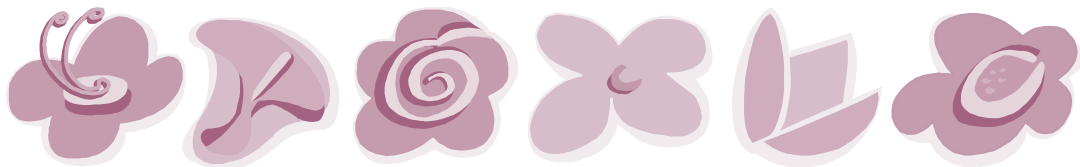


AR & LE

Spring 2009



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 25 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 the 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, basketball, as well as a number of social programs for both youth and adults.
- ◆ *The 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 quarterly program catalog with descriptions of all programs to be offered for the upcoming season. This is sent out quarterly 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.ci.bloomington.mn.us 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.ci.bloomington.mn.us, return the completed profile to the following address:

Bloomington Parks & Recreation
Attn: Sacha Hammer
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 STAFF

The supervisory staff that are 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

- ◆ Kari Hemp – Recreation Supervisor, Youth Programming: 952-563-8891
khemp@ci.bloomington.mn.us
- ◆ Jackie Doncavage, CTRS – Recreation Supervisor, Adult Programming: 952-563-4949
jdoncavage@ci.bloomington.mn.us
(tty: 952-563-8740)

Eden Prairie Adaptive Recreation

- ◆ Nicole White, CTRS – Therapeutic Recreation Coordinator: 952-949-8457
(tty: 952-949-8399)
nwhite@edenprairie.org

Edina Adaptive Recreation

- ◆ Kristin Aarsvold – Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
kaarsvold@ci.edina.mn.us
- ◆ Dawn Beitel - Recreation Specialist: 952-826-0438 (tty: 952-826-0379)
dbeitel@ci.edina.mn.us

Richfield Adaptive Recreation

- ◆ Kelly Mertes – Recreation Supervisor: 612-861-9361 (tty: 612-861-9360)
kmertes@cityofrichfield.org

Learning Exchange

- ◆ Gina Carpenter – Coordinator of Alternative Educational Services: 952-681-6122
(MN Relay Service at 711)
gcarpenter@bloomington.k12.mn.us
- ◆ Janet Clarke – Community Liaison: 952-681-6121 (MN Relay Service at 711)
jclarke@bloomington.k12.mn.us

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. Upon request, this information can be available in Braille, large print, audiotape and/or computer disk.



TRAIL (Transportation Resource to Aid Independent Living) is a nonprofit service organization formed in 1990 by parents, consumers & professionals. TRAIL'S mission is to provide transportation to adults with disabilities, who live in Bloomington, Eden Prairie, Edina and Richfield and are living independently/semi-independently without transportation on the premises. This service enables riders to attend recreational and educational programs sponsored by AR&LE. Programs with this symbol offer TRAIL rides. To request an application or find out more, please call Michelle at 952-828-0983.

PROGRAM CHART

Use the chart below to find programs that you might like to try. Then, go to the page number to find the description of the program and registration information. If you have questions after reading the program description, please contact the staff person listed.

