

AR & LE

Winter 2016



Saturday ■ April 30, 2016 ■ 2:00 pm to 4:00 pm

AR&LE Spring Retreat

Save the Date! Details in AR&LE Spring/Summer 2016 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.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 30 years, the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation "AR" and Learning Exchange "LE".

- **Adaptive Recreation:** The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, golf, as well as a number of social programs for both youth and adults.
- **Learning Exchange:** The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a program catalog three times a year with descriptions of all programs to be offered for the upcoming season. This is sent out to all the participants and professionals who are on our mailing list.

Electronic copies of the current AR&LE program catalog are available via the Internet at: www.BloomingtonMN.gov, and enter keywords "Adaptive Recreation" in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.BloomingtonMN.gov return the completed profile to the address below or scan and email to parkserv@BloomingtonMN.gov.

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Non-resident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Non-residents are considered to be those living outside of these cities. If a non-resident fee is charged, the difference is very minimal.

REFUND POLICY

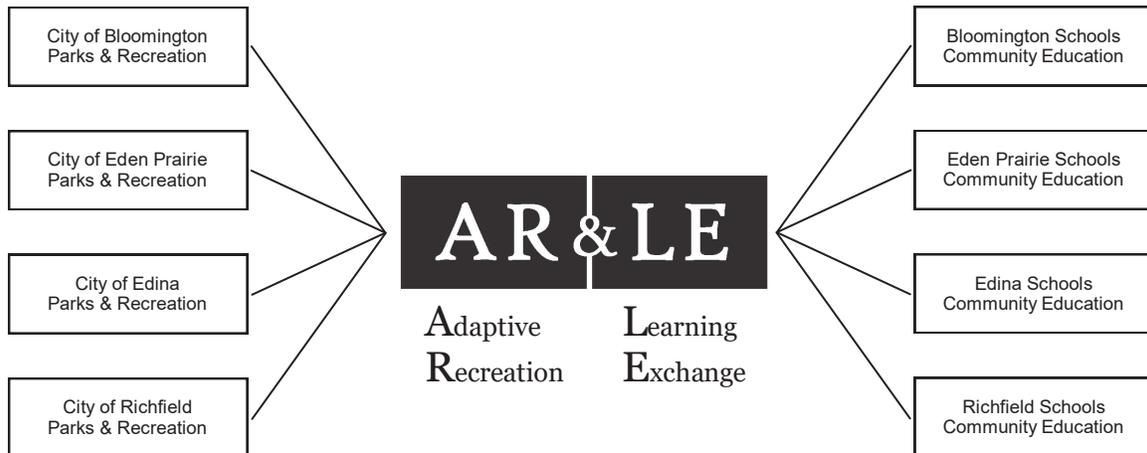
Each city reserves the right to implement their own refund policy.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. This information can be available in alternate formats, upon request.

THE STAFF

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.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.



CONTACT INFORMATION

Bloomington Adaptive Recreation

- Jackie Doncavage - Recreation Supervisor, Adaptive: 952-563-8877 (tty: 952-563-8740)
jdoncavage@BloomingtonMN.gov
- Jenna Smith - Recreation Supervisor, Inclusion: 952-563-8891
jmsmith@BloomingtonMN.gov

Eden Prairie Adaptive Recreation

- Nicole Minton - Recreation Supervisor: 952-949-8457 (tty: 952-949-8399)
nminton@edenprairie.org

Edina Adaptive Recreation

- Amanda Clarke - Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
aclarke@EdinaMN.gov

Richfield Adaptive Recreation

- Ann Jindra - Recreation Supervisor: 612-861-9361 (MN Relay Service at 711)
ajindra@cityofrichfield.org

Learning Exchange

- Janet Clarke - Learning Exchange Coordinator: 952-681-6121 (MN Relay Service at 711)
jclarke@isd271.org
- Judy Stelmazek - Learning Exchange Program Secretary: 952-681-6109
jstelmazek@isd271.org



TRAIL, a Minnesota nonprofit, provides transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield, allowing them to attend customized recreation and leisure programs offered AR&LE. Through donations and fundraising TRAIL subsidizes the cost of transportation; as a result, riders pay a nominal fee for their rides. Programs with this bus symbol have TRAIL available. To learn more or to make a donation, go to www.ridetrail.org, call Michelle at 952-828-0983, or email ridetrail@msn.com. **The current AR&LE catalog is available at www.ridetrail.org under "resources".**

PERSONAL PROGRAM CHART

Use the chart below to keep track of your registered programs! If you don't want to cut out the registration forms, an **electronic copy of the current AR&LE program catalog is available via the Internet at: www.BloomingtonMN.gov** and enter keywords "Adaptive Recreation" in the search engine.

