

AR&LE

Spring & Summer 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

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.

Welcome!

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

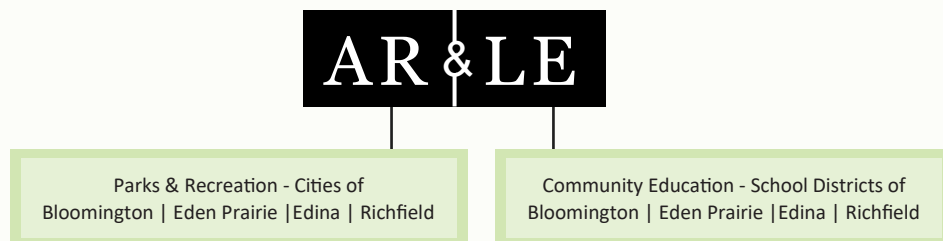
AR&LE is Made up of Two Parts

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

The supervisory staff responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

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

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



Transportation Partner

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



TRAIL transportation is available for programs noted with the bus symbol. 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.

Contact Information

Bloomington Adaptive Recreation

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

Eden Prairie Adaptive Recreation

Nicole Weedman	952-949-8456	nweedman@edenprairie.org
Sr. Recreation Supervisor	MN Relay Service at 711	
Youth and Therapeutic Recreation		

Edina Adaptive Recreation

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

Richfield Adaptive Recreation

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

Learning Exchange

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

TRAIL

Michelle Veith, President	612-201-6470	ridetrail@msn.com
Jill Weinand	612-401-6395	office@ridetrail.org
Administrative Assistant		

Profiles

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

Program Catalog

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

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

Program Fees, Registration and Refunds

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



JENNA SMITH

Recreation Supervisor

1800 W. Old Shakopee Road
Bloomington, MN 55431

952-563-8891
MN Relay Services at 711

jmsmith@BloomingtonMN.gov
www.BloomingtonMN.gov

QUESTIONS ABOUT REGISTERING?

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



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!

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!**

Alive & Kickin "Coming of Age"

Bloomington Parks & Recreation is offering AR&LE participants free tickets to attend ALIVE & K!CK!N's Neighbors Night Out, preview performance of *Coming of Age* on Thursday, June 4. Your favorite rocking seniors, ALIVE & K!CK!N take the stage once again in a musical journey that SMASHES stereotypes around aging. It honors & celebrates Senior's Golden Years with stories and songs that redefine what it means to age. Show starts at 6:30 pm and includes a pre-show reception with complimentary refreshments. To find out more go to www.aliveandkickinmn.org.



Date: Thursday, June 4, 2020

Time: 6:30 pm with a pre-show reception

Location: Bloomington Center for the Arts, 1800 West Old Shakopee Road

Cost: FREE, but must make reservation

Register by: To make a reservation, call 952-563-8877.



AR&LE Adaptive Youth and Adult Softball

Join us for a summer of co-rec softball with your friends from AR&LE! Season highlights include a special Under the Lights Game, team photos and team shirt! The "Under the Lights" Game will be held at the grandstand at Red Haddock Field! **Register early as space is limited!**



Adaptive Youth Softball - Ages 10-18

Have fun playing softball with friends and improving your skills! Youth softball teaches basic rules and good sportsmanship through fun, creative drills and games.

Date/Time: Mondays | June 15-August 3 | 6:30-8:15 pm

Location: Regular season: Tarnhill Park, 9650 Little Road, Bloomington
"Under the Lights" Game: Red Haddock Field, 9000 Portland Avenue South, Bloomington

Cost: \$70 per player | Staff to participant ratio is 1:10

Register by: Register by May 31, 2020 or until filled. Registration available at www.BloomingtonMN.gov (keyword: "ARLE") or contact City of Bloomington Parks and Recreation at 952-563-8877.



Adaptive Competitive Softball - Ages 19+

Enjoy some friendly competition this summer! This program is designed for players who have softball experience and want to play competitively. Balanced teams will be developed after player skill evaluations.

