____	CSV #: _____

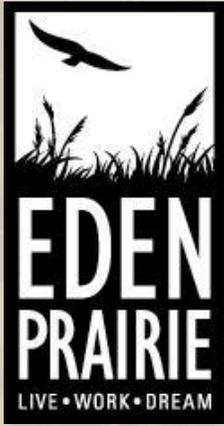
**TO REGISTER ONLINE:** Visit [Webtrac.BloomingtonMN.gov](http://Webtrac.BloomingtonMN.gov)

**Parks & Recreation Department**

Recreation Division  
1800 W. Old Shakopee Road  
Bloomington MN 55431-3027

PH 952-563-8877  
FAX 952-563-8715  
TTY 952-563-8740

parkrec@BloomingtonMN.gov  
www.BloomingtonMN.gov  
Keyword Search: DYSO



## NICOLE WEEDMAN

Eden Prairie Parks & Recreation  
Sr. Recreation Supervisor  
Youth & Therapeutic Recreation

8080 Mitchell Road  
Eden Prairie, MN 55344

952-949-8456  
MN Relay Services at 711  
nweedman@edenprairie.org  
www.edenprairie.org

## Adaptive Programs

The City's therapeutic recreation programs are intended to enhance the quality of life of individuals with disabilities as well as other diverse populations. Programs are facilitated by trained recreation specialists and/or qualified staff. We strive to provide programs that enhance social and physical skills, self-esteem and independence.

## What is Adaptive Recreation?

Adaptive Recreation provides opportunities for individuals of all ages and abilities to actively participate in recreational or educational programs. Programs are specifically designed for people with disabilities.

## What is Inclusion?

Inclusion is the process in which individuals with disabilities have the opportunity to participate in all community activities offered to individuals without disabilities. Inclusion requires providing the necessary framework for adaptations, accommodations and supports so that individuals can benefit equally from experiences.

## How do I request Inclusion Services?

For the purpose of making arrangements for a reasonable accommodation needed in a program, please contact Nicole Weedman, Senior Recreation Supervisor, at 952-949-8456 or NWeedman@edenprairie.org at **least three weeks prior to the start of the program**. Inclusion support may come in the form of one or more of the following: program observation, staff training, program modification/adaptations, modified equipment or inclusion companion (a companion can support 1-3 participants depending on need).

## Club 204 - Ages 12-21

This afterschool program is designed for participants coming from a school or transition program. Hangout with friends after school and unwind through sensory activities, fitness, games and more! Transportation is provided for participants coming from Center Middle School and Eden Prairie High school. Maximum students: 10

### Program Goals:

- Explore different avenues of recreation interests
- Create social networks among peers
- Physical activity

**Date:** Thursday, Friday | October 3-December 20  
Class will not meet: October 11, 17, 18, November 8, 27-29

**Time:** 2:30- 5 pm

**Location:** Eden Prairie Community Center, Room 204

**Cost:** \$350 | Code 455204-2

## REGISTRATION NOW ONLINE!

Access Eden Prairie  
online registration at  
edenprairie.org/  
register.

## Fun with Fitness

### Program Goals:

- Physical activity
- Flexibility
- Better health

Maximum students: 14

### Cardio Class - Wednesday - Ages 14 & Up

**Date:** August 21-October 9

**Time:** 5:35-6:30 pm

**Location:** Eden Prairie Community Center, Room 201

**Cost:** \$68 | Code 455202-01

**Date:** October 16-December 11 (no class November 27)

**Time:** 5:35-6:30 pm

**Location:** Eden Prairie Community Center, Room 201

**Cost:** \$68 | Code 455202-02

### Strength Training - Thursdays - Ages 14 & Up

**Date:** August 22-October 10

**Time:** 5:35-6:30 pm

**Location:** Eden Prairie Community Center, Room 201

**Cost:** \$65 | Code 455202-03

**Date:** October 17-December 12 (no class November 28)

**Time:** 5:35-6:30 pm

**Location:** Eden Prairie Community Center, Room 201

**Cost:** \$65 | Code 455202-04

### Everything Fitness - Saturdays - Ages 14 & Up

**Date:** August 24-October 12

**Time:** 10:30-11:30 am

**Location:** Eden Prairie Community Center, Room 201

**Cost:** \$68 | Code 455202-05

**Date:** October 19-December 14 (no class November 30)

**Time:** 10:30-11:30 am

**Location:** Eden Prairie Community Center, Room 201

**Cost:** \$68 | Code 455202-06



## AMANDA CLARKE

Edina Parks & Recreation  
Recreation Supervisor

4801 W. 50th Street  
Edina, MN 55424

952-826-0433  
MN Relay Services at 711  
aclarke@EdinaMN.gov  
www.EdinaMN.gov

City Hall Hours:  
8 am-4:30 pm  
Monday-Friday

## 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 for 10 admissions to the walking track (only). Edinborough Park is located at 7700 York Ave. So. 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. Pass must be purchased in person at Edinborough Park.