Day	Date/Time	Program	Location
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Jackie Doncavage - Recreation Supervisor (Adaptive)
 Phone: 952-563-8877 TTY: 952-563-8740
 Email: jdoncavage@BloomingtonMN.gov
 Jenna Smith - Recreation Supervisor (Inclusion)
 Phone: 952-563- 8891 TTY: 952-563-8740
 Email: jmsmith@BloomingtonMN.gov
 Address: 1800 W. Old Shakopee Road, Bloomington 55431
 Website: www.BloomingtonMN.gov



**DANCE ALONG MOVIE - ADULTS 18+
 MOVIES & MUNCHIES COMBINED WITH DANCE YOUR SOCKS OFF!**

Sing and dance along with *"Pitch Perfect"*, a musical comedy about college a cappella groups. Rated PG-13.

Date: Friday ▪ January 8, 2016

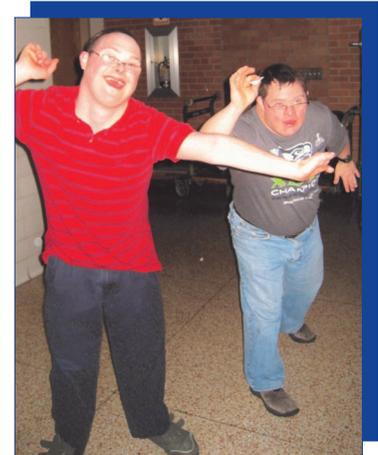
Time: 7:00-9:00 pm

Location: City of Bloomington, Center for the Arts Lobby
 1800 West Old Shakopee Road, Bloomington, MN 55431
 Enter through Art Center doors (on north end of building)

Cost: \$6 per participant (includes 1 can of soda or water and snack)
 Additional soda/water available for purchase for \$1.
 Support staff are admitted free of charge.

Register by: **SPACE IS LIMITED! You MUST pre-register to reserve your spot by January 4, 2016 by calling 952-563-8877.**

TRAIL: TRAIL riders must request TRAIL by January 4, 2016 by calling 952-563-8877.
 Minimum of four riders is required.



DANCE YOUR SOCKS OFF! - ADULTS 18+

Valentine Dance ▪ February 12, 2016

Celebrate Valentine's Day with your sweethearts at DYSO!

St. Patrick's Dance ▪ March 11, 2016

Wear green and celebrate St. Patrick's Day with us!

Music Video Night ▪ April 15, 2016

Watch music videos while dancing the night away!

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

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



Looking for registration forms or want to pre-register/pay for our programs? Go online to www.BloomingtonMN.gov (keyword: arle dance) or contact us at 952-563-8877.



Nicole Minton - Recreation Supervisor
Eden Prairie Parks and Recreation

Phone: 952-949-8457

TTY: 952-949-8399

Email: nminton@edenprairie.org

Address: 8080 Mitchell Road, Eden Prairie 55344

Website: www.edenprairie.org

Staff to participant ratio for all programs is 1:3

ACCESS FOR ALL

Adaptive recreation programs are designed for individuals with disabilities. **Staff to participant ratio is 1:3.**

Participants should independently demonstrate the following skills:

- Ability to follow the program schedule and adapt to change in routine with minimal prompting
- Willingness to try new activities and adjust to a variety of settings
- Communicate needs and wants
- Ability to dress oneself and use the restroom

If support is needed with one of these skills, then a personal support staff (PSS) must accompany the participant.

If a PSS will be attending the program, please inform Nicole Minton, Recreation Supervisor, at nminton@edenprairie.org or 952-949-8457.

ADAPTIVE ICE SKATING - AGES 12-22

Using personalized instruction, this program encourages skaters of all abilities, at an individual pace, within a group setting. Start by becoming familiar with the ice and learn to stand and fall correctly, then progress to improving balance, coordination, flexibility and strength while learning a number of fundamental skating skills. No previous skating experience is required. Skate rental is available. Protective head gear (such as a bike helmet) is required.