Date/Time: Tuesdays | June 16-August 11 | 6:30-8:15 pm

Location: Regular season: Tarnhill Park, 9650 Little Road, Bloomington
"Under the Lights" Game: Red Haddock Field, 9000 Portland Avenue South, Bloomington

Cost: \$70 per player | Staff to participant ratio is 1:20

Register by: Register by May 31, 2020. Registration available online at www.BloomingtonMN.gov (keyword: "ARLE") or contact City of Bloomington Parks and Recreation at 952-563-8877.

TRAIL: TRAIL transportation requires a minimum of five riders. ***Please be aware that due to transportation constraints, TRAIL cannot guarantee a 6:30 arrival time.*** Please contact TRAIL at 612-401-6395 with any questions.



Adaptive Recreational Softball - Ages 19+

Focus on fun, friends and skill development! This is a non-competitive program for players with or without experience. Coaches encourage good sportsmanship, further skill development and a better understanding of rules and positions.

Date/Time: Tuesdays | June 16-August 4 | 6:30-8:15 pm

Location: Regular season: Tarnhill Park, 9650 Little Road, Bloomington
"Under the Lights" Game: Red Haddock Field, 9000 Portland Avenue South, Bloomington

Cost: \$70 per player | Staff to participant ratio is 1:20

Register by: Register by May 31, 2020. Registration available online at www.BloomingtonMN.gov (keyword: "ARLE") or contact City of Bloomington Parks and Recreation at 952-563-8877.

TRAIL: TRAIL transportation requires a minimum of five riders. ***Please be aware that due to transportation constraints, TRAIL cannot guarantee a 6:30 arrival time.*** Please contact TRAIL at 612-401-6395 with any questions.





NICOLE WEEDMAN

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

8080 Mitchell Road
Eden Prairie, MN 55344

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

Adaptive Programs

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

What is Adaptive Recreation?

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

What is Inclusion?

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

How do I request Inclusion Services?

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

Art of Working - Ages 14-21

Cultivate soft skills with Upstream Arts that are vital to obtaining and maintaining employment while exploring the fundamentals of a variety of collaborative activities - including acting, music, poetry, visual arts and dance. Designed for those who have work as a future goal. Registration deadline is July 27. **Location:** Community Center Room 110

Day	Date	Time	Cost	Code
M-F	Aug 3-7	1-3:30 pm	\$360	355600-01

Social Skills Camp - Ages 14-21

This camp focuses on developing social, emotional and communication skills vital to success in school, work and life. Campers explore the fundamentals of visual art, theater, poetry, music, and dance with local professional artists from Upstream Arts in a fun and interactive environment. Registration deadline is June 15. **Location:** Community Center Room 110

Day	Date	Time	Cost	Code
M-F	Jun 22-26	1-3:30 pm	\$252	355601-01

Friends Together Camp - Ages 12-22

Expand your interests and personal skills through creative projects, games and outdoor activities. The daily schedule varies based on occasional off-site activities. The schedule is emailed one week prior to the camp. Registration deadline is seven days before the start date.

Location: Nesbitt Preserve Park

Day	Date	Time	Cost	Code
M-F	Jun 22-26	9 am-12 noon	\$120	355602-01
M-F	Jun 29-Jul 3	9 am-12 noon	\$120	355602-02
M-F	Jul 6-10	9 am-12 noon	\$120	355602-03
M-F	Jul 13-17	9 am-12 noon	\$120	355602-04
M-F	Jul 20-24	9 am-12 noon	\$120	355602-05
M-F	Aug 3-7	9 am-12 noon	\$120	355602-06
M-F	Aug 10-14	9 am-12 noon	\$120	355602-07

REGISTRATION NOW ONLINE!

Access Eden Prairie
online registration at
[edenprairie.org/
register](http://edenprairie.org/register). Registration
begins March 18, 2020.