Day of the week	Youth	Teen	Adult
Monday		Center Sampler (p. 7)	Cardio Fitness (p. 11) First Aid Basics for Summer (p. 12) Crafts & More (p. 13) Cooking Corner (p. 14)
Tuesday	Jellybeans (p. 7)		Fantastic Faces Art (p. 12) Growing Herbs You Can Eat (p. 12) Shooting Pool/Playing Billiards (p. 13) Crafts & More (p. 13)
Wednesday		Center Sampler (p. 7)	Cardio Fitness (p. 11) Tai Chi & Qigong (p. 12) Woodworking basics (p. 13)
Thursday	Jellybeans (p. 7)	Social Skills & the Arts (p. 8)	Social Skills & the Arts (p. 8) Adult Basketball (p. 8) Games/Conversation Starters (p. 12) Crafts & More (p. 13) Cooking Corner (p. 14)
Friday	Larry Nelson- Adaptive Golf & Adaptive League Golf (p. 8)	Center Sampler (p. 7) Larry Nelson Adaptive Golf & Adaptive League Golf (p. 8) Spring Time Art (p. 9)	Dance Your Socks Off! (p. 5) Larry Nelson Adaptive Golf & Adaptive League Golf (p. 8) Spring Time Art (p. 9) Movie's & Munchies (p. 11)
Saturday	MacPhail FamJam (p. 6) Beginning Cheerleading (p. 8)	Walking Club (p. 6) Saturday Night Out (p. 6) Beginning Cheerleading (p. 8) Navigators: Transition Training (p. 14)	Walking Club (p. 6) Navigators: Transition Training (p. 14) AR&LE Nature Retreat (p. 14)
Sunday		Super Sundays (p. 9)	Super Sundays (p. 9)
Various Days	Private Music Therapy (p. 6)	Private Music Therapy (p. 6) Spring Break Camp (p. 8)	Private Music Therapy (p. 6) Spring Break Camp (p. 8) Good Happenings (p. 10)

MEDICATION MANAGEMENT AND PEOPLE WITH DISABILITIES

SAGES Workshop for: Self-advocates, family members, caregivers, and service providers of people with developmental disabilities.

How do medications affect people with disabilities as they age? Do you know how to recognize the side effects of medications? Can you tell when a person with disabilities is over-medicated or under-medicated? Do you want to know more about new medications on the market? Learn more about medication, aging and disability from **Karen Finck, RN, MS, CNS, owner and president of Health Counseling Services.**

Friday, April 17, 2009

1:00-3:30 p.m.

Christ the King Church, Fellowship Hall

8600 Fremont Avenue South, Bloomington, MN

Please RSVP by Wednesday, April 15, by contacting Gina Carpenter at Learning Exchange, gcarpenter@bloomington.k12.mn.us or by calling 952-681-6122. There will be a \$15 charge per person at the door. Please make checks payable to **ISD #271.**



Kari Hemp - Recreation Supervisor, Youth Programming
 Phone: 952-563-8891
 Email: khemp@ci.bloomington.mn.us
Jackie Doncavage - Recreation Supervisor, Adult Programming
 Phone: 952-563-4949
 Email: jdoncavage@ci.bloomington.mn.us
 Address: 1800 W. Old Shakopee Road
 Bloomington, MN 55431
 TTY: 952-563-8740
 Website: www.ci.bloomington.mn.us



DANCE YOUR SOCKS OFF! - ADULTS 18+

Put on your dancing shoes and get ready to boogie! No registration required, but you must have an AR&LE Participant Profile completed. Participants who require assistance should bring their own support person. *Door prizes will be given out near the end of the dance. MUST BE PRESENT TO WIN!* Don't miss out on these fun events! Registered TRAIL riders call 952-563-8877 no later than noon the Monday before the dance.

- Date/Time:** Friday, March 13, 2009, 7:00 - 9:00 pm
St. Patrick's Dance—Celebrate St. Patrick's Day (a little early). Remember to wear green!
 Friday, April 24, 2009, 7:00 - 9:00 pm
Sports Dance—Wear your favorite jersey & come for a slam-dunk, home run, slapshot good time.
 Friday, May 8, 2009, 7:00 - 9:00 pm
Ladies' Night—Celebrate the special women in your life! Bring your mom, sister, aunt or other special female friends. Of course, all the guys are welcome too!

Location: All dances are held at Valley View Middle School, 8900 Portland Avenue South, Bloomington. Parking is available on the West side (back) of the building. Enter through door E on the North end.

Cost: \$5 Cover Charge at the door (support staff free)



Over 130 people attended the "Grease" Dance Your Socks Off/Movies & Munchies Dance-Along Event. For more movies, see Movies & Munchies on page 11.

SHOOTING POOL/PLAYING BILLIARDS

Have a blast learning the basics of shooting pool! This 2-night class shows you the basics and will give you time to play several games with other class members. See details on page 13.

