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 has been providing transportation to adult AR&LE programs since 1991. TRAIL is a Minnesota nonprofit and operates independent of AR&LE. 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.

TRAIL transportation is available for programs noted with the bus symbol. The current AR&LE catalog is available at www.ridetrail.org under resources. To learn more about TRAIL, rider eligibility or to make a donation, go to www.ridetrail.org, call 612-401-6395 or email 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.
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 at www.BloomingtonMN.gov (enter “ARLE” in the keyword search box). Once completed and signed by the participant and/or their guardian, the profile should be returned to Bloomington Parks & Recreation, 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: www.BloomingtonMN.gov, enter keywords “ARLE” in the keyword search box.

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.
Dance Your Socks Off! - Adults 18+
Music by Generations A to Z!

Put on your dancing shoes and get ready to boogie! 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.

**Winter Semi-Formal** | January 11, 2019
Get glammed up and join us in ringing in the New Year!

**Valentine’s** | February 15, 2019
Grab your sweetie and your friends to celebrate love and friendship!

**St. Patrick’s Day** | March 22, 2019
Find your inner Irish and come dressed in your best green and festive apparel.

**Spring Fling** | April 26, 2019
Shake, shake, shake those winter blues away because spring has sprung!

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

**Location:** Valley View Middle School
8900 Portland Avenue South, Bloomington
*Parking is available on the west side (back) of the building. Enter through door 15 on the north end.

**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, 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

**AR&LE**  
**City of Bloomington, Minnesota**  
**Parks and Recreation Division**

## 2019 Winter/Spring DYSO—Pre-Registration Form

### Participant Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Cell Phone</th>
<th>Alternate (Home/Work) Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Email Address:</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONE form per AdultParticipant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address/ City</th>
<th>Apt. #</th>
<th>Zip Code</th>
<th>Birth Date</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

### Emergency Contacts

<table>
<thead>
<tr>
<th>Emergency Contact #1</th>
<th>Home Phone</th>
<th>Cell Phone</th>
<th>Work Phone</th>
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<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact #2</th>
<th>Home Phone</th>
<th>Cell Phone</th>
<th>Work Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

### Dance Date  

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity #</th>
<th>Cost</th>
<th>Attending</th>
<th>Trail Requested</th>
</tr>
</thead>
<tbody>
<tr>
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<td>250-D</td>
<td>$6.00</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>February 15, 2019: Valentine’s Dance</td>
<td>250-E</td>
<td>$6.00</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>March 22, 2019: St. Patrick’s Dance</td>
<td>250-F</td>
<td>$6.00</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>April 26, 2019: Spring Fling</td>
<td>250-G</td>
<td>$6.00</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

Are you a registered trail rider?  
- *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.*

### Waiver

**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.

### Data Privacy

**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

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

Guardian/Participant Signature: 

Date: 

### Payment Information

<table>
<thead>
<tr>
<th>Total: $</th>
<th>Check #: payable to: City of Bloomington</th>
<th>Cash: $ __</th>
</tr>
</thead>
</table>

| Cardholder’s Name: ______________________ | Signature: ______________________ |
| Credit Card Number: _____________ | Expiration Date: ________ / ________ | CSV #: ________ |

TO REGISTER ONLINE: Visit Webtrac.BloomingtonMN.gov

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**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  
- **www.BloomingtonMN.gov**  
- **Keyword Search: DYSO**
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.

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).

Fun with Fitness - Ages 12-25

A low-impact fitness class designed to enhance range of motion, strength and endurance. Register and bring a parent, sibling, or personal support staff at no cost and workout together. Registration deadline is seven days before the start of the program.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>Jan 2-Feb 6</td>
<td>5:35-6:30 pm</td>
<td>$65</td>
<td>155202-01</td>
</tr>
<tr>
<td>Sa</td>
<td>Jan 5-Feb 9</td>
<td>10:35-11:30 am</td>
<td>$65</td>
<td>155202-02</td>
</tr>
<tr>
<td>W</td>
<td>Feb 13-Mar 20</td>
<td>5:35-6:30 pm</td>
<td>$65</td>
<td>155202-03</td>
</tr>
<tr>
<td>Sa</td>
<td>Feb 16-Mar 23</td>
<td>10:35-11:30 am</td>
<td>$65</td>
<td>155202-04</td>
</tr>
</tbody>
</table>