Get Your Glee On - Ages 12-22

Sing, boogie, and play a variety of instruments to your favorite and new songs while in a familiar and supportive environment. All abilities and musical backgrounds are welcome. Friends and family are invited to attend the performance at the end of the program. Instructor: MacPhail. **Location:** Eden Prairie Community Center Room 110

Day	Date	Time	Cost	Code
M-F	Jun 15-19	1-3:30 pm	\$188	355606-01

All in One Art Camp - Ages 12-22

Explore different art media such as clay sculpture, painting and drawing all in one week. Students learn the basics of 2-D and 3-D art while exploring all that art has to offer. **Location:** Eden Prairie Art Center

Day	Date	Time	Cost	Code
M-Th	Jun 29-Jul 2	1-4 pm	\$120	355618-01
M-F	Jul 13-17	9 am-noon	\$150	355618-02

Health and Safety Camp - Ages 12-22

Enhance your wellness through activities related to nutrition, fitness and daily living. Learn to use the fitness equipment at the Community Center and the overall benefits of being active and eating healthy. Learn daily living safety from the Eden Prairie Police and Fire departments. **Location:** Eden Prairie Community Center Room 110

Day	Date	Time	Cost	Code
M-F	Jul 6-10	1-3:30 pm	\$145	355614-01

Sports & Fitness Camp - Ages 12-22

Have fun with your friends while learning the fundamentals of various traditional sports such as basketball, baseball and backyard games like bag toss and ladder golf. Participants will enjoy a trip to the St. Paul Saints baseball game on Wednesday, July 15 (early drop off required on July 15.) **Location:** Eden Prairie Community Center Room 110

Day	Date	Time	Cost	Code
M-F	Jul 13-17	1-3:30 pm	\$180	355617-01

Outdoor Adaptive Recreation Sampler Camp - Ages 12-22

Along with the Three Rivers Park District staff, explore a variety of outdoor recreation activities. Use a GPS to go geocaching for s'mores ingredients then cook yourself a treat over an open fire. Learn camping skills and disc golf, go paddle boarding and try your hand at fishing. Registration deadline July 10. **Location:** Drop off and pick up a Bryant Lake Regional Park, 6800 Rowland Rd.

Day	Date	Time	Cost	Code
M-F	Jul 20-24	1-3:30 pm	\$165	355615-01

Out and About Camp - Ages 12-22

Explore the many things to do around the Twin Cities. Outings include bowling, swimming at Sand Venture Aquatic Park, mini golf and more. Entrance fees are included in the camp fee. Drinks and snacks are extra. Fee includes a trip to the MN Twins vs LA Dodgers game at Target Field on Wednesday, July 29. Registration deadline July 13. **Location:** Nesbitt Preserve Park Building

Day	Date	Time	Cost	Code
M-F	Jul 27-31	9 am-3:30 pm	\$230	355612-01
Day	Date	Time	Cost	Code
M-F	Aug 10-14	1-4 pm	\$115	355612-02



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.

DREAM Ice Skating - Ages 4-18

This class encourages skaters to follow their dreams. Skaters of all abilities will have fun learning to skate at their own pace. Taught by certified instructors and supported by one-to-one high school volunteers. No previous skating experience needed; hockey helmet recommended.

Date: Sundays | April 19, 26, May 3, 10, 17
Time: Session I: 10:25-11:05 am Session II: 11:10-11:50 am
Location: Braemar Ice Arena, 7501 Ikola Way, Edina
Cost: \$85 per session | Session I Course #PR9001 Session II Course #PR9001.1
Register by: March 14 | minimum 6, maximum 24



Larry Nelson Adaptive League and Advanced Lessons - Ages 12 and up

Designed for all level of golfers. Beginners will learn about golf etiquette, basic skills and rules with experienced volunteer golfers. Golfers are supported on the course with volunteers based on their needs. After two sessions of skill building, we will hit the course and play.

This program uses TRAIL which requires a minimum of five riders, so sign up early! Please be aware that due to transportation constraints, TRAIL cannot guarantee a 6:30 arrival time.
Please contact TRAIL at 612-401-6395 with any questions.