Miracle League is a national organization for boys and girls ages 3 – 19, with physical and/or cognitive disabilities to enjoy the sport of baseball. The West Metro Miracle League (WMML), located in Minnetonka at Bennett Family Park, has a brand new, fully accessible field. WMML provides "buddies" to support players in an integrated, safe environment. Registration through March 22. More information is available at www.miracleleaguemn.com or contact Lisa Adzick at 952-474-1452. This program is not affiliated with AR&LE

Bloomington Registration Form/Participant Profile Request

Participant Name	Home Phone	Work Phone	E-mail	Age
Address/City		Apt. #	Zip Code	Birth Date
Parent/Guardian	Home Phone	Work 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 _____

Dance Your Socks Off! Send me a flyer..... <input type="checkbox"/>	Mail completed form to: City of Bloomington Parks and Recreation Division 1800 W Old Shakopee Road Bloomington MN 55431
--	---



Nicole White, CTRS
Therapeutic Recreation Coordinator
Eden Prairie Parks and Recreation
Address: 8080 Mitchell Road
Eden Prairie MN 55344
Phone: 952-949-8457
TTY: 952-949-8399
Email: nwhite@edenprairie.org
Website: www.edenprairie.org

WALKING CLUB - AGES 18-26

Lace up your walking shoes! Enjoy a refreshing walk and good conversation with new and old friends. You are sure to feel revitalized after walking around Round Lake! We'll chart our progress and share trails in and around Eden Prairie to walk! A healthy snack will be provided. maximum 8, minimum 6

Date/Time: Saturdays, May 30-June 27, 9:30 - 10:30 am
Location: Meet at Round Lake Pavilion, 16691 Valley View Road
Cost: \$35, registration deadline April 24



MACPHAIL CENTER FOR MUSIC FAMJAM - AGES 4-12

Have you ever played a clatterpillar or been in a drum circle? The FamJam group is designed to enhance sibling's social interaction, communication, play, and imagination. Enjoy creating music together in a fun, unplugged environment. The focus is on children with different learning styles and, their siblings ages 4-12. All are welcome to come and Jam! maximum 30, minimum 21

Dates: Session 1: Saturdays, April 11-June 27 (no program on May 30, June 6 or 13)
Session 2: Saturdays, July 11-August 29
Time: 10:45 - 11:45 am
Location: Eden Prairie Senior Center, room 201
Cost: \$137, registration deadline is April 3 for Session 1 and July 3 for Session 2



PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

When participating in the Music Therapy private sessions, students are first assessed and a program plan is then implemented to meet their individual needs and strengths. Assessments, conducted by a board-certified music therapist, are one-hour long and are required before any private music therapy services can begin. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.

Cost: \$66 for one hour and \$33 for 30 minutes
Location: Eden Prairie Senior Center

Contact Jan Ackley Melecha, RMT-BC at MacPhail Center for Music at 612-767-5524 or Malecha.Jan@macphail.org for more information or to schedule private and/or adaptive music lessons.

SATURDAY NIGHT OUT - AGES 13-22

Are you looking for an excuse to hang out with friends? Register early for an exciting opportunity to experience various leisure activities and events in and around the community. *Note: You must **register by the deadline date** for each outing. **No refunds** will be given after this deadline due to the planning for staff, tickets, food and/or transportation.* maximum 17, minimum 12

HOBT: Puppet Show and Workshop - In the Heart of the Beast Theatre is well known for its unique and eclectic puppets. Be entertained and inspired to create a one-of-a-kind puppet. Registration deadline March 6.

Date: March 21 **Time:** 5:45 - 9:15 pm **Location:** Drop off & pick up at EP Senior Center **Cost:** \$33

Rapunzel Uncut at Lyric Arts Theatre - When it comes to fairy tales, have you ever wondered what really happened? This comical production gets to the bottom of the story of the girl with inconceivably long hair – all thanks to dueling narrators, an incredibly misunderstood witch, an extraordinarily off pitch Rapunzel, and an unimaginably dense prince. Registration deadline April 10.