Dates/Time: Wednesdays ▪ February 3 - March 9 ▪ 7:10 - 7:40 pm ▪ Code #154101-01

Location: Eden Prairie Community Center Rink 2

Cost/Register: \$75 ▪ Registration deadline is January 20; maximum 4

FUN WITH FITNESS - AGES 12-22

A low-impact fitness class designed to enhance range of motion, strength and endurance.

Register and bring a parent, sibling, or PSS at no cost and workout together.

Dates/Time: Saturdays ▪ January 23 - February 27 ▪ 10:35 - 11:20 am ▪ Code #155202-02

Location: Eden Prairie Community Center Room 201

Cost/Register: \$48 ▪ Registration deadline is January 15; maximum 10



CLUB 204 - AGES 12-22

Hang out with friends after school and unwind through sensory activities, fitness and games! Transportation is provided for participants coming from the Eden Prairie High School and Central Middle School.

Dates/Time: Thursdays and Fridays ▪ February 4 - March 11 ▪ 2:30 - 5:00 pm ▪ Code #155204-01

Thursdays and Fridays ▪ April 14 - May 20 ▪ 2:30 - 5:00 pm ▪ Code #155204-02

Location: Eden Prairie Community Center Room 203/204

Cost/Register: \$123 each session ▪ Registration deadline is ten days prior to the start of the program; maximum 10

ADAPTIVE AQUA FIT - AGES 12-22

A water exercise program focused on increasing flexibility, range of motion, endurance and overall physical condition. Participants should demonstrate the ability to use the locker room independently, or bring a PSS, sibling or parent.

Dates/Time: Saturdays ▪ March 5 - March 26 ▪ 9:30 - 10:15 am ▪ Code #155205-01

Location: Eden Prairie Community Center Leisure pool

Cost/Register: \$33 ▪ Registration deadline is February 26; maximum 8

SCHOOL'S OUT - THE ART OF SOCIAL SKILLS - AGES 12-22

Get your creative energy flowing. Experience theater, dance, visual arts and poetry activities led by local professional artists from Upstream Arts in a fun and interactive environment. Participants act, write, dance, paint, create, experience, specialize and learn.

Dates/Time: Monday, Tuesday & Wednesday ▪ December 28-30 ▪ 10:00 am - noon ▪ Code #155206-01

Location: Eden Prairie Community Center Room 201

Cost/Register: \$185 ▪ Registration deadline is December 18; maximum 8

DINING CLUB - AGES 12-22

Hang out with friends and build your independence in the community. These supervised outings are an opportunity to enhance social skills, restaurant etiquette, and community awareness. Bring money for your meal.

Dates/Time: Sunday ▪ Feb 28 ▪ **Old Chicago** ▪ 4:00 - 6:00 pm ▪ Code #155207-01

Sunday ▪ Mar 13 ▪ **Snuffy's Malt Shop** ▪ 4:00 - 6:00 pm ▪ Code #255207-01

Sunday ▪ Apr 17 ▪ **Restaurants @ SW Station** ▪ 4:00 - 6:00 pm ▪ Code #255207-02

Location: Drop off/pick up at Eden Prairie Senior Center parking lot

Cost/Register: \$28 each date ▪ Registration deadline is seven days prior to the start date; maximum 8

REC NIGHT - AGES 22-30

Hang out with friends and play a pick-up game such as pickle ball, basketball, and kickball. Wear athletic clothes and shoes. A pizza party is included in the registration fee.

Dates/Time: Friday ▪ February 5 ▪ 6:00 - 7:30 pm ▪ Code #165201-01

Friday ▪ March 4 ▪ 6:00 - 7:30 pm ▪ Code #265201-01

Friday ▪ April 1 ▪ 6:00 - 7:30 pm ▪ Code #265201-02

Location: Eden Prairie Community Center Gym 2 West

Cost/Register: \$20 each date ▪ Registration deadline is seven days prior to the start date; maximum 8

CLAY CREATIONS - AGES 12-22

Learn a variety of hand-building techniques and make functional creations with clay. Snack provided. Transportation is provided for participants coming from the Eden Prairie High School and Central Middle School.

Dates/Time: Mondays ▪ March 7 - 28 ▪ 2:30 - 4:00 pm ▪ Code #265202-01

Location: Eden Prairie Art Center Clay Studio

Cost/Register: \$58 ▪ Registration deadline is February 22; maximum 8

MACPHAIL CENTER FOR MUSIC - PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

Students are assessed before a treatment plan is implemented to meet individual needs and strengths. To register for music therapy, a placement interview is necessary to gather information that will aid in placing the student with an appropriate music therapist.