Location: Community Center Room 201; maximum 14

Club 204 - ages 12-25

Hang out with friends after school and unwind through sensory activities, fitness, and games. Transportation is provided for participants coming from Eden Prairie High School and Central Middle School. Program goals include exploring different avenues of recreation interest and creating social networks among peers. Registration deadline is 10 days prior to the start of the program. No class January 25, March 29, April 4, 5.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Th,F</td>
<td>Jan 17-Mar 15</td>
<td>2:30-5 pm</td>
<td>$225</td>
<td>155204-01</td>
</tr>
<tr>
<td>Th,F</td>
<td>Mar 21-May 17</td>
<td>2:30-5 pm</td>
<td>$225</td>
<td>155204-02</td>
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</tbody>
</table>

Location: Community Center Room 203; maximum 10

REGISTRATION NOW ONLINE!

**Friday Night Fun - Ages 16-25**
Join your friends for fun Friday night activities once a month. The goals for this program include developing appropriate socialization skills with peers and staff, developing an interest or knowledge of different leisure activities, and promoting independence in the community. Registration deadline is seven days before the start of the program.

**Movies and Munchies**
Lights, camera, action! Join us for a night at the movies. Bring money for snacks and drinks. Movie times may vary, derails are communicated closer to the date of the program.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Jan 25</td>
<td>6-8 pm</td>
<td>$26</td>
<td>155203-01</td>
</tr>
</tbody>
</table>

**Location:** Senior Center Community Room; maximum 8

**Board Games**
Join us for board game fun with your friends. Feel free to bring your favorite game to play (and teach others to play) and enjoy a snack.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Feb 22</td>
<td>6-8 pm</td>
<td>$26</td>
<td>155203-02</td>
</tr>
</tbody>
</table>

**Location:** Senior Center Community Room; maximum 12

**Way Cool Cooking School**
Roll up your sleeves and join us in the kitchen as we explore our kitchen creativity.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Mar 15</td>
<td>6-8 pm</td>
<td>$26</td>
<td>155203-03</td>
</tr>
</tbody>
</table>

**Location:** Senior Center Community Room; maximum 6
Winter Bowling Club - Ages 7-23

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: Saturdays | January 19-March 16
Time: 12:15 - 1:45 pm
Location: AMF Southtown Lanes-Bloomington
7941 Southtown Circle, Bloomington
Cost: $105 | Course #PR9008
Register by: January 3 | minimum 6, maximum 24

Winter Super Saturdays

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 for each date. Please register one week in advance.

Session I - Teens (13-17)

Date/Time: Saturday | January 12 | 1:00-4:00 pm | Course #PR9018
Saturday | February 9 | 1:00-4:00 pm | Course #PR9019
Location: Senior Center
Cost: $15 each session
Register by: One week in advance | minimum 6; maximum 16

Session II - Young Adults (18-23)

Date/Time: Saturday | January 26 | 4:30-7:30 pm | Course #PR9020
Saturday | February 23 | 4:30-7:30 pm | Course #PR9021
Location: Senior Center
Cost: $15 each session
Register by: One week in advance | minimum 6; maximum 16

Winter Golf Lessons - ages 11 and up

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

Ages 11 and up welcome.

Dates: Tuesdays | January 22-February 19
Time: 6:45-7:45 pm
Location: Braemar Golf Dome, 7420 Braemar Blvd.
Cost: $75 | Course #PR9011
Register by: January 15 | minimum 8; maximum 20

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.
Edina AR&LE Registration Form

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Home Phone</th>
<th>Cell Phone</th>
<th>E-mail</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address/City</td>
<td>Apt. #</td>
<td>Zip Code</td>
<td>Birth Date</td>
<td></td>
</tr>
</tbody>
</table>

Special Information:  
Will PCA or Staff Attend with participant?  ❑ Yes  ❑ No  
Dietary needs/allergies:  

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  
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: ________________

<table>
<thead>
<tr>
<th>Activity/Program</th>
<th>PR#</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter Bowling Club</td>
<td>#PR9008</td>
<td>$105</td>
<td></td>
</tr>
<tr>
<td>Winter Super Saturdays Session I (Teens 13-17)</td>
<td>#PR9018</td>
<td>$15</td>
<td>Sat, Jan 12,  Sat, Feb 9</td>
</tr>
<tr>
<td>Winter Super Saturdays Session II (Young Adults 18-23)</td>
<td>#PR9020</td>
<td>$15</td>
<td>Sat, Jan 26,  Sat, Feb 23</td>
</tr>
<tr>
<td>Winter Golf Lessons, PR#9011</td>
<td>$75</td>
<td>❑</td>
<td></td>
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Mail completed form and check payable to the City of Edina to:
Edina Parks and Recreation  
4801 W 50th Street  
Edina MN 55424