## Bowling Club - Ages 7-21

Bowling is fun! Come learn to bowl or enhance your skills. Have fun being part of the team, making new friends and meeting up with your club. Teams will be arranged by age.

**Date:** Fall Session: Saturdays | September 14-November 16 (no class October 12)  
**Time:** 12:15 - 1:45 pm  
**Location:** AMF Southtown Lanes-Bloomington  
**Cost:** \$105 | Course #PR9007  
**Register by:** September 3 | minimum 6, maximum 24



## Super Saturdays - Ages 18-23

This is a social group for teens and young adults who like to play new games, dance, socialize, and meet new friends. Light beverage and food options will be provided. Registration is required. Please register one week in advance.

### Fall Dates:

**Date/Time:** Saturday | September 28 | 4:30-7:30 pm | Course #PR9016  
Saturday | October 26 | 4:30-7:30 pm | Course #PR9017  
**Location:** Pamela Park  
**Cost:** \$15 each session  
**Register by:** One week in advance | minimum 6; maximum 16

## Presents for the Holidays - Ages 16+

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.

**Date:** Fridays | November 8-December 13 (no class November 29)  
**Time:** 6-7:30 pm  
**Location:** Edina Senior Center  
**Cost:** \$70 | Course #PR9009  
**Register by:** October 21; minimum 6, maximum 20.



## NEW! DREAM Dance - Ages 9-15

Does your child love to dance? Dance is a fun sport that works on coordination, balance, gross motor skills, motor planning and socialization. Dream Dance is our new adaptive dance class taught by Platinum Dance Center and supported by peer teen dancers. Dancers will be paired up 1:1 with another dancer from the studio to help with moves, directions and choreography. This will be a very interactive class that welcomes all abilities.

**Date:** Saturdays | September 21, 28 and October 5, 12, 26 and November 2, 9, 16  
**Time:** 11:30 am-12:30 pm  
**Location:** Platinum Dance Center  
**Cost:** \$125 | Course #PR9010  
**Register by:** September 15 | minimum 6, maximum 12

## DREAM Ice Skating - Ages 5-15

This class encourages skaters of all abilities to have fun learning to skate at their own pace. Taught by certified coaches and supported by 1:1 volunteer. No previous skating experience needed; hockey helmet required.

**Date:** Sundays | September 8, 15, 29, and October 6, 13, 27  
**Time:** 10:40-11:40 am  
**Location:** Braemar Ice Arena  
**Cost:** \$125 | Course #PR9010  
**Register by:** August 31 | minimum 6, maximum 12

**Want to save time and paper?**

**Edina offers online registration for all programs and events.**

**How to Register Online:**

- Create an account or log in to an existing account. Note that this account is separate from any other account you may have on the City of Edina’s primary website.
- Add participants to your account who you would like to enroll in programs or activities. Don’t forget to include yourself as the Primary Account Holder.
- To register for an Activity or League, select “Registration” and then either “Activity Registration” or “League Registration.”
- Once you select the activity, be sure to select the correct name of the registrant.
- Check out items in your Shopping Cart.
- Placing a class in your cart DOES NOT reserve your space in it. To ensure your space, you must finish the registration and payment process

**Edina AR&LE 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 _____		
Bowling Club, #PR9007..... \$105 <input type="checkbox"/> Super Saturdays September 28, #PR9016 ..... \$15 <input type="checkbox"/> October 26, #PR9017..... \$15 <input type="checkbox"/> Presents for the Holidays, #PR9009..... \$70 <input type="checkbox"/> NEW! DREAM Dance, #PR9010 ..... \$125 <input type="checkbox"/> DREAM Ice Skating, #PR9010 ..... \$125 <input type="checkbox"/>			Mail completed form and check payable to the <b>City of Edina to:</b>  Edina Parks and Recreation 4801 W 50 <sup>th</sup> Street Edina MN 55424		
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____			Exp. Date _____		



## ANN JINDRA

Richfield Recreation Services  
Recreation Supervisor

7000 Nicollet Avenue South  
Richfield, MN 55423

612-861-9361  
MN Relay Services at 711  
ajindra@richfieldmn.gov  
www.richfieldmn.gov

## REGISTRATION NOW ONLINE!

Online registration is  
available at  
www.richfield.mn.gov/  
onlineregistration



## League Bowling

Play up to three games each week and have fun with friends! Fee includes an AR&LE Bowling T-shirt. League bowling is for adults 18 and older. REGISTER EARLY, spaces fill quickly!