Date: Mondays | April 20-June 15 (no class May 25)
Time & 6:30-7:30 pm (April 20 and 27 in the Golf Dome)
Location: 6:30-8 pm/8:30 pm (depending on sunset) remaining dates at Braemar Golf Course
Cost: \$100 | Course #PR9003



Adaptive Water Aerobics - Ages 16 and up

Work on aerobic strengthening, stretching and range-of-motion exercises, all in the comfort of the Edinborough Park pool. **This program uses TRAIL which requires a minimum of five riders, so sign up early!** Register by May 27; minimum 10, maximum 25.

Date: Session I: Wednesdays June 3-24 Session II: Wednesdays July 8-29
Time: 7:15-8:15 pm
Location: Edinborough Park, 7700 York Avenue South, Edina
Cost: \$45 per session | Session I Course #PR9004 Session II Course #PR9005

Spring Art Class - Ages 16 and up

Join us for our Spring Art Class. This class will be taught by the same instructors as Presents for the Holidays. We will be making a variety of arts and crafts for spring. minimum 6, maximum 20.

Date: Fridays April 17-May 8
Time: 6-7:30 pm
Location: Edina Senior Center, Classroom #2, 5280 Grandview Square
Cost: \$56 | Course #PR9007

Adaptive Theatrical Performance Camp Play to be determined - Ages 13-21

It's one of our most popular teen camps! After viewing a movie, campers will learn lines and songs, as well as create the sets for the exciting performance that is held on the last day of camp. Register by July 24; minimum 8, maximum 20.

Date/Time: Monday-Thursday, August 3-6 | 10 am-3 pm
Friday, August 7 | 9:30 am-1 pm, performance at 1 pm
Location: Edinborough Park, 7700 York Avenue South, Edina
Cost: \$175 | Course #PR9006



Want to save time and paper?

Edina offers online registration for all programs and events.

How to register online:

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

Edina AR&LE Registration Form

Participant Name	Home Phone	Cell Phone	E-mail	Age
Address/City		Apt. #	Zip Code	Birth Date
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No		Dietary needs/allergies:		
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog				
Parent/Guardian	Home Phone	Cell Phone	E-mail	
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>				
Participant or Parent/Guardian Signature _____		Date _____		
<p style="text-align: right;"><u>TRAIL</u></p> <p>DREAM Ice Skating Session I, #PR9001..... \$ 85</p> <p>DREAM Ice Skating Session II, #PR9001.1..... \$ 85</p> <p>Larry Nelson Adaptive League & Lessons, #PR9003.....\$100 <input type="checkbox"/></p> <p>Adaptive Water Aerobics</p> <p>Session I June 3-24, #PR9004\$45 <input type="checkbox"/></p> <p>Session II July 8-29, #PR9005.....\$45 <input type="checkbox"/></p> <p>Spring Art Class, #PR9007..... \$56</p> <p>Adaptive Theatrical Performance Camp, #PR9006..... \$175</p>		<p>Mail completed form and check payable to the</p> <p style="text-align: center;">City of Edina to:</p> <p style="text-align: center;">Edina Parks and Recreation 4801 W 50th Street Edina MN 55424</p>		
TOTAL FEE(S) PAID: \$ _____				
Credit Card Information _____ Exp. Date _____				



ANN JINDRA

Richfield Recreation Services
Recreation Supervisor

7000 Nicollet Avenue South
Richfield, MN 55423

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

REGISTRATION NOW ONLINE!

Online registration is
available at
[www.richfield.mn.gov/
online/registration](http://www.richfield.mn.gov/online/registration)



Movies and Munchies

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

- Who:** Adults 18 and older. Group home staff are asked to assist residents as needed.
- Date:** Fridays | 7:00-9:00 pm
April 3 *A Beautiful Day in the Neighborhood*
May 8 *Dolittle* (\$8 movie & pizza)
- Location:** Richfield Community Center, 7000 Nicollet Avenue South
- Cost:** \$5 per movie **payable at the door**. \$8 for May 8 movie & pizza. Support staff are invited to attend free of charge. (May 8 staff are required to pay \$6 if they would like pizza.)
- Register by:** Movies and Munchies is a drop-in program but prior registration is appreciated by calling 612-861-9385; 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!**



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 | April 6-May 20 | 7:00-8:00 pm
- Location:** Richfield Community Center, 7000 Nicollet Avenue South
- Cost:** 2 days per week \$42 | 1 day per week \$21
Please indicate Mon and/or Wed on registration form. ***TRAIL is available on Wednesdays.**
- Register by:** March 31 | min 10, max 25 per night



Step to it Walking Club

Walking is great exercise and the best time to walk is summer. Join the summer walking club! We will be walking around the Kennedy High School track. Remember to dress for the weather, wear tennis shoes and BRING A WATER BOTTLE! If it rains we will walk inside the Kennedy Activity Center.

