

AR&LE

Winter 2020

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



Check out the
AR&LE webpage
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.

AR & LE

Adaptive Recreation & Learning Exchange

WELCOME!

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.

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.

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

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, skiing/snowboarding, golf, as well as a number of social programs for youth and adults.

LE = Learning Exchange The school districts of Bloomington, Eden Prairie, Edina 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.

Bloomington Adaptive Recreation

Jenna Smith Recreation Supervisor	952-563-8891 MN Relay Service at 711	jmsmith@BloomingtonMN.gov
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Eden Prairie Adaptive Recreation

Nicole Weedman Sr. Recreation Supervisor	952-949-8456 MN Relay Service at 711	nweedman@edenprairie.org
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Edina Adaptive Recreation

Amanda Clarke Recreation Supervisor	952-826-0433 MN Relay Service at 711	aclarke@EdinaMN.gov
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Richfield Adaptive Recreation

Ann Jindra Recreation Supervisor	612-861-9361 MN Relay Service at 711	ajindra@richfieldmn.gov
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Learning Exchange

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

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 www.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 and is also available online at www.ARLEMN.org. 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.

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.



Transportation Partner

TRAIL transportation is available for programs noted with the bus symbol. To learn more about TRAIL and rider eligibility 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.



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.

Winter Wonderland Formal | Friday, January 10, 2020

Get glammed up and join us in ringing in the New Year!

Valentine's | Friday, February 21, 2020

Grab your sweetie and your friends to celebrate love and friendship!

St. Patrick's Day | Friday, March 13, 2020

Find your inner Irish and come dressed in your best green and festive apparel.

Spring Fling | Friday, April 17, 2020

Shake, shake, shake those winter blues away because spring has sprung!

Time: 7:00-9:00 pm

Location: Creekside Community Center, 9801 Penn Avenue South, Bloomington
Please enter through the main entrance located off Penn Avenue.

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. **Bus spots fill quickly, so call early!**



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



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

REGISTRATION NOW ONLINE!

Access Eden Prairie
online registration at
[edenprairie.org/
register](http://edenprairie.org/register).

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).

Fun with Fitness - Ages 14 and older

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 program start date. Location: Community Center Room 201, max 14.

Day	Date	Time	Cost	Code
Cardio				
W	Jan 8-Feb 12	5:35-6:30 pm	\$60	155202-01
W	Feb 19-Mar 25	5:35-6:30 pm	\$60	155202-06
Strength Training				
Th	Jan 9-Feb 13	5:35-6:30 pm	\$60	155202-03
Th	Feb 20-Mar 26	5:35-6:30 pm	\$60	155202-07
Everything Fitness				
Sa	Jan 11-Feb 15	10:35-11:30 am	\$60	155202-04
Th	Feb 22-Mar 28	10:35-11:30 am	\$60	155202-08

Club 204 - ages 12-21

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. Registration deadline 10 days prior to the program start date. No class Feb 4, 14; Apr 2, 3; May 8. Location: Community Center Room 203/204, max 10.

Day	Date	Time	Cost	Code
Th,F	Jan 9-Mar 13	2:30-5 pm	\$370	155204-01
Th,F	Mar 19-May 22	2:30-5 pm	\$330	155204-02

Holiday Shopping and "Rapping" - Ages 14-28

Join us to holiday shop for a family member or friend at Eden Prairie Mall. Participants will be given a pre-loaded VISA gift card to use for shopping. We will gather after shopping to wrap our gifts to keep them a true surprise and have fun with karaoke.

Date/Time: Saturday, December 7 | 11:30 am to 2 pm
Location: Eden Prairie Mall - Community Room (take elevator to lowest level)
Cost: \$50 (includes a \$35 VISA gift card | Code 455219-01)
Register by: Dec 1, 2019 | max 12

Winter 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: Saturdays | Jan 18-Mar 14
Time: 12:15-1:45 pm
Location: AMF Southtown Lanes-Bloomington
Cost: \$105 | Course #PR9008
Register by: Jan 2 | minimum 6, maximum 24



Winter Super Saturdays - Ages 18-25

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.