A board-certified music therapist will assess the students' strengths and needs and then create a treatment plan that will outline the goals and objectives to guide the course of services. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.



Cost: \$78 for 1 hour ▪ \$58.50 for 45 minutes ▪ \$39 for 30 minutes

Contact Jane Laine, MacPhail music therapy manager at 612-767-5596 or laine.jane@macphail.org for more information or to set up a placement interview.

EDEN PRAIRIE REGISTRATION NOW ONLINE!

Access Eden Prairie online registration system at edenprairie.org/register. If you have not participated in a program offered by Eden Prairie's Adaptive Recreation, you will need to create an account. Simply click on "Create an Account" and enter all the required information. Add family members, additional contact information such as your email and participants birthdate.

You can enter the code number and go directly to the program. Add programs to your cart, and pay with Discover, Visa, or MasterCard.

Need some assistance, call the Community Center at 952-949-8470. Registration begins December 2nd.



Amanda Clarke - Recreation Supervisor
Edina Parks and Recreation

Phone: 952-826-0433

TTY: 952-826-0379

Email: aclarke@EdinaMN.gov

Address: 4801 W. 50th Street, Edina 55424

Website: www.EdinaParks.com

WINTER BOWLING CLUB - AGES 7-18

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. VOLUNTEER support is welcome!



Dates: Saturdays ■ January 23 - March 19
Time: 12 noon - 1:30 pm
Location: Brunswick Eden Prairie Lanes
12200 Singletree Lane
Cost: \$100/session for residents
\$105/session for nonresidents
Register by: January 9; minimum 6, maximum 12

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 are welcome.

Dates: Tuesdays ■ January 19 - February 23
Time: 6:45 - 7:45 pm
Location: Braemar Golf Dome
7420 Braemar Boulevard, Edina
Cost: \$70 resident;, \$80 non-resident
Register by: January 8; minimum 6, maximum 15



GET FIT VALUE PASS

AR&LE participants can use the indoor track at Edinborough Park at a reduced price. Purchase a Get Fit Value Pass for \$25.00 for 10 admissions to the walking track (only). Edinborough is located at 7700 York Avenue South. Bring your pass when you walk.

One family member or personal support staff can attend for free. Participants must provide their own supervision while using the track.

Purchase passes in person at the Edinborough Park office at 7700 York Avenue South, Edina. Telephone 952-833-9540.



ADAPTIVE SWIM LESSONS

Adaptive Swim Lessons are available upon request. Please contact Amanda at aclarke@edinamn.gov.

CITY OF EDINA WINTER WARM UP WEEKEND 2016

Come join us for Edina’s 2nd annual Winter Warm Up Weekend. We are offering families different ways to get active and enjoy our wonderful facilities in Edina. This year we will be offering the following activities:

Friday Night - February 5, 2016

- Free open skating in the newest rink, The Backyard Rink, at **Braemar Arena** from 7:00 to 8:30 pm.
- Family Movie Night at **Edinborough Park** at 6:30 pm. Movie to be announced.

Saturday - February 6, 2016

- Grab your skates and head on over to Edina’s newest warming house at **Pamela Park Ice Rink** from 10 am to noon. There will be hot chocolate, coloring sheets, rink games, and s’more’s around the fire pit.
- **Book Drive** all weekend! Drop off your gently used or new children’s books at any of the Winter Warm Up sites and help restock our Children’s Lending Library.
- **Trot around the Track at Edinborough Park.** Kids ages 1-12 with adult are encouraged to take a lap or two around the indoor track starting at 2 pm. Prizes for all child participants.
- **Free Family Night at Braemar Field!** Check out Edina’s new dome from 6:30 to 8:30 pm. Burn off winter energy in the batting cages, and walking track,. Soccer balls, footballs and kick balls will be available.
- **Braemar Big Break at the Golf Dome.** The Braemar Golf Dome, in conjunction with Callaway Golf, will be hosting this family friendly event. Come to the golf dome anytime between 11 am to 2 pm and try your skill in this drive, chip and putt competition.

Sunday - February 7, 2016

- Open skating at **Centennial Lakes** with free glow gear and popcorn from 5:00 to 8:00 pm.