Date: Apr 25 **Time:** 1:00 - 4:30 pm **Location:** Drop off & pick up at EP Senior Center **Cost:** \$29

CENTER SAMPLER - AGES 14-18

Are you looking for something to do during spring break? If you have not experienced the art, senior, or community center – check out the excitement! maximum 8, minimum 4

Eden Prairie Senior Center - Imagine. Create. Perform. Program will be facilitated by Wendy Muhlhauser, founder of Jellybeans; dramatics that inspire social, emotional, and cognitive functioning.

Date/Time: Monday, March 30, 2009, 1:00 - 4:00 pm
Location: Eden Prairie Senior Center, room 201
Cost: \$34, registration deadline March 23

Eden Prairie Community Center - Join your friends for a splashing good time! After swimming we'll shoot baskets in the gym!

Date/Time: Wednesday, April 1, 2009, 1:00 - 4:00 pm
Location: Eden Prairie Community Center
Cost: \$27, registration deadline March 26

Art Center - Learn some "how to" art making methods. Receive a mini sketchbook to draw and paint 3-D characters such as Sponge Bob, Patrick, Scooby Doo; or create pets and/or people portraits.

Date/Time: Friday, April 3, 2009, 1:00 - 4:00 pm
Location: Eden Prairie Art Center room
Cost: \$42, registration deadline March 24



JELLYBEANS—LITERATURE, SCIENCE, WORLD CULTURES - AGES 4 TO 6

Children use play to make sense of their world. After all, it is the most natural way for them to learn. Play provides for development in the areas of social, emotional, and critical thinking skills. Jelly Beans teaches children through play using drama about: literature, science, and world cultures. Participants will create simple sets and use costume as well as props to bring scenes from books, science, and world cultures to life. maximum 8, minimum 4

Dates/Time: Tuesdays and Thursdays, 2:00 - 4:00 pm
 March 10 - 26 • April 7 - 23 • April 28 - May 14

Location: Eden Prairie Community Center, room 202

Cost: \$96 for each session, registration deadline one week prior to start of session



Eden Prairie Registration Form—Spring/Summer registration begins March 17

Participant Name		Home Phone		E-mail		Age	
Address/City				Apt. #		Zip Code	
Birth Date							
Special Information:							
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		Work 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 _____	
Code 24848 Walking Club ----- <input type="checkbox"/> \$35 24863 MacPhail FamJam, Session 1, Apr 11-Jun 27 ----- <input type="checkbox"/> \$137 24864 MacPhail FamJam, Session 2, Jul 11-Aug 29 ----- <input type="checkbox"/> \$137 Saturday Night Out 24685 HOBT: Puppet Show & Workshop, Mar 21 ----- <input type="checkbox"/> \$33 24686 Rapunzel Uncut @ Lyric Arts Theatre, Apr 25 ----- <input type="checkbox"/> \$29 Center Sampler 24687 EP Senior Center, March 30----- <input type="checkbox"/> \$34 24689 EP Community Center, April 1 ----- <input type="checkbox"/> \$27 24688 EP Art Center, April 3----- <input type="checkbox"/> \$42 Programs continued on next column -----				Code Jellybeans: Literature, Science, World Cultures 24726 Tues & Thurs, Mar 10—26 ----- <input type="checkbox"/> \$96 24727 Tues & Thurs, Apr 7—23 ----- <input type="checkbox"/> \$96 24728 Tues & Thurs, Apr 28—May 14 ----- <input type="checkbox"/> \$96			
Mail completed form and check, payable to the City of Eden Prairie to: Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346							
TOTAL FEE(S) PAID: \$ _____							
Credit Card Information _____						Exp. Date _____	



Kristin Aarsvold, Recreation Supervisor
Edina Parks and Recreation
Address: 4801 W. 50th Street
Edina MN 55424
Phone: 952-826-0433
TTY: 952-826-0379
Email: kaarsvold@ci.edina.mn.us
Dawn Beitel- Recreation Specialist - 952-826-0438
Email: dbeitel@ci.edina.mn.us
Website: www.ci.edina.mn.us

SPRING BREAK CAMP FOR AGES 13-21

We are partnering with **Upstream Arts** to offer a Spring Break Camp. The morning will be spent creating with your peers in an environment where you can rehearse real life scenarios and push your creative boundaries. We will use the arts to explore how we can express ourselves socially and how we can communicate through movement, dance, poetry, theater and the visual arts. The afternoon will include a variety of activities, including board game challenges, creative craft projects and time to hang out. Bring your own lunch daily. **Register by:** March 16; maximum 15, minimum 8

Date/Time: March 30 - April 2, 10:00 am - 3:00 pm
Location: Arneson Acres Park, 4711 70th Street, Edina
Cost: \$170 resident, \$180 nonresident



Upstream Arts is a non-profit whose mission is to enhance the lives of individuals with disabilities by promoting social independence through the power of arts education.