- Who:** Adults 18 and older who can be safely supervised by 1 staff person per 25 participants
- Date/Time:** Mondays | June 1-August 24 *no class June 29 (August 31 make-up) | 7:00-8:00 pm
- Location:** Kennedy High School Track, 150 East 98th Street, Bloomington
- Cost:** \$41 resident; \$46 nonresident
- Register by:** May 26 | minimum 10, maximum 25



Spring 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. **Staff fees must be paid by registration deadline.**

Candy Art – Do you have a sweet tooth? In this edible art class, you will make delicious works of art! Learn how to pour candy coating into festive molds to create an array of delicious candy to take home or share with others. Please eat dinner beforehand. Register by: Mar 25; min 10, max 20

Wed, Apr 1 7:00-9:00 pm Richfield Community Center \$25 Staff cost \$0

“Fiddler on the Roof” at JHS – Enjoy an afternoon watching Jefferson High School students perform the musical “Fiddler on the Roof”. Please arrive by 12:45 pm to take your seat and be sure to eat lunch beforehand. Register by: Apr 3; min 15, max 25

Sun, Apr 19 12:45-3:00 pm Bloomington Jefferson HS \$20 Staff cost \$11 for ticket

Family Feud – Do you enjoy watching Family Feud? Get together with friends to play it board game style! Snacks provided, eat dinner beforehand. Register by: Apr 28; min 15, max 40

Tue, May 5 7:00-8:15 pm Richfield Community Center \$8 Staff cost \$0

Dinner at Applebees – Enjoy a great dinner with your friends at the Bloomington Applebees! Dinner and drink included in price. Register by: May 20; min 15, max 40

Wed, May 27 6:45-8:15 pm Applebees, 9601 Lyndale Ave So \$24 Staff purchase own

Preregistration for programs is required (exception of Movies & Munchies).
Registrations will not be accepted at the door and you will be turned away.



Summer 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. **Staff fees must be paid by registration deadline.**

Bowling @ Southtown! – Keep up on your bowling game and spend an evening with friends bowling and having pizza for dinner at AMF Southtown Lanes in Bloomington! We have 10 lanes reserved for 40 lucky bowlers! Register by: Jun 4; max 40

Thu, Jun 11 6:45-8:30 pm 7941 Southtown Center \$15 Staff \$8 pizza and soda

“Cinderella” Outdoor Musical – Enjoy an evening outside as the Eden Prairie Players perform “Cinderella”. Remember to bring a lawn chair or a blanket to sit on! Snacks will be provided, please eat dinner beforehand. Register by: Jun 11; min 15, max 40

Thu, Jun 18 6:45-8:45 pm Staring Lake Amphitheatre, Eden Pr \$10 Staff cost \$0

17th Annual Summer Picnic – It’s that time of year again, the annual Good Happenings picnic with your friends! We will have great food, play BINGO and have games in the park! We will picnic at West Bush Lake Park in Bloomington. Register by: Jul 9; min 15, max 40

Thu, Jul 16 6:45-8:15 pm 9401 E. Bush Lake Rd, Shelter #3 \$16 Staff cost \$7 for picnic dinner

Yard Games & Ice Cream – Bocce ball, bean bag toss and more! Spend the evening with your friends outside and being active. Afterwards, we’ll enjoy an ice cream treat. If it’s raining, we’ll play games inside. Register by: Jul 23; min 10, max 40

Thu, Jul 30 7:00-8:15 pm Richfield Community Center \$8 Staff cost \$3 for ice cream