Edina Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age
Address/City			Apt. #	Zip Code	Birth Date
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No			Dietary needs/allergies:		
In order to participate in AR&LE programs, participants 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 _____	
R= Resident, NR=Nonresident Winter Bowling Club, Jan 23-Mar 19 ----- <input type="checkbox"/> R \$100 <input type="checkbox"/> NR \$105 Winter Golf Lessons, Jan 19-Feb 23 ----- <input type="checkbox"/> \$ 70 <input type="checkbox"/> \$ 80 <input type="checkbox"/>			Mail completed form and check payable to the City of Edina to: Edina Parks and Recreation 4801 W 50 th Street Edina MN 55424		
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____				Exp. Date _____	



Ann Jindra - Recreation Supervisor
Richfield Recreation Services

Phone: 612-861-9361

TTY: 711 (Minnesota Relay Service)

Email: ajindra@cityofrichfield.org

Address: 7000 Nicollet Avenue South, Richfield 55423

Website: www.cityofrichfield.org



ADULT LEAGUE BOWLING

Only a handful of spots are open. Call Ann to check availability.

Who: Adults 18 and older
Dates/Time: Saturdays ■ January 23-March 19, 2016 (April 2 make-up) ■ 9:20 - 11:45 am
Location: Brunswick Zone, Eden Prairie Lanes, 12200 Singletree Lane



DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

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

Date/Time: Thursdays ■ January 14 - February 18, 2016 (make-up February 25) ■ 6:30 pm - 8:45 pm
Location: Hyland Ski & Snowboard Area, 8800 Chalet Road, Bloomington
Cost: If you have your own equipment: \$150 resident, \$160 nonresident
If you need to rent equipment: \$170 resident, \$180 nonresident
Register by: December 1; maximum 40 students for ski lessons; maximum 25 students for snowboard lessons; maximum 20 participants in ski club



CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level. Please wear workout shoes and clothes.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.
Dates/Time: Mondays and Wednesdays ■ January 4-March 7, 2016 ■ 7:00 - 8:00 pm
No class on January 18 and February 15 (make-up March 9)
Location: Richfield Community Center, 7000 Nicollet Avenue South
Cost: 2 days per week: \$48 resident, \$52 nonresident
1 day per week: \$24 resident, \$26 nonresident



*Please indicate Mon and/or Wed on registration form. ***TRAIL is available on Monday and Wednesday this session!* Minimum of five riders each night and maximum of ten riders for Mondays and twenty riders on Wednesdays.**

Register by: December 29; minimum 10, maximum 25 per night



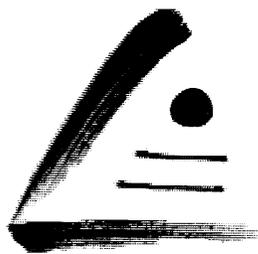
MOVIES AND MUNCHIES

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

Who: Adults 18 and older. Support staff are asked to assist clients as needed.
Dates/Time: Fridays ■ 7:00 - 9:00 pm
Jan 8 *Pitch Perfect* (Joined with *Dance Your Socks Off*, at the Bloomington Civic Plaza. Must register with Bloomington, page 5.) \$6/participant for January program
Feb 5 *The Intern*
Mar 4 *The Peanuts Movie*



Location: Richfield Community Center, 7000 Nicollet Avenue South
Cost: \$5 per movie **payable at the door.** This is to cover the cost of your munchies. Support Staff are invited to attend free of charge. *\$6/participant for January program
Register by: Movies & Munchies is a drop-in program but prior registration is appreciated by calling 612-861-9385. January participants must register ahead of time with Bloomington! TRAIL riders: Call by 12:00 pm the Tuesday before each movie to request a ride or check the box on the registration form. Max 50.



Learning Exchange

Janet Clarke - Coordinator

Learning Exchange

Phone: 952-681-6121 TTY: 711 (Minnesota Relay Service)

Email: jclarke@isd271.org

Judy Stelmazek - Learning Exchange Program Secretary

Phone: 952-681-6109

Email: jstelmazek@isd271.org

Address: 2575 West 88th Street, Bloomington 55431

Website: www.bloomington.k12.mn.us

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

On-line Registration Site and Web Site: For on-line registration, go to br.thatscommunityed.com and create an account. Or link from our web page at bloomington.k12.mn.us and click on *Community Services*, then *Adults with Disabilities*, then *Register for Classes*.