**Date:** **Fall:** September 14-November 16 (No bowling on October 12)  
**Winter:** January 18-March 14, 2020 (March 21 makeup)

**Time:** Saturdays | 9:20 am - 11:45 am

**Location:** AMF Southtown Lanes | 7941 Southtown Circle, Bloomington

**Cost:** Fall: \$110 resident, \$120 nonresident Winter: \$110 resident, \$120 nonresident

**Register by:** August 28 for Fall; January 3 for Winter or until full

**League Unassisted** is for individuals who are able to bowl independently with no staff assistance.

**League Assisted** is for individuals who may need accommodations or staff assistance while bowling.

Please choose Unassisted or Assisted on the registration form. If you would like to play with a certain person, please indicate the other person's name on the comments area of your registration form. **AR&LE staff make final decisions on team placements.** Maximum 128 participants. Maximum 24 TRAIL Riders.



## Downhill Ski Lessons/Snowboard Lessons/Ski Club

This program offers 1:1 instruction for individuals with intellectual disabilities. Students must have the ability to stand up independently while learning to ski or snowboard, no adaptive equipment is used. Ski Club members must be referred by ski lesson staff. Students with mobility or visual impairments are referred to Courage Kenny or Padraig's Place. **Experienced skiers & snowboarders are needed as volunteers!**

**Who:** Ages seven and older

**Date:** Thursdays | January 16-February 20, 2020 (make-up February 27)

**Time:** 6:30 pm - 8:45 pm

**Location:** Hyland Ski & Snowboard Area | 8800 Chalet Road, Bloomington

**Cost:** If you have your own equipment: \$175 resident, \$185 nonresident

If you need to rent equipment: \$200 resident, \$210 nonresident

\*Rental fee only covers boots and skis/board. Helmet rental is a separate fee you pay at Hyland.

**Register by:** December 2 or until full.



## 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.

**Date/Time:** Mondays & Wednesdays | 7:00-8:00 pm

Fall Session: September 16-October 30

Holiday Session: Wednesdays, November 6-December 18 (no class November 27)

**Location:** Richfield Community Center | 7000 Nicollet Avenue South

**Cost:** Fall Session: 2 days per week \$42 | 1 day per week \$21

Holiday Session: \$18-Wednesdays

**\*TRAIL is available on Wednesdays. Minimum five riders and max twenty riders.**

**Register by:** September 11 for Fall Session, October 31 for Holiday Session | min 10, max 25 per night



## Movies and Munchies

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

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

**Date/Time:** Fridays | 7:00-9:00 pm

October 4 **A Dog's Journey** (\$8 movie & pizza)

November 1 **Aladdin**

December 6 **Dr. Seuss' The Grinch**

**Location:** Richfield Community Center | 7000 Nicollet Avenue South

**Cost:** \$5 per movie **payable at the door.** \$8 for October 4 movie and pizza. Support staff are invited to attend free of charge. (October 4 staff are required to pay \$5 if they would like pizza.)

**Register by:** Movies and Munchies is a drop-in program but prior registration is appreciated by calling 612-861-9385. **TRAIL riders: Call by 12:00 pm the Tuesday before each movie to register or check the box on the registration form. 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. Good Happenings staff to client ratio is 1:12. **Participants who need extra assistance should attend with a support staff.**

**Campfire & S'mores** – Spend a beautiful evening visiting with friends as we enjoy s'mores by the campfire. We will also have a meet and greet with some critters from Wood Lake Nature Center! Please eat dinner beforehand. Register by: Aug 29; min 15, max 25

Wed, Sept 4 6:45-8:00 pm Wood Lake Nature Center, 6710 Lakeshore Drive, Richfield \$8 Staff \$0

**Game Night** – Spend a fun night with your friends as we play everything from Twister to Uno! A variety of games will be set up so you're sure to find one you will like. Snacks provided, please eat dinner beforehand. Register by: Oct 4; min 10, max 40