Date/Time: Saturday | Jan 25 | 4:30-7:30 pm | Course #PR9020
Saturday | Feb 29 | 4:30-7:30 pm | Course #PR9021
Location: Edina Senior Center
Cost: \$15 each session
Register by: One week in advance | minimum 6, maximum 16



Winter Golf Lessons - Ages 11+

Head over to the 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.

TRAIL requires a minimum of five riders, so register early!

Date: Tuesdays | Feb 4-25
Time: 6:45-7:45 pm
Location: Braemar Golf Dome, 7420 Braemar Blvd.
Cost: \$75 | Course #PR9011
Register by: Jan 28; minimum 8, maximum 20.



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.

How to register by mail:

To request a registration form, please contact Amanda Clarke at 952-826-0433 or email at aclarke@EdinaMN.gov.



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.



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/
online/registration](http://www.richfield.mn.gov/online/registration)



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 SOON, spots filling quickly!**

Date: Saturdays, January 18-March 14, 2020 (March 21 makeup)
Time: 9:20 am-11:45 am
Location: AMF Southtown Lanes | 7941 Southtown Circle, Bloomington
Cost: \$110 resident, \$120 nonresident
Register by: January 3 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.



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
January 6-March 16 (make-up March 18)
(no class Mondays, Jan 20 & Feb 17 and Wed, Feb 19)
Location: Richfield Community Center
7000 Nicollet Avenue South
Cost: 2 days per week \$54 | 1 day per week \$27
Please indicate Monday or Wednesday 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. Support staff are asked to assist clients as needed.
Date/Time: Fridays | 7:00-9:00 pm
February 7 **Yesterday**
March 6 **Toy Story 4**
Location: Richfield Community Center | 7000 Nicollet Avenue South
Cost: \$5 per movie **payable at the door.** Support staff 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; maximum 50.

TRAIL riders: Call by 12:00 pm the Tuesday before each movie to register or check the box on the registration form. **Bus spots fill quickly, so call early!**



Good Happenings

Richfield Adaptive Recreation

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. Staff fees must be paid by registration deadline.*

Mystery Movie Night – Settle in for a night of popcorn and a flick! We will enjoy popcorn from Doc Popcorn and movie theater candy while watching a new release DVD. We will end the night with a drawing for prizes. Registration deadline: Jan 17; max 40

Date: Fri, Jan 24 Time: 7:00-9:00 pm Location: Richfield Community Center Cost: \$10
Staff cost \$0

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

Date: Sun, Feb 2 Time: 5:15-8:45 pm Location: Richfield Community Center Cost: \$18
Staff cost \$9 for food

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 12; min 15, max 40

Date: Wed, Feb 19 Time: 6:45-8:15 pm Location: Richfield Community Center Cost: \$10
Staff cost \$0

Dinner at Q.Cumbers – Dine with your Good Happenings friends at Q.Cumbers! We will enjoy their large buffet with everything from salad to dessert. Registration deadline: Mar 6; min 15, max 40

Date: Thu, Mar 12 Time: 6:45-8:00 pm Location: Q.Cumbers, Edina
7465 France Ave So Cost: \$20
Staff purchase own dinner

Indoor Picnic – Spring has finally arrived so let's chase the winter blues away with an indoor picnic! We'll have a fried chicken dinner and make kindness rocks with The Spread Sunshine Gang. Registration deadline: Mar 19; min 15, max 40

Date: Wed, Mar 25 Time: 6:45-8:15 pm Location: Richfield Community Center Cost: \$17
Staff cost \$10 for food