Personal Leisure and Healthy Lifestyles

MAKE A SCARF CLIP & ACCESSORIZE!

Wonder how some people always put together great outfits? You can, too! Come learn with Lindsey from Fashion Fix! We'll make a simple scarf clip, learn to use it and find out how to choose clothes that flatter your figure. If you want, bring a scarf and wear an outfit that you want advice about!

Date/Time: Thursday ▪ February 11 ▪ 7:00 - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$12, checks payable to **ISD 271**
Register by: January 28; minimum 6, maximum 20

DANCE MOVES: UPTOWN FUNK AND MORE!

Line dancing is a great way to get your body moving! Tricia from Dance and Entertainment leads an energy-filled hour of dance moves that you can make part of your own style. We'll try some popular moves from the Uptown Funk video and other popular music!

Date/Time: Tuesday ▪ February 2 ▪ 7:00 - 8:00 pm
Location: Washburn Elementary School, Lunchroom, 8401 Xerxes Avenue South, Bloomington
Cost: \$10, checks payable to **ISD 271**
Register by: January 19; minimum 8, maximum 40



LET'S ACT: STORY MASH-UPS!

It's time to make some wacky new stories by putting together familiar stories in a new way! What if Darth Vader showed up in the Three Little Pigs story? What if the wolf from the Three Little Pigs showed up in a scene from *Annie*? We'll create characters with our movements and voices to bring our stories to life. Have costumes or masks that you want to bring? Bring them and let's use our imaginations!

Date/Time: Wednesday ▪ March 16 ▪ 7:00 - 8:15 pm (no Cardio this night!)
Location: Washburn Elementary School, Lunchroom, 8401 Xerxes Avenue South, Bloomington
Cost: \$10, checks payable to **ISD 271**
Register by: March 2; minimum 6, maximum 20

MINUTE TO WIN IT: FOOD SHELF COLLECTION - 4TH ANNUAL

Let's have fun and provide food for hungry people! Bring at least one can of food or new grocery item to class. See list below for suggestions. We'll create mazes with the cans and boxes then see who is able to move ping-pong balls along them the fastest, along with other games. We'll have team and individual events, and everyone gets prizes! The cans and boxes of groceries will be donated to the VEAP Food Shelf. Last year we collected 77 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: Thursday ▪ March 3 ▪ 7:00 - 8:15 pm
NEW Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$5, Checks payable to **ISD 271**
Register by: February 18; minimum 6, maximum 25





INTERNET FUN AND SAFETY!

Let's use computers to have some fun! Review internet safety tips about emails, scams, identity theft, shopping safely and more. Then we'll share some funny animal videos and you'll have time to look for your own favorite information or game sites to share with friends! Get a handout of safety tips to take home.

Date/Time: Tuesday ▪ March 22 ▪ 7:00 - 8:15 pm
Location: Metro South/Bloomington Community Ed; Computer Lab 328; 2575 W. 88th Street, Bloomington
Cost: \$8, Checks payable to **ISD 271**
Register by: March 8; minimum 6, maximum 16



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 21 ▪ 7:00 - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$8, checks payable to **ISD 271**
Register by: March 7; 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: Tuesdays ▪ January 19 ▪ February 16 ▪ March 15
Time: 7:00 - 8:00 pm
Location: Fraser Sheridan Court Commons Room, 2500 W. 66th Street, Richfield
Cost: All three classes for only \$14, checks payable to **ISD 271**
Register by: January 5; minimum 6, maximum 12



Arts & Crafts



PERSONALIZED POP-UP BOOK!

Make cool art that folds into a book! Choose a theme that makes you feel happy, anything from animals to sports to your family or favorite story. You get to design pages and draw pictures, or bring small pictures (4" x 6" or smaller) of your own to use. You will make some pictures that 'pop up' from the page. Your whole creation fits on accordion-folded paper that magically folds flat.

Date/Time: Tuesday ▪ March 8 ▪ 7:00 - 8:30 pm
Location: Bloomington Civic Plaza; 1800 West Old Shakopee Road, Bloomington
Cost: \$16, checks payable to **ISD 271**
Register by: February 23; minimum 6, maximum 16



VALENTINE CARD STAMPING

Use rubber stamps and decorative paper to make designer Valentine cards for those special Valentine people in your life! Bonus: Stamp a gift bag to take your cards home in!