Fri, Oct 11 7:00-8:15 pm Richfield Community Center \$8 Staff cost \$0

**Halloween Bingo & Scary Sundaes** – Dress up in your Halloween costume, play Bingo and have an ice cream sundae with all of your favorite toppings. There will be a prize for best costume! Please eat dinner beforehand. Register by Oct 23; min 15, max 40

Tue, Oct 29 7:00-8:30 pm Richfield Community Center \$12 Staff cost \$0

**Viking Football Party** – Watch the Vikings take on the Denver Broncos on the big screen at the Richfield Community Center! We will have pizza at halftime. Wear your team colors! Register by: Nov 11; min 15, max 40

Sun, Nov 17 noon-3:30 pm Richfield Community Center \$16 Staff cost \$5 for food

**16th Annual Thank Goodness for Friends Thanksgiving Dinner** – Enjoy the company of your friends as we dine at Perkins! Each person will receive a turkey meal with dressing, cranberry sauce and your choice of potato and veggie. Meal also includes a slice of pie and drink. Register by: Nov 19; min 15, max 40

Mon, Nov 25 6:45-8:15 pm Perkins (4201 W. 78th St, Bloomington) \$22 Staff purchase own dinner

**Magic Show** – Be amazed by Amazing Jeffo, the blind magician! His special blend of magic, music, gags and more will make for a fun night of entertainment! Snacks provided, please eat dinner beforehand. Register by Dec 3; min 15, max 40

Mon, Dec 9 7:00-8:15 pm Richfield Community Center \$15 Staff cost \$0

**Annual Holiday Party** – Celebrate the Holidays with your GH friends! We will have dinner, play the dice game to win gifts and even have a visit from Santa! Register by Dec 13; max 40

Thu, Dec 19 6:45-8:30 pm Richfield Community Center \$23 Staff cost \$10 (for Dinner)