SOCIAL SKILLS AND THE ARTS

Upstream Arts is pleased to offer a social skills group for ages 13-21. We invite you to spend time creating with your peers in an environment where you can rehearse real life scenarios and push your creative boundaries. Through the arts we will explore how we can express ourselves socially, how to communicate through movement, dance, poetry, theater and the visual arts. **Register by:** April 10; maximum 15, minimum 6

Date/Time: Thursdays, April 16 - May 7, 4:00 - 6:00 pm
Location: Cornelia School Park, 7142 Cornelia Drive
Cost: \$115 resident, \$125 nonresident

CHEERLEADING FOR ALL

This is a fun way to stay active and learn about the sport of cheerleading. Coaches from the Northern Elite Cheer Program will be teaching the basics and simple cheers. **Register by:** March 20; maximum 15, minimum 7

Date/Time: Saturdays, April 4 - May 2
9:30 am - 10:15 am for ages 8-12 (Please note, an adult needs to stay for the class.)
10:30 am - 11:30 am for ages 13-17

Location: Edina Senior Center, Dance Room, 5280 Grandview Square
Cost: \$45 resident, \$50 nonresident



ADULT BASKETBALL

Dribble, shoot and score with Edina Basketball. Each week we will develop skills before hitting the floor for a game. This is a great program for you to stay in shape and learn the game of basketball. Ages 16 and older are welcome to register. Don't forget to tell us your t-shirt size on the registration form. **Register by:** March 23; minimum 10, maximum 40.

Date/Time: Thursdays, April 9 - May 21; 7:15 - 8:45 pm
Location: Edina Community Center, City Gym
Cost: \$55 resident, \$65 nonresident



LARRY NELSON ADAPTIVE GOLF PROGRAM

Beginners will learn about golf etiquette, basic skills and rules with experienced volunteer golfers and pros. Golfers are supported on the course with volunteers based on their needs, ages 10 and older. **Register by:** April 14; minimum 12, maximum 24.

Date/Time: Fridays, May 1—June 26 (no class on May 22), 7:30 pm to dark
Location: Braemar Golf Course
Cost: \$85 resident, \$95 nonresident



LARRY NELSON ADAPTIVE LEAGUE AND ADVANCED GOLF LESSONS

This program is designed for golfers who are independent on the course with little supervision from golf pro's and volunteers. After 2 sessions of skill building we will hit the course, for ages 10 and up who have been referred to the program. **Register by:** April 14; minimum 8 maximum 20.

Date/Time: Fridays, May 1—June 26 (no class on May 22); May 1 & 8; 6:30-7:30 pm, remaining classes 6:30 pm-dark
Location: Braemar Golf Course
Cost: \$85 resident, \$95 nonresident, plus weekly greens fees for last six weeks

**** You can now register online at www.cityofedina.com at the Edina Store ****

SPRING TIME ART

Spring has sprung with our crafty instructor Kelli! She has lots of new projects to keep you busy on Friday nights! Sign up with all your friends for some fun and creativity. This program is designed for ages 16 and older. **Register by:** March 27; maximum 12, minimum 4



Date/Time: Fridays, April 3 - May 8; 6:00 - 7:30 pm
Location: Edina Senior Center, Classroom #2, 5280 Grandview Square
Cost: \$55 resident, \$65 nonresident

SUPER SUNDAYS FOR TEENS AGES 13-22

Grab your friends, head out on the town, and meet new people! Super Sundays is a social group for teens of all ability levels. **Please register by the deadline date for each outing.** No refunds will be given after this deadline due to the need to plan for staffing, tickets, supplies and transportation. maximum 20, minimum 12