Date/Time: Thursday ▪ February 4 ▪ 7:00 - 8:15 pm
Location: South View Middle School, Room 201 (enter door #1), 4725 South View Lane, Edina
Cost: \$12, checks payable to **ISD 271**
Register by: January 21; minimum 6, maximum 16



Cooking Classes



VALENTINE CUPCAKES! - NEW LOCATION

Discover some clever decoration techniques for fun lovin' cupcakes. It's cake decorating without squeezing an icing bag! You'll decorate four cupcakes this night. Bring a container to take home the ones you don't eat!

Date/Time: Tuesday ▪ February 9 ▪ 7:00 - 8:00 pm (note shorter time)
NEW Location: Kennedy High School; Cooking Lab C103, 9701 Nicollet Ave. So., Bloomington
Cost: \$15, checks payable to **ISD 271**
Register by: January 26; minimum 6; maximum 16





DINING CLUB - NEW LOCATION

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 cooking 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
NEW Location: Kennedy High School; Cooking Lab C103, 9701 Nicollet Ave. So., Bloomington
Cost: \$15 per class, checks payable to **ISD 271**
Register by: Two weeks before class; minimum 6, maximum 15 (Hurry, these fill fast!)



Super Bowl Munchies

Thursday, Jan 21 or Thursday, Jan 28 (TRAIL)

You don't have to watch football to love these tasty and easy-to-make munchies. From cocktail wieners to dips to some fun surprises, you'll know how to make snacks to please a group! Wear your favorite team colors to class, if you want!

Lotsa Lasagna

Thursday, Feb 18 or Thursday, Feb 25 (TRAIL)

This perennial favorite has just the right mix of meat, delicious tomato sauce, and a perfectly balanced cheese blend. With no-fuss, no-boil noodles, the assembly is easy. One pan feeds a large crowd or freeze portions for future fast meals!

Easy Eggs Benedict

Thursday, Mar 17 or Thursday, Mar 31 (TRAIL)

A classic you can make in the oven! Eggs, thin sliced ham, English muffins and creamy sauce are sure to please. Serve it with a side of fruit for a great meal any time.

Specific Group Programs for Young Adults Ages 22 to 42

Wonder if this is a good match for you or do you have food allergies? Call Janet to discuss: 952-681-6121



CHEF'S CLUB - AGES 22 TO 42

New format this year - see below! Do you love to eat? Want to cook REAL food and get the food-making skills to live independently? Chef's Club is for learners who can work independently, with a minimum of direction. Learners should be able to safely use knives, oven and stove top without direct supervision. Staff to participant ratio is approximately 1:5. Here the focus is learning to read a recipe; learning basic food preparation techniques like cutting and chopping, roasting and sautéing, food-related tips and tricks and safe dish washing. And, of course, having fun together! Bring containers for potential leftovers and take home the written recipe!

First night's menu: Awesome Pizza or Calzone from Scratch, includes making your own dough and assembling ingredients into a pizza or calzone. The group at class will discuss menus and interests to determine the content of the following two classes!

Dates/Time: **Now on Tuesdays** ▪ January 26, February 23, March 29 ▪ 7:00 - 8:30 pm
NEW Location: Kennedy High School; Cooking Lab C103, 9701 Nicollet Ave. So., Bloomington
Cost: \$45 for 3-class session, checks payable to **ISD 271**
Register by: January 12; minimum 6, maximum 12



Looking for other classes with people who share your interests? You might like:

- **Make a Scarf Clip & Accessorize!** ▪ see page 12
- **Minute to Win It** ▪ see page 12

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:
 br.thatscommunityed.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
Address			Apt. #	City	Zip Code
Staff will attend: Yes ___ No ___ Allergies/Medical Concerns:					
Parent/Guardian		Home Phone	Cell/Work Phone	E-mail	
Emergency Contact		Phone/s		Relationship	

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

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

WAIVER: I understand and agree that Adaptive Recreation and Learning Exchange may use my photo image for publicity purposes.