### Richfield AR&LE Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age																																
Address/City			Apt #	Zip Code	Birth Date																																
Special Information:			Food 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																																					
Emergency Contact		Home Phone	Cell 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> <p>WAIVER: I understand and agree that AR&amp;LE may use my photo image for publicity purposes.</p>																																					
Participant or Parent/Guardian Signature			Date																																		
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. League Fall Unassisted <input type="checkbox"/> \$110 R <input type="checkbox"/> \$120 NR <input type="checkbox"/> TRAIL League Fall Assisted <input type="checkbox"/> \$110 R <input type="checkbox"/> \$120 NR <input type="checkbox"/> TRAIL League Winter Unassisted <input type="checkbox"/> \$110 R <input type="checkbox"/> \$120 NR <input type="checkbox"/> TRAIL League Winter Assisted <input type="checkbox"/> \$110 R <input type="checkbox"/> \$120 NR <input type="checkbox"/> TRAIL <b>Bowling Shirt (circle size):</b> S    M    L    XL    XXL Downhill Ski Lessons <input type="checkbox"/> \$175/200 R <input type="checkbox"/> \$185/210 NR Snowboard Lessons <input type="checkbox"/> \$175/200 R <input type="checkbox"/> \$185/210 NR Ski Club <input type="checkbox"/> \$175/200 R <input type="checkbox"/> \$185/210 NR Cardio Fitness <b>*Note: TRAIL is available Wednesday nights.</b> Fall Session: Mon. & Wed. <input type="checkbox"/> \$42 <input type="checkbox"/> TRAIL Fall Session: Mon. or Wed (circle one) <input type="checkbox"/> \$21 <input type="checkbox"/> TRAIL Holiday Session: Wed only. <input type="checkbox"/> \$18 <input type="checkbox"/> TRAIL Movies & Munchies: Oct 4 <input type="checkbox"/> TRAIL    Nov 1 <input type="checkbox"/> TRAIL    Dec 6 <input type="checkbox"/> TRAIL			<table border="0" style="width:100%;"> <thead> <tr> <th style="text-align:left;">Good Happenings</th> <th style="text-align:center;">Participant</th> <th style="text-align:center;">Staff</th> <th style="text-align:center;">TRAIL</th> </tr> </thead> <tbody> <tr> <td>Campfire &amp; S'mores, Sept 4</td> <td style="text-align:center;"><input type="checkbox"/> \$8</td> <td style="text-align:center;"><input type="checkbox"/> \$0</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> <tr> <td>Game Night, Oct 11</td> <td style="text-align:center;"><input type="checkbox"/> \$8</td> <td style="text-align:center;"><input type="checkbox"/> \$0</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> <tr> <td>Halloween Bingo &amp; Scary Sundaes, Oct 29</td> <td style="text-align:center;"><input type="checkbox"/> \$12</td> <td style="text-align:center;"><input type="checkbox"/> \$0</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> <tr> <td>Vikings Football Party, Nov 17</td> <td style="text-align:center;"><input type="checkbox"/> \$16</td> <td style="text-align:center;"><input type="checkbox"/> \$5 food</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> <tr> <td>16th Annual Thanksgiving Dinner, Nov 25</td> <td style="text-align:center;"><input type="checkbox"/> \$22</td> <td style="text-align:center;"><input type="checkbox"/> purchase own</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> <tr> <td>Magic Show, Dec 9</td> <td style="text-align:center;"><input type="checkbox"/> \$15</td> <td style="text-align:center;"><input type="checkbox"/> \$0</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> <tr> <td>Annual Holiday Party, Dec 19</td> <td style="text-align:center;"><input type="checkbox"/> \$23</td> <td style="text-align:center;"><input type="checkbox"/> \$10 (dinner)</td> <td style="text-align:center;"><input type="checkbox"/></td> </tr> </tbody> </table> <p><b>Mail completed form and check payable to the City of Richfield to:</b></p> <p style="text-align:center;">Richfield Recreation Services 7000 Nicollet Avenue, Richfield, MN 55423</p> <p style="text-align:right;"><b>You will NOT receive a receipt verifying your registration.</b></p> <p>TOTAL FEE(S) PAID: \$ _____</p>			Good Happenings	Participant	Staff	TRAIL	Campfire & S'mores, Sept 4	<input type="checkbox"/> \$8	<input type="checkbox"/> \$0	<input type="checkbox"/>	Game Night, Oct 11	<input type="checkbox"/> \$8	<input type="checkbox"/> \$0	<input type="checkbox"/>	Halloween Bingo & Scary Sundaes, Oct 29	<input type="checkbox"/> \$12	<input type="checkbox"/> \$0	<input type="checkbox"/>	Vikings Football Party, Nov 17	<input type="checkbox"/> \$16	<input type="checkbox"/> \$5 food	<input type="checkbox"/>	16th Annual Thanksgiving Dinner, Nov 25	<input type="checkbox"/> \$22	<input type="checkbox"/> purchase own	<input type="checkbox"/>	Magic Show, Dec 9	<input type="checkbox"/> \$15	<input type="checkbox"/> \$0	<input type="checkbox"/>	Annual Holiday Party, Dec 19	<input type="checkbox"/> \$23	<input type="checkbox"/> \$10 (dinner)	<input type="checkbox"/>
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<p><b>Online registration is available at <a href="http://www.richfieldmn.gov/onlineregistration">www.richfieldmn.gov/onlineregistration</a>. Credit cards will only be accepted online.</b></p> <p><b>Online registration is NOT available for Ski Lessons/Snowboard Lessons/Ski Club</b></p>																																					



## Learning Exchange

### JANET CLARKE

Learning Exchange Coordinator

2575 West 88th Street  
Bloomington, MN 55431

952-681-6121  
MN Relay Services at 711

jclarke@isd271.org  
www.bloomington.k12.mn.us

### JUDY STELMAZEK

Program Secretary

952-681-6109

jstelmazek@isd271.org  
www.bloomington.k12.mn.us

Learning Exchange classes are customized to meet the needs of adults with developmental or cognitive disabilities, ages 18 and older.

## On-line Registration Site and Website

For on-line registration, go to <https://bloomington.ce.eleyo.com> and create an account. Or link from our web page from [www.ARLEMN.org](http://www.ARLEMN.org), go to the bottom of the page and click on Learning Exchange. On-line registration available starting Wednesday, August 14, 2019.

## Personal Leisure and Healthy Lifestyles



### First Aid Basics

Living independently means learning to make decisions about what to do when you are ill or hurt. Let's discuss when to take pain relievers like Tylenol or Advil, and when to see a doctor. Includes how to take care of cuts, minor burns and practicing applying bandages. Led by senior nursing students from Bethel University. Take home a mini first-aid kit and information handout.