Bowling @ Southtown! – Get ready for the fall bowling season, practice and spend an evening with friends bowling and having pizza for dinner at AMF Southtown Lanes in Bloomington! We have 10 lanes reserved for 40 lucky bowlers! Register by: Aug 6; min 15, max 40

Thu, Aug 13 6:45-8:30 pm 7941 Southtown Center \$15 Staff \$8 pizza and soda

St. Paul Saints Game – Outdoor baseball at its best! The Saints will be playing an evening ballgame against the Cleburne Railroaders. You will receive \$5 in Saints bucks to purchase concessions. If you need extra food, please bring additional money! Must register by Jul 22, cancellations will not be accepted after this date; min 15, max 40

Sun, Aug 23 3:45-9:00 pm Pickup/off Richfield Community Center \$33 Staff cost \$15 ticket only, all staff must purchase a ticket

Richfield AR&LE Registration Form

Participant Name		Home Phone		Cell Phone		E-mail		Age	
Address/City				Apt #		Zip Code		Birth Date	
Special Information:				Food Allergies:					
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog									
Emergency Contact				Home Phone			Cell Phone		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p> <p>WAIVER: I understand and agree that AR&LE may use my photo image for publicity purposes.</p>									
Participant or Parent/Guardian Signature				Date					
<p>R= Resident, NR=Nonresident TRAIL riders please check TRAIL box.</p> <p>Movies & Munchies</p> <p>A Beautiful Day in the Neighborhood, Apr 3 <input type="checkbox"/> TRAIL</p> <p>Dolittle, May 8 (\$8 movie & pizza) <input type="checkbox"/> TRAIL</p> <p>Cardio Fitness*</p> <p>Mon. & Wed. <input type="checkbox"/> \$42 <input type="checkbox"/> TRAIL</p> <p>Mon. or Wed (circle one) <input type="checkbox"/> \$21 <input type="checkbox"/> TRAIL</p> <p>*Note: TRAIL is available Wednesday nights only.</p> <p>Step to it Walking Club <input type="checkbox"/> \$41R <input type="checkbox"/> \$46NR <input type="checkbox"/> TRAIL</p>				<p><u>Spring Good Happenings</u></p> <p>Candy Art, Apr 1 <input type="checkbox"/> \$25 <input type="checkbox"/> \$0 <input type="checkbox"/></p> <p>“Fiddler on the Roof”, Apr 19 <input type="checkbox"/> \$20 <input type="checkbox"/> \$11 <input type="checkbox"/></p> <p>Family Feud, May 5 <input type="checkbox"/> \$ 8 <input type="checkbox"/> \$0 <input type="checkbox"/></p> <p>Dinner at Applebees, May 27 <input type="checkbox"/> \$24 <input type="checkbox"/> purchase own <input type="checkbox"/></p> <p><u>Summer Good Happenings</u></p> <p>Bowling @ Southtown, June 11 <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 pizza/soda <input type="checkbox"/></p> <p>“Cinderella” Outdoor Musical, June 18 <input type="checkbox"/> \$10 <input type="checkbox"/> \$0 <input type="checkbox"/></p> <p>17th Annual Summer Picnic, Jul 16 <input type="checkbox"/> \$16 <input type="checkbox"/> \$7 food <input type="checkbox"/></p> <p>Yard Games & Ice Cream, July 30 <input type="checkbox"/> \$ 8 <input type="checkbox"/> \$3 ice cream <input type="checkbox"/></p> <p>Bowling @ Southtown, Aug 13 <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 pizza/soda <input type="checkbox"/></p> <p>St. Paul Saints Game, Aug 23 <input type="checkbox"/> \$33 <input type="checkbox"/> \$15 <input type="checkbox"/></p>					
<p>Mail completed form and check payable to the City of Richfield to:</p> <p>Richfield Recreation Services</p> <p>7000 Nicollet Avenue, Richfield, MN 55423</p> <p>TOTAL FEE(S) PAID: \$ _____</p>									
Comments:								You will NOT receive a receipt verifying your registration.	
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 Tuesday, March 3, 2020.