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																																	
<small>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.</small>																																				
<small>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.</small>																																				
<small>WAIVER: I understand and agree that AR&LE may use my photo image for publicity purposes.</small>																																				
Participant or Parent/Guardian Signature		Date																																		
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box.		<table><thead><tr><th></th><th>Participant</th><th>Staff</th><th>TRAIL</th></tr></thead><tbody><tr><td>League Winter Unassisted.....</td><td><input type="checkbox"/> \$110 R</td><td><input type="checkbox"/> \$120 NR</td><td><input type="checkbox"/> TRAIL</td></tr><tr><td>League Winter Assisted.....</td><td><input type="checkbox"/> \$110 R</td><td><input type="checkbox"/> \$120 NR</td><td><input type="checkbox"/> TRAIL</td></tr><tr><td colspan="4">Bowling Shirt (circle size): S M L XL XXL</td></tr><tr><td>Cardio Fitness *Note: TRAIL is available Wednesday nights.</td><td></td><td></td><td></td></tr><tr><td> Winter Session: Mon. & Wed.</td><td><input type="checkbox"/> \$54</td><td></td><td><input type="checkbox"/> TRAIL</td></tr><tr><td> Winter Session: Mon. or Wed (circle one).....</td><td><input type="checkbox"/> \$27</td><td></td><td><input type="checkbox"/> TRAIL</td></tr><tr><td>Movies & Munchies: Feb 7</td><td><input type="checkbox"/> TRAIL</td><td>Mar 6</td><td><input type="checkbox"/> TRAIL</td></tr></tbody></table>				Participant	Staff	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	Bowling Shirt (circle size): S M L XL XXL				Cardio Fitness *Note: TRAIL is available Wednesday nights.				Winter Session: Mon. & Wed.	<input type="checkbox"/> \$54		<input type="checkbox"/> TRAIL	Winter Session: Mon. or Wed (circle one).....	<input type="checkbox"/> \$27		<input type="checkbox"/> TRAIL	Movies & Munchies: Feb 7	<input type="checkbox"/> TRAIL	Mar 6	<input type="checkbox"/> TRAIL
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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 TOTAL FEE(S) PAID: \$ _____ You will NOT receive a receipt verifying your registration.																																		
Comments:																																				
Online registration is available at www.richfieldmn.gov/online/registration. Credit cards will only be accepted online.																																				



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, go to the bottom of the page and click on Learning Exchange. On-line registration available starting Wednesday, December 11.

Personal Leisure and Healthy Lifestyles



Minute-to-Win-it: Food Shelf Collection 7th 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. In the past, we collected up to 50 pounds of food to donate. Can we top that this year? **Most needed items** (low sodium preferred): 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: Thursday | February 6 | 7:00-8:15 pm

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

Cost: \$5 | checks payable to **ISD 271**

Register by: January 23 | minimum 6, maximum 25



Friendship Skills: What to do when you disagree

Learning how to handle disagreements can bring peace back into our lives. Let's talk about how emotions work during disagreements, how to have hard conversations with healthy boundaries, and how to communicate in positive ways. Led by Tom Colbert, licensed psychologist.

Date/Time: Thursday | February 13 | 7:00-8:15 pm

Location: Community Education Campus; room 237; 2575 W. 88th Street, Bloomington

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

Register by: January 30 | minimum 6, maximum 20



Wildlife Near and Far!

Celebrate Spring with fascinating wildlife info and fun videos! Come see and hear about a new collection of Dick Bertstrom's experiences photographing local owls, eagles, coyotes and other wildlife. We'll watch some wacky animal videos that will make you laugh. *Dick is an avid outdoorsman who is ready to discuss your Minnesota wildlife questions.*

Date/Time: Thursday | March 26 | 7:00-8:15 pm

Location: Community Education Campus; room 328; 2575 W. 88th Street, Bloomington

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

Register by: March 12 | minimum 8, maximum 20



Uptown Funk Line Dance

The song "Uptown Funk" just invites you to move your feet, and sing along. So grab some friends and enjoy an hour of fun, "funky" moves to the energetic Bruno Mars' song that will have you dancing the night away!

Date/Time: Monday | March 30 | 7:00-8:00 pm

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

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

Register by: March 16 | minimum 6, maximum 30



Wacky Words and You!

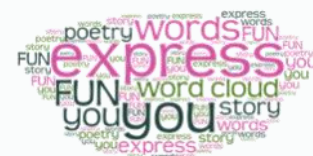
Come have a blast with words and stories - and you don't have to be a great speller or reader. We'll create a crazy story as a group, do MadLibs, share some jokes and have a great time using words to express ourselves and tell our own stories! Led by Janet Clarke.