**Date/Time:** Tuesday | October 15 | 7:00-8:00 pm

**Location:** Kennedy High School; Media Center; 9701 Nicollet Ave. So., Bloomington

**Cost:** \$12 | checks payable to **ISD 271** **Register by:** October 1 | minimum 6, maximum 20



### Safety at Home and 911 calls

Whether you live independently, in a group home or with family, being by yourself at home can bring with it safety challenges. Let's talk about various personal safety issues, from strangers calling and visiting to who you would contact if an accident happened. We will practice how to make a 911 call and questions to expect. When you are prepared, you can keep yourself and others safe! Handout included.

**Date/Time:** Tuesday | November 19 | 7:00-8:15 pm

**Location:** Jefferson High School; Media Center; 4001 W. 102nd Street, Bloomington

**Cost:** \$8 | checks payable to **ISD 271** **Register by:** November 5 | minimum 6, maximum 25



### Fabulous Fingers for Fall

Come learn nail care techniques, practice hand massage and listen to relaxing music as you get your nails polished (optional). Take home a mini-nail care kit. *If you are sensitive to odors, do not register for this class.*

**Date/Time:** Tuesday | September 24 | 7:00-8:00 pm

**Location:** Community Education Campus; room 228; 2575 W. 88th Street, Bloomington

**Cost:** \$12 | checks payable to **ISD 271** **Register by:** September 10 | minimum 6, maximum 16



### NEW Inner World of Martial Arts

Learn gentle movements and breathing exercises adapted from martial arts to improve balance, coordination, and general health. Practice mindfulness from T'ai Chi and Yin Style Bagua. These martial arts offer fun ways to exercise and improve the body-mind connection for individuals of all abilities. As with all exercise classes, if you have any health issues, check with a doctor first. *If there is enough interest, Learning Exchange will explore offering this class on a monthly basis.*

**Date/Time:** Tuesday | October 1 | 7:00-8:00 pm

**Location:** Washburn Elementary School, Lunchroom; 8401 Xerxes Ave. So., Bloomington

**Cost:** \$11 | checks payable to **ISD 271** **Register by:** September 17 | minimum 6, maximum 20



### "Thriller" Line Dance Moves

Learn easy versions of the moves and steps from the Michael Jackson video "Thriller". Be ready for those Halloween dances! *Led by dance instructor Monica Mohn.*

**Date/Time:** Thursday | October 10 | 7:00-8:00 pm

**Location:** Washburn Elementary School, Lunchroom, 8401 Xerxes Ave. So., Bloomington

**Cost:** \$11 | checks payable to **ISD 271** **Register by:** September 26 | minimum 6, maximum 30



### Sing-along and Pipe Organ Demonstration

Come ready to sing and discover! Look behind the scenes to see how a large pipe organ works then sing along with some fun favorite tunes. Bottled water provided.

**Date/Time:** Monday | October 14 | 7:00-8:00 pm

**Location:** St. Michael's Lutheran Church, 9201 Normandale Blvd., Bloomington

**Cost:** \$11 | checks payable to **ISD 271** **Register by:** September 30 | minimum 6, maximum 30



## Volunteer and Social Time!

Come volunteer with your friends at the Arc's Value Village store in Bloomington. Volunteers will help unpack, sort and tag donations and fill the sales floor. Make a difference in the community by offering your help! We'll have a half-hour social time afterwards at McDonald's, by walking across the parking lot. Cost of a small treat at McDonald's included in registration price. Bring extra money if you want more. *Important: Wear closed-toed shoes, no sandals or flip flops.*

**Date/Time:** Thursday | October 17 | 7:00-8:30 pm **NEW time**

**Location:** Drop off: Enter back of store at Arc's Value Village; 10546 France Ave. So., Bloomington  
Pick up: McDonald's, 4000 W. Old Shakopee Rd., Bloomington

**Cost:** \$6 | checks payable to **ISD 271**

**Register by:** October 3 | minimum 6, maximum 18



## Friendship Skills: Bingo, Trivia and Conversation

Let's play Bingo (yes, with prizes) and Star Wars/Disney Movie Trivia - we'll have **new questions** on both topics! Between games, we'll practice conversation skills. What a great way to have fun and get to know people!

**Date/Time:** Tuesday | November 12 | 7:00-8:15 pm

**Location:** Washburn Elementary School, Lunchroom; 8401 Xerxes Ave. So., Bloomington

**Cost:** \$11 | checks payable to **ISD 271**

**Register by:** October 29 | minimum 6, maximum 25



## Cocoa and Carols

Sing holiday songs and Christmas carols, and sip hot cocoa with cookies. Santa plans to visit! Bring your camera or cell phone to take your own photo with Santa. What a wonderful way to celebrate the start of the holiday season with friends!