TOTAL FEE(S) PAID: $_____  
Credit Card Information: ___________________________ Exp. Date: __________

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 Adaptive Recreation
League Bowling
Only a few spots are left, call Ann at 612-861-9361 to check availability.
Date: January 19-March 16, 2019 (March 23 make-up)
Time: Saturdays | 9:20 am - 11:45 am
Location: AMF Southtown Lanes | 7941 Southtown Circle, Bloomington

Downhill Ski Lessons/Snowboard Lessons/Ski Club
AR&LE ski & snowboard offers 1:1 instruction for individuals with cognitive 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 Ski & Snowboard or Padraig’s Place.

**Experienced skiers & snowboarders are needed as volunteers!**
Who: Ages seven and older
Date: Thursdays | January 10-February 14, 2019 (make-up February 21)
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: Deadline December 3 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: Mondays & Wednesdays
January 7-March 18 (makeup March 20)
Time: 7:00-8:00 pm (no class on Mondays, January 21 and February 18)
Location: Richfield Community Center
7000 Nicollet Avenue South
Cost: 2 days per week $54 | 1 day per week $27
*Please indicate Mon and/or Wed on registration form.
*TRAIL is available on Wednesdays. Min five riders and max twenty riders.
Register by: January 2 | 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. Participants who need extra assistance should attend with a caregiver.
Date: Fridays | 7:00-9:00 pm
Feb 1 **Small Foot** | Mar 1 **Instant Family**
Time: 7:00-9:00 pm
Location: Richfield Community Center | 7000 Nicollet Avenue South
Cost: $5 per movie payable at the door. Staff/assistants are invited to attend free of charge.
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 caregiver.**

**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! Registration deadline: Dec 14; min 15, max 40

**Winter Picnic** – Start off 2019 by having dinner at Applebees with friends! Dinner and drink is included in the price. Registration deadline: Jan 2; max 40

**Super Bowl Party** – Watch the biggest game of the year on the BIG SCREEN with your friends! We’ll have dinner at halftime and play games for prizes! Registration deadline: Jan 28; max 40

**Bingo Palooza!** – Calling all Bingo lovers! Join us for an exciting night of playing Bingo and winning cool prizes! Who knows, you may even win the Grand Prize! Drinks served, please eat dinner beforehand. Registration deadline: Feb 20; min 15, max 40

**Winter Picnic** – Spring is just around the corner so let’s chase the winter blues away with an indoor picnic! We’ll have dinner, do a nature activity and play games. Registration deadline: Mar 4; max 40

**Good Happenings**

**RICHFIELD METRO AREA**
**DATE**
**TIME**
**LOCATION**
**COST**

<table>
<thead>
<tr>
<th>Good Happenings</th>
<th>Participant</th>
<th>Staff</th>
<th>TRAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Holiday Party, Dec 20</td>
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<td>$10</td>
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<tr>
<td>Dinner at Applebees, Jan 8</td>
<td>$24</td>
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<tr>
<td>Super Bowl Party, Feb 3</td>
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<td>Bingo Palooza!, Feb 26</td>
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<tr>
<td>Winter Picnic, Mar 8</td>
<td>$16</td>
<td>$7</td>
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Mail completed form and check payable to the City of Richfield to:
Richfield Recreation Services
7000 Nicollet Avenue
Richfield, MN 55423

Online registration is available at www.richfieldmn.gov/onlineregistration. Credit cards will only be accepted online.

Online registration is NOT available for Bowling or Ski Lessons/Snowboard Lessons/Ski Club.
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 at bloomington.k12.mn.us and click on Community Education, then Adult Learners, then Adults with Disabilities, then Registration. On-line registration available starting Wednesday, November 28, 2018.

Personal Leisure and Healthy Lifestyles

Police Visit and Safety Tips
Let’s visit the Bloomington Police Department and have an interesting presentation from a police officer. We’ll talk about staying safe in public, what questions to expect if you make a 911 call and more! Bring your questions and get more comfortable talking to a police officer. Take home a handout of safety tips. Bottled water provided.