_____ Date _____
 Participant or Parent/Guardian Signature

TRAIL Riders please check TRAIL Box <table border="0"> <tr> <td><u>Class ID</u></td> <td><u>Cost</u></td> <td><u>TRAIL</u></td> </tr> <tr> <td colspan="3"><u>Personal Leisure & Healthy Lifestyles</u></td> </tr> <tr> <td>LE131W</td> <td>Make a Scarf Clip & Accessorize!, Feb 11.....</td> <td><input type="checkbox"/> \$12 <input type="checkbox"/></td> </tr> <tr> <td>LE132W</td> <td>Dance Moves: Uptown Funk and More!, Feb 2.....</td> <td><input type="checkbox"/> \$10 <input type="checkbox"/></td> </tr> <tr> <td>LE133W</td> <td>Let's Act: Story Mash-Ups!, Mar 16.....</td> <td><input type="checkbox"/> \$10 <input type="checkbox"/></td> </tr> <tr> <td>LE96W</td> <td>Minute to Win It: Food Shelp Collection, Mar 3.....</td> <td><input type="checkbox"/> \$ 5 <input type="checkbox"/></td> </tr> <tr> <td>LE134W</td> <td>Internet Fun and Safety, Mar 22.....</td> <td><input type="checkbox"/> \$ 8 <input type="checkbox"/></td> </tr> <tr> <td>LE16W</td> <td>Shooting Pool, Mar 21.....</td> <td><input type="checkbox"/> \$ 8 <input type="checkbox"/></td> </tr> <tr> <td>LE11W</td> <td>Chair Yoga and Relaxation Tuesdays: Jan 19, Feb 16, Mar 15.....</td> <td><input type="checkbox"/> \$14</td> </tr> <tr> <td colspan="3"><u>Arts & Crafts</u></td> </tr> <tr> <td>LE125W</td> <td>Personalized Pop-Up Book, Mar 8.....</td> <td><input type="checkbox"/> \$16 <input type="checkbox"/></td> </tr> <tr> <td>LE126W</td> <td>Valentine Card Stamping, Feb 4.....</td> <td><input type="checkbox"/> \$12 <input type="checkbox"/></td> </tr> </table>			<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>	<u>Personal Leisure & Healthy Lifestyles</u>			LE131W	Make a Scarf Clip & Accessorize!, Feb 11.....	<input type="checkbox"/> \$12 <input type="checkbox"/>	LE132W	Dance Moves: Uptown Funk and More!, Feb 2.....	<input type="checkbox"/> \$10 <input type="checkbox"/>	LE133W	Let's Act: Story Mash-Ups!, Mar 16.....	<input type="checkbox"/> \$10 <input type="checkbox"/>	LE96W	Minute to Win It: Food Shelp Collection, Mar 3.....	<input type="checkbox"/> \$ 5 <input type="checkbox"/>	LE134W	Internet Fun and Safety, Mar 22.....	<input type="checkbox"/> \$ 8 <input type="checkbox"/>	LE16W	Shooting Pool, Mar 21.....	<input type="checkbox"/> \$ 8 <input type="checkbox"/>	LE11W	Chair Yoga and Relaxation Tuesdays: Jan 19, Feb 16, Mar 15.....	<input type="checkbox"/> \$14	<u>Arts & Crafts</u>			LE125W	Personalized Pop-Up Book, Mar 8.....	<input type="checkbox"/> \$16 <input type="checkbox"/>	LE126W	Valentine Card Stamping, Feb 4.....	<input type="checkbox"/> \$12 <input type="checkbox"/>	<table border="0"> <tr> <td><u>Class ID</u></td> <td><u>Cost</u></td> <td><u>TRAIL</u></td> </tr> <tr> <td colspan="3"><u>Cooking Classes</u></td> </tr> <tr> <td>LE127W</td> <td>Valentine Cupcakes, Feb 9.....</td> <td><input type="checkbox"/> \$15 <input type="checkbox"/></td> </tr> <tr> <td colspan="3"><u>Dining Club</u> Note: TRAIL only available on some Thursdays. 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Mail complete form to: ISD 271/Learning Exchange
 2575 W 88th Street
 Bloomington, MN 55431

Checks MUST be made payable to ISD 271 or they will be returned.

TOTAL FEE(S) PAID: \$ _____ Check/Money Order Payable to: **ISD 271**

Credit Card: Visa MasterCard Discover

Number _____ Exp. Date _____

By signing above, I authorize my Credit Card to be charged _____ Date _____



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

Movies & Munchies Combined with Dance Your Socks Off!

Friday ■ January 8, 2016 ■ 7:00 pm to 9:00 pm

Details on page 5!

***Sing & Dance
with the movie
“Pitch Perfect”!!***



***Refreshments
will be
served!!***

Watch for the AR&LE Spring/Summer 2016 Catalog the week of February 15, 2016.