Personal Leisure and Healthy Lifestyles



Hope and Wonder Theater Workshop

Meet the cast of a new theater production, "Flying and Falling." See some scenes from their show and get into the act yourself! What are your hopes that send you flying? What are the things you wonder about that hold you back? You will play theater games based on emotions and have the opportunity to walk on a low-to-the-ground slackline; your acting-self will be soaring! Presented by Combustible Company.

Date/Time: Saturday | April 4 | 1:30-3:30 pm

Location: Bloomington Civic Plaza, Black Box Theater, 1800 W. Old Shakopee Rd., Bloomington

Cost: \$20 | checks payable to **ISD 271**

Register by: March 21 | minimum 6, maximum 25.



Safety Out and About

This class is intended for learners who are independent in the community or are working toward independence.

Whether you are at the mall, in the park or on the bus, you can know what to do to be safe in unexpected situations involving other people.

In this two-night workshop, you'll explore personal safety tips with a professional safety instructor, practice safety situations at the workshop and hear from a police officer the second night. Learners will be encouraged to practice tips on their own in the week between the two nights and have an opportunity to share their discoveries during the second night.

Date/Time: Mondays | April 6 and 13 | 7:00-8:30 pm

Location: Jefferson High School, Cafeteria, 4001 W. 102nd Street, Bloomington

Cost: \$18 includes both nights | checks payable to **ISD 271**

Register by: March 23 | minimum 6, maximum 25

Lower price thanks to a grant from the Bloomington Crime Prevention Association.



Friendship Skills: Bingo, Trivia and Conversation

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

Date/Time: Tuesday | April 28 | 7:00-8:15 pm

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

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

Register by: April 14 | minimum 6, maximum 25



Volunteer and Social Time!

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

Date/Time: Tuesday | May 19 | 7:00-8:30 pm

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

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

Register by: May 5 | minimum 6, maximum 18



Dance into Summer

Let's have a blast learning new dance steps to current and classic songs! End the night showing off your best moves in a dance circle. This fabulous class led by popular dance instructor Monica Mohn.

Date/Time: Tuesday | May 26 | 7:00-8:00 pm

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

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

Register by: May 12 | minimum 6, maximum 30



Model Boating Night and Scavenger Walk!

Hear a short presentation from members of the Edina Model Yacht Club. Then stand on shore and try your hand at operating a radio-controlled miniature boat on Centennial Lake. Continue with the model boating group or enjoy a group walk along the paths of Centennial Lakes Park looking for new sights. Dress to enjoy the great outdoors!

Date/Time: Thursday | June 4 | 7:00-8:15 pm

Location: Centennial Lakes Park, 7499 France Ave. So., Edina (lower level between Hughes Pavilion and Chuck E. Cheese for drop off/pick up)

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

Register by: May 21 | minimum 6, maximum 25



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: Thursday | May 7 | 7:00 - 8:15 pm

Location: Edina Senior Center, 5280 Grandview Square, Edina

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

Register by: April 23 | minimum 6, maximum 12



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. This class is done primarily standing. If you have any health issues, check with a doctor first. Wear comfortable clothes to move in and supportive athletic-type shoes. Bring a water bottle. Sign up for either or both locations.

Dates/Time: Richfield | Sundays | April 5, May 3 | 2:30-3:30 pm

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

Dates/Time: Bloomington | Sundays | April 26, May 31 | 2:30-3:30 pm

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

Cost: **Each set of two dates at one location:** \$14 | checks payable to **ISD 271**

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

Chair Yoga and Relaxation

Come stretch, breathe, feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair – no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first.

Date/Time: Tuesdays | April 14, May 12, June 2 | 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: March 31 | 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!



Brilliant Suncatchers

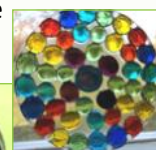
Add some color to your room by making two beautiful suncatchers. Let the sun shine through! Note that one suncatcher is ready to shine the next day and the other will need to dry for several days at home before hanging.

Date/Time: Tuesday | April 21 | 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: April 7 | 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.