Date/Time: Tuesday | January 22 | 7:00-8:15 pm
Location: Bloomington Civic Plaza - Police Department entrance, 1800 W. Old Shakopee Road
Cost: $5 | checks payable to ISD 271
Register by: January 8 | minimum 6, maximum 20

Lower price thanks to a grant from the Bloomington Crime Prevention Association. Look for more Learning Exchange safety activities in future AR&LE catalogs!

Relaxing Spa Night
Come learn ways to pamper yourself in a relaxing atmosphere. We’ll have warm towels to steam your face, soothing music and lotions to massage your hands. Try aromatherapy scents and guided relaxation meditation. Make a lotion sample to take home. Just what we need to soothe away the winter doldrums! If you are sensitive to scents, do not register for this class.

Date/Time: Tuesday | February 5 | 7:00-8:00 pm
Location: Community Education Campus; room 228; 2575 W. 88th Street, Bloomington
Cost: $10 | checks payable to ISD 271
Register by: January 22 | minimum 6, maximum 20

Minute-to-Win-it: Food Shelf Collection 6th Annual
Let’s have fun and provide food for hungry people! Bring one or more cans of food or new grocery items to class - see list below for suggestions. We’ll have fun team and individual ‘Minute--to-Win-It’ type games, and everyone gets prizes! The cans and boxes of groceries will be donated to the VEAP Food Shelf. Last time we collected 50 pounds of food to donate - can we top that this year? Most needed items: Canned tuna, canned chicken, canned beef stew, canned chili, toothpaste, cereal, canned fruit, canned soups; plus paper grocery bags (call Janet if you have questions, 952-681-6121).

Date/Time: Tuesday | February 19 | 7:00-8:15 pm
Location: Washburn Elementary School, Lunchroom, 8401 Xerxes Ave. So., Bloomington
Cost: $5 | checks payable to ISD 271
Register by: February 5 | minimum 6, maximum 25

Friendship Skills: What do YOU Value in Life?
Let’s enjoy taking some time to discuss what we value in life and find out what values we have in common with others. Managing our feelings and emotions is easier if we understand what is important to us. This is a great class to take if you are interested in building relationships with other people. Led by Tom Colbert, licensed psychologist.

Date/Time: Thursday | March 7 | 7:00-8:15 pm
Location: Community Education Campus; room 227; 2575 W. 88th Street, Bloomington
Cost: $8 | checks payable to ISD 271
Register by: February 21 | minimum 8, maximum 20
**Wacky Words and Your Story!**

Come have a blast with words and stories - and you don’t have to be a great speller or reader. We’ll create a crazy story as a group, share some jokes and have a great time using words to express ourselves and tell our own stories! Led by Janet Clark.

**Date/Time:** Tuesday | March 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:** March 5 | minimum 6, maximum 16

**Wildlife Near and Far!**

Celebrate Spring with fascinating wildlife info and fun videos! Come see and hear about Dick Bertstrom’s experiences photographing local owls, eagles, coyotes and other wildlife. Use computers to find websites with live video where you can watch eagles’ eggs hatch, watch pandas at the zoo and more! And we’ll watch some wacky animal videos that will make you laugh. *Dick is a Bloomington school board member and avid outdoorsman who is ready to discuss your Minnesota wildlife questions.*

**Date/Time:** Thursday | March 28 | 7:00-8:15 pm  
**Location:** Community Education Campus; room 328; 2575 W. 88th Street, Bloomington  
**Cost:** $8 | checks payable to ISD 271  
**Register by:** March 14 | minimum 8, maximum 20

**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 | March 25 | 7:00 - 8:15 pm  
**Location:** Edina Senior Center | 5280 Grandview Square, Edina  
**Cost:** $8 | checks payable to ISD 271  
**Register by:** March 11 | 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.

**Dates/Time:** Tuesdays | January 15, February 12, March 12 | 7:00 - 8:00 pm  
**Location:** Fraser Sheridan Court Commons Room | 2500 W. 66th Street, Richfield  
**Cost:** All three classes for only $15 | checks payable to ISD 271  
**Register by:** January 2 | minimum 6, maximum 12 - hurry - this fills fast!