**Date/Time:** Tuesday | December 3 | 7:00 - 8:15 pm

**Location:** Embassy Suites West, 2800 American Blvd. West, Bloomington

**Cost:** \$14 | checks payable to **ISD 271**

**Register by:** November 19 | minimum 8, maximum 40



## Shooting Pool

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

**Date/Time:** Monday | November 4 | 7:00 - 8:15 pm

**Location:** Edina Senior Center | 5280 Grandview Square, Edina

**Cost:** \$9 | checks payable to **ISD 271**

**Register by:** October 21 | minimum 6, maximum 12

## 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.

**Date/Time:** Tuesdays | September 10, October 8, November 5, December 17 | 7:00-8:00 pm

**Location:** Fraser Sheridan Court Commons Room | 2500 W. 66th Street, Richfield

**Cost:** All four classes for only \$22 | checks payable to **ISD 271**

**Register by:** August 27 | minimum 6, maximum 12 - hurry - this fills fast!



## Arts and Crafts

**TRAIL Riders - register soon - we need a minimum of four riders and craft classes fill fast!**



## Holiday Clay

Celebrate the holiday of your choice by making up to three polymer clay ornaments! These flat ornaments can be for Halloween, Thanksgiving, Christmas or other holidays. You'll make them, we'll bake them that night and you can take them home with you!

**Date/Time:** Tuesday | October 22 | 7:00 - 8:30 pm

**Location:** South View Middle School, Room 201 (enter door #4),  
4725 South View Lane, Edina

**Cost:** \$15 | checks payable to **ISD 271**

**Register by:** October 8 | minimum 6, maximum 16





## Learning Exchange

### GET INVOLVED!

**Volunteers make classes extra fun!** Know anyone that you think would make a great volunteer for Learning Exchange classes? Have them email Janet Clarke [jclarke@isd271.org](mailto:jclarke@isd271.org) for more information on applying. Volunteers can choose how often they want to volunteer - once a quarter, once a month or more!

**Learning Exchange Advisory Partners Committee (LEAP)** is looking for more members. If you can meet on a Tuesday morning three times a year to find out about Learning Exchange activities, discuss resources and brainstorm new activities, contact Janet Clarke for more information and an application: 952-681-6121, [jclarke@isd271.org](mailto:jclarke@isd271.org)

Whether you are a participant in Learning Exchange classes, are a service provider or have a relative with disabilities, this is a great way to contribute to the success of Learning Exchange programming that makes a difference.

## Arts and Crafts



### Fancy Fall Cupcakes

Decorate cupcakes with fabulous fall and Thanksgiving designs. You'll learn great ways to make a basic cupcake look awesomely special! Take home 6 decorated cupcakes! Bring a container to take home your cupcakes in (larger than 10"x7"x3").

**Date/Time:** Thursday | November 21 | 7:00 - 8:00 pm

**Location:** Kennedy HS; Cooking Lab C103 | 9701 Nicollet Ave. So., Bloomington

**Cost:** \$17 | checks payable to **ISD 271**

**Register by:** November 7 | minimum 6, maximum 18



### Holiday Card Stamping 2019

Make four new designs of greeting cards with rubber stamping techniques and designer paper for Christmas and holiday greetings. Surprise bonus stamping project, too!

**Date/Time:** Tuesday | December 10 | 7:00 - 8:30 pm

**Location:** South View Middle School, Room 201 (enter door #4), 4725 South View Lane, Edina

**Cost:** \$15 | checks payable to **ISD 271**

**Register by:** November 26 | minimum 6, maximum 16

## Cooking Classes



### Dining Club

Do you love to help make food then eat it?! Dining Club is for all ability levels of learners who can follow safety instructions. Staff/volunteer to participant ratio is approximately 1:3; group home staff are expected to stay and assist. The focus is preparing food together and socializing while eating and washing dishes together. Bring containers for potential leftovers and take home the written recipe!

**TRAIL riders: Only ONE Thursday Dining Club class has TRAIL. Usually it is the second Thursday class of a pair of classes. See registration form to verify that your choice offers TRAIL.**

**Time:** Dining Club classes meet from 7:00 pm - 8:30 pm

**Location:** Kennedy High School; Cooking Lab C103 | 9701 Nicollet Ave. So., Bloomington

**Cost:** \$17 per class | checks payable to **ISD 271**

**Register by:** Two weeks before class | minimum 6, maximum 16 (Hurry, these fill fast!)

#### French Bread Pizza

**Thursday, Sept 19 or Thursday, Sept 26** (TRAIL)

Put your favorite toppings on a French bread base for a pizza that is oh la la good! Pair it with a salad and you have a scrumptious meal to start off the fall cooking season.