Seashell Treasure Box

Decorate this 3-½" square wooden box with watercolor paint, seashells, wooden stars and glitter glue! Match it with your seashell frame from last spring and you have a set, or give it as a gift to someone special!

Date/Time: Thursday | May 28 | 7:00 - 8:30 pm
Location: Washburn Elementary School, Art Room 46
8401 Xerxes Ae. So., Bloomington
Cost: \$17 | checks payable to **ISD 271**
Register by: May 14 | minimum 6, maximum 16



Cooking Classes



Dining Club

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



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

Time: Dining Club classes meet from 7:00 pm - 8:30 pm
Location: Kennedy High School, Cooking Lab C103, 9701 Nicollet Ave. So., Bloomington
Cost: \$17 per class | checks payable to **ISD 271**
Register by: Two weeks before class | minimum 6, maximum 16 (Hurry, these fill fast!)

Dutch Baby Pancake

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

Join us to make a delicious Dutch Baby! It is a puffed pancake that is made in the oven instead of on a griddle. Served with syrup, fruit other delicious toppings, it's perfect for brunch or dinner!

Sloppy Joes Indoor Picnic

Thursday, May 14 or Thursday, May 21 (TRAIL)

Sloppy Joes paired with coleslaw will be a fantastic way to kick-off summer. This ground beef and sauce sandwich is easy to make and so fun for an indoor picnic.

Specific Group Programs



Eat Smarter

Come join us for an engaging evening discussing healthy meal options at restaurants, surprising sources of sugar, fat and salt plus fun ways to eat your veggies! This presentation will provide helpful, practical tips to improving your daily nutrition habits. *Presented by: Minnesota Independence College and Community (MICC)*



Date/Time: Thursday | April 16 | 7:00 - 8:30 pm
Location: Woodlake Church, Commons Rooms C & D, 2120 76th St. W., Richfield
Cost: Free! | **Pre-registration requested**, space limited
Register by: Monday, April 13 | minimum 6, maximum 45

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																																																																														
Address		Apt. #	City	Zip Code	Birth Date																																																																														
Staff will attend: Yes <input type="checkbox"/> No <input type="checkbox"/> Allergies/Medical Concerns:																																																																																			
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Have ideas for future Learning Exchange classes? List them here or email ideas to jclarke@isd271.org				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.																																																																															
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Credit Card: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover Number _____ Exp. Date _____																																																																																			
By signing above, I authorize my Credit Card to be charged _____ Date _____																																																																																			



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



Watch for the AR&LE Fall catalog the end of July!

Purchase tickets by mail or online starting 3/1 at www.bowlingforbuses.eventbrite.com
or mail completed registration form along with check payable to TRAIL. Must be received by 5/13.

7th-Annual



Bowling for Buses 9-Pin No-Tap!

Who

Everyone is invited!

When

May 17, 2020 | 3 to 5 pm

2:45 check-in & 3:00 bowling
4:30 pizza & pop served

Where

AMF Southtown Lanes

Benefiting

TRAIL transportation to
adult AR&LE programs

FEATURING

2 games,
pizza buffet,
soft drink,
dessert,
automatic entry
for door prizes
and high score
prizes!

Name: _____

Address: _____

City: _____ Zip: _____

Telephone: _____

Email: _____

Bowler: Qty ____ x \$24 = \$ ____

Spectator*: Qty ____ x \$15 = \$ ____

*food & drink only

\$ ____ TOTAL

If you would like to bowl with a certain person, please

list name/s: _____

TRAIL staff will make final decisions on lane placements.

☐ TRAIL riders check here for FREE transportation.

☐ I need a ramp and/or bumpers for bowling (circle)

Support staff are required to assist clients as needed. Staff who plan to eat must purchase spectator ticket.

Note: Tickets will not be mailed. Just check in at the registration table the day of the event!

Mail completed form along w/check payable to TRAIL to: TRAIL, 574 Prairie Center Dr., Suite 135-274, Eden Prairie, MN 55344

Phone: 612.401.6395 | email: office@ridetrail.org | www.ridetrail.org