**Arts and Crafts**

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

**Valentine Card Stamping 2019**

Make four greeting cards with rubber stamping techniques and designer paper for your favorite Valentine friends and family members. Plus a bonus project!

**Date/Time:** Tuesday | January 29 | 7:00 - 8:30 pm  
**Location:** South View Middle School, Room 201 (enter door #4), 4725 South View Lane, Edina  
**Cost:** $14 | checks payable to ISD 271  
**Register by:** January 15 | minimum 6, maximum 16

**Creative Clay Magnets**

Come make up to five imaginative magnets with polymer clay. We’ll have red, yellow, black and white to make anything from emojis to lady bugs, to bumble bees. Make your creations, we’ll bake them and then attach magnets. Great to keep on your refrigerator or to give as gifts!

**Date/Time:** Tuesday | March 5 | 7:00 - 8:30 pm  
**Location:** South View Middle School, Room 201 (enter door #4), 4725 South View Lane, Edina  
**Cost:** $14 | checks payable to ISD 271  
**Register by:** February 19 | 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: $16 per class | checks payable to ISD 271
Register by: Two weeks before class | minimum 6, maximum 16 (Hurry, these fill fast!)

**Skillet Cheeseburger Mac and Cheese**  
Thursday, Jan 31 or Thursday, Feb 7 (TRAIL)  
It’s a combo of your favorite comfort foods that you will love. It’s easy, cheesy, creamy, hearty, fast and anything else you want in a one-dish meal.

**Parmesan Chicken Tenders**  
Thursday, Feb 21 or Thursday, Feb 28 (TRAIL)  
There is nothing more satisfying than making fun finger food yourself. These chicken tenders are simple, tasty and the perfect snack or meal. Serve with the sauce of your choosing and dig in.

**Delicious Pork Chow Mein**  
Thursday, Mar 14 or Thursday, Mar 21 (TRAIL)  
This flavorful Cantonese dish has become an American favorite. We’ll take ground pork and delicious vegetables, stir fry them together, then serve over crunchy egg noodles with rice on the side.

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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. Contact Janet Clarke if questions: 952-681-6121.

Three or more people registering from the same address/residential provider:  
A care provider should attend the class to assist the participants.

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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 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

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.
Learning Exchange Registration Form

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<th>Participant Name</th>
<th>Home Phone</th>
<th>E-mail</th>
<th>Age</th>
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<td>Address</td>
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**Staff will attend:** Yes ___ No ___ Allergies/Medical Concerns:

Parent/Guardian

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Emergency Contact

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

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

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

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**TRAIL Riders please check TRAIL Box**

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**Arts & Crafts**

- LE126W Valentine Card Stamping 2019, Jan 29: $14
- LE216W Creative Clay Magnets, Mar 5: $14

**Dining Club**

- LE208W-A Thurs, Jan 31: $16
- LE208W-B Thurs, Feb 7: $16
- LE209W-A Thurs, Feb 21: $16
- LE209W-B Thurs, Feb 28: $16
- LE210W-A Thurs, Mar 14: $16
- LE210W-B Thurs, Mar 21: $16

**Personal Leisure & Healthy Lifestyles**

- Police Visit and Safety Tips, Jan 22: $5
- Relaxing Spa Night, Feb 5: $10
- Minute-to-Win-It: Food Shelf Collection, Feb 19: $5
- Friendship Skills: What Do YOU Value, Mar 7: $8
- Wacky Words and Your Story!, Mar 19: $8
- Wildlife Near and Far!, Mar 28: $8
- Shooting Pool, Mar 25: $8
- Chair Yoga and Relaxation: Tuesdays, Tues, Jan 15, Feb 12, Mar 12: $15

**Cooking Classes**

- Skillet Cheeseburger Mac and Cheese
- Parmesan Chicken Tenders
- Delicious Pork Chow Mein

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Have ideas for future Learning Exchange classes? List them here or email ideas to jclarke@isd271.org

**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 __________
Inside this issue:

- Dance Your Socks Off, page 5
- Fun with Fitness, page 6
- Winter Golf Lessons, page 9
- Downhill Ski & Snowboard Lessons, page 10
- Police Visit & Safety Tips, page 12
- Dining Club Cooking Classes, page 14

Watch for AR&LE Spring & Summer catalog the week of 2/25/19.

AR&LE catalog is available online at: www.BloomingtonMN.gov, enter keywords “Adaptive Recreation” in the key word search box.