#### Baked Chicken and Apples

**Thursday, Oct 3 or Thursday, Oct 24** (TRAIL)

Sweet and savory, boneless chicken with apples is a heart-warming fall treat. Serve it with a vegetable on the side for a dinner that satisfies!

#### One-Pot Taco Pasta

**Thursday, Nov 7 or Thursday, Nov 14** (TRAIL)

Take the deliciousness of taco fixings, cheesy goodness, yummy browned ground turkey plus pasta and you have an easy main dish to tempt your taste buds!

#### Holiday Make and Take

**Thursday, Dec 5 or Thursday, Dec 12** (TRAIL)

Join us for what has become a Learning Exchange tradition. We'll make favorite holiday treats old and new!

## Specific Group Programs



### Social Media and Cell Phone Safety

*All adults welcome! Pre-registration requested, space limited. Targeted audience: Adults, 18 and older, seeking introductory information on social media and cell phone safety, including adults with cognitive disabilities.*

Social media and cell phones are a part of our everyday lives to stay in touch with friends and family. Though a great resource for us, social media and cell phones have many risks. If risks are not addressed, strangers may know the same information as our friends and families. In this workshop we will identify strategies to keep yourself safe while using social media and cell phones. Informational handout provided. Presented by: Minnesota Independence College and Community (MICC)

**Date/Time:** Monday | September 16 | 7:00 - 8:15 pm

**Location:** Woodlake Church, Fellowship Hall, 2120 76th Street West, Richfield

**Cost:** Free! | Pre-registration requested, space limited

**Register by:** Thursday, September 12 | **TRAIL riders must request a ride by September 9**

Register on-line with a credit card or link to your checking account:  
 https://bloomington.ce.eleyo.com. Or mail in this form with payment to:  
 ISD 271 - Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431

**Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!**

### Learning Exchange Registration Form

Participant Name		Home Phone	E-mail		Age																																																																																																						
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TOTAL FEE(S) PAID: \$ _____ <input type="checkbox"/> Check/Money Order Payable to: <b>ISD 271</b>																																																																																																											
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#### Important Learning Exchange Registration Information!

Learning Exchange classes are customized to meet the needs of adults with developmental or cognitive disabilities, ages 18 and older.  
**Registration and Payment:** Pre-registration and pre-payment is required for all classes. Walk-in participants are not allowed.  
**Supervision:** Participants requiring personal assistance for physical and/or behavioral issues must be accompanied by a caregiver.  
**Medication and Seizures:** Instructors and staff are not licensed to administer medications. If medications are required during a class, a caregiver must attend to administer the medication. A caregiver must accompany participants with active seizure disorders.  
**Three or more people registering from the same address/residential provider:** A care provider should attend the class to assist participants.  
 Contact Janet Clarke if questions: 952-681-6121.



Watch for AR&LE Winter 2020 catalog the week of November 25th!

Purchase tickets by mail or online starting 8/1 at [www.arletraildance.eventbrite.com](http://www.arletraildance.eventbrite.com)  
or mail completed registration form along with check payable to TRAIL. Must be received by 9/18.

AR&LE Presents a

## Country Dance Party



Benefiting TRAIL

September 20th | 7 to 9 pm | Embassy Suites by Hilton

Put on your boots, saddle up and mosey on over to Embassy Suites for a foot stompin' good time. Show off your dance moves and learn country line dance with our DJ from Complete Music. Chow down on a variety of down-home BBQ inspired snacks and stop by the watering hole for a cold drink! **More dance details on page 4.**



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Participant Qty. \_\_\_ x \$16 = \$ \_\_\_\_\_

Staff (food)\* Qty. \_\_\_ x \$ 6 = \$ \_\_\_\_\_

\$ \_\_\_\_\_ TOTAL

\*Support staff are required to assist clients as needed and can attend free of charge, but must purchase ticket for food.

TRAIL riders check here for FREE transportation.

**Note:** Tickets will not be mailed. Just check-in by name at the check-in table the day of the event!

**At-the-door: \$18 for participant and \$7 for staff (mail order deadline 9/18)**