Date/Time: Tuesday | March 31 | 7:00-8:15 pm

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

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

Register by: March 17 | minimum 6, 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 23 | 7:00-8:15 pm

Location: Edina Senior Center, 5280 Grandview Square, Edina

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

Register by: March 9 | minimum 6, maximum 12



NEW Mindfulness of Martial Arts - register soon, space limited

Learn gentle movements and breathing exercises adapted from martial arts to improve balance, coordination, and general health. Led by Owen, the instructor from the September class. This class is done primarily standing. As with all exercise classes, if you have any health issues, check with a doctor first. Wear comfortable clothes to move in and supportive athletic-type shoes. Sign up for either or both locations.

Dates/Time: Sundays | Jan 12, Feb 9, Mar 8 | 2:30-3:30 pm

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

Dates/Time: Sundays | Jan 26, Feb 23, Mar 22 | 2:30-3:30 pm

Location: Fraser Lyndale Court, Commons Room, 10325 Lyndale Avenue South, Bloomington

Cost: Each set of three dates at one location: \$21 | checks payable to **ISD 271**

Register by: Two weeks before first class date | minimum 6, maximum 10

Chair Yoga and Relaxation

Come stretch, breathe, and 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 21, February 18, March 17 | 7:00-8:00 pm

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

Cost: All three classes for only \$16 | checks payable to **ISD 271**

Register by: January 7 | 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!



Inspiration Bracelet

Make a bracelet with a metal inspirational saying and a colorful variety of beads on elastic cording! Great for men and women; for you or for a gift! (*Inspirational saying will vary from sample photo.*)

Date/Time: Tuesday | January 28 | 7:00-8:00 pm

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

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

Register by: January 14 | minimum 6, maximum 16



Birthday Card Stamping and More!

Make four new designs of Birthday, Thank You and other greeting cards with rubber stamping techniques and designer paper to give to those special people in your life. Surprise bonus stamping project too!

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

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

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

Register by: February 25 | 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 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.

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 7:00-8:30 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!)

Cozy Chili and Cornbread

Thursday, Jan 23 or Thursday, Jan 30 (TRAIL)

What better way to stay warm during the chilly Minnesota winters than with a bowl of hearty chili?! Pair it with some fresh baked cornbread for a delicious meal!

Amazing Asian Stir Fry

Thursday, Feb 20 or Thursday, Feb 27 (TRAIL)

A healthy meal of chicken and vegetables stir-fried in a yummy sauce - so much better than take-out! Serve it over rice for a meal that will satisfy your taste-buds!

NEW! Crazy Carrots - tasting class

Thursday, March 5 or Thursday, Mar 19 (TRAIL)

Everybody loves carrots - let's try them in a soup, a pancake, a salad and a dessert! You'll be crazy in love with these savory and sweet options. This is a class where you make food to share and taste. Eat a light supper before you come to class.

Coming in April - Save these dates!

Saturday, April 4, 2020 | 1:30-3:30 pm | **Hope and Wonder Theater Workshop**

Mondays, April 6 & 13, 2020 | 7:00-8:30 pm | **Safety Out and About**

Thursday, April 16, 2020 | 7:00-8:30 pm | **Eat Smart!** A free class offered in cooperation with Minnesota College and Community (MICC)

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.

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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Staff will attend: Yes ___ No ___ Allergies/Medical Concerns:																																																																																																													
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Emergency Contact		Phone/s		Relationship																																																																																																									
<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 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.</p> <p>WAIVER: I understand and agree that Adaptive Recreation and Learning Exchange may use my photo and/or video images for publicity purposes.</p>																																																																																																													
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AR & LE

Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096



Watch for AR&LE Spring & Summer 2020 catalog the week of February 24th!

Pet Photos with Santa!

Saturday, December 14th | 2 to 5 pm

Embassy Suites Bloomington | 2800 American Blvd. West

Fundraiser for



\$15

cash or check



*Professional photographs
by Yetman Photography,
which you will be able to
download using the link and
directions provided at the
event.*

Save time and schedule an appointment by calling 612-401-6395!

TRAIL is a Minnesota 501(3)(c) nonprofit providing subsidized transportation for adults with developmental disabilities to AR&LE programs. Through donations, grants and fundraising, TRAIL subsidizes 80% of the transportation costs, making it possible for riders to pay \$2 roundtrip.

TRAIL, 574 Prairie Center Dr., Suite 135-274, Eden Prairie, MN 55344 | Phone: 612.401.6395 | email: office@ridetrail.org