Minnesota Timbervolves - Come cheer on the T-Wolves! Win or lose, there is always an exciting atmosphere at the Target Center. Bring extra money if you would like to buy a snack. **Register by March 13.**

Date: Mar. 29 **Time:** 1:00-5:00 pm **Location:** Meet/return Edina Senior Center **Cost:** \$44

Cooking School - Learn to make pizza dough from scratch, and knead and shape your own pizza creations at Young Chef's Academy in Edina. Of course eating your creation will be the grand finale! **Register by April 10.**

Date: April 19 **Time:** 2:30-4:00 pm **Location:** Meet at Young Chefs Academy, 7491 France Ave. S. **Cost:** \$15

Arboretum Workshop - Bring your green thumb and prepare to get dirty! The therapeutic horticulturist from the Minnesota Landscape Arboretum will join us on our "turf" to introduce us to the joy of gardening, hands on activities and demonstrations. **Register by April 23.**

Date: May 3 **Time:** 1:15-2:45 pm **Location:** Meet/return Edina Senior Center **Cost:** \$13

Centennial Lakes - The most popular event of the Super Sunday year is fishing and pizza (from Chuck E. Cheese) at Centennial lakes park in Edina. We will provide fishing poles (bring your own if you have one), pizza, beverages, game tokens and loads of fun! **Register by May 8**

Date: May 17 **Time:** 1:30-4:00 pm **Location:** Centennial Lakes Park, 7499 France Ave. S. **Cost:** \$15

"The Music Man" at the Bloomington Center for the Arts - Join us to see "The Music Man" a grand musical about music salesman Harold Hill who takes the town of River City, Iowa by storm. **Register by May 7. (Note: Only 15 spots are available for this play.)**

Date: May 31 **Time:** 1:30-4:00 pm **Location:** Meet at Bloomington Center for the Arts **Cost:** \$25

**** You can now register online at www.cityofedina.com at the Edina Store ****



Edina Registration Form

Participant Name		Home Phone	Work Phone	E-mail	Age																																																
Address/City			Apt. #	Zip Code	Birth Date																																																
Special Information:																																																					
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	Work 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>R= Resident, NR=Nonresident TRAIL riders please check TRAIL box.</p> <table border="0"> <tr> <td>Spring Break Camp for Ages 13-21</td> <td><input type="checkbox"/> R \$170</td> <td><input type="checkbox"/> NR \$180</td> <td><input type="checkbox"/> TRAIL</td> <td>Super Sundays for Teens</td> <td></td> </tr> <tr> <td>Social Skills and the Arts</td> <td><input type="checkbox"/> \$115</td> <td><input type="checkbox"/> \$125</td> <td></td> <td>March 29, Timeberwolves</td> <td><input type="checkbox"/> \$44</td> </tr> <tr> <td>Cheerleading for All</td> <td><input type="checkbox"/> \$45</td> <td><input type="checkbox"/> \$50</td> <td></td> <td>April 19, Cooking School</td> <td><input type="checkbox"/> \$15</td> </tr> <tr> <td>Adult Basketball</td> <td><input type="checkbox"/> \$55</td> <td><input type="checkbox"/> \$65</td> <td></td> <td>May 3, Arboretum Workshop</td> <td><input type="checkbox"/> \$13</td> </tr> <tr> <td colspan="3">Please circle your shirt size: M L XL</td> <td></td> <td>May 17, Fishing/Pizza</td> <td><input type="checkbox"/> \$15</td> </tr> <tr> <td>Larry Nelson Adaptive Golf Program</td> <td><input type="checkbox"/> \$85</td> <td><input type="checkbox"/> \$95</td> <td></td> <td>May 31, "The Music Man"</td> <td><input type="checkbox"/> \$25</td> </tr> <tr> <td>Larry Nelson Adaptive League & Advanced Golf Lessons</td> <td><input type="checkbox"/> \$85</td> <td><input type="checkbox"/> \$95</td> <td><input type="checkbox"/></td> <td></td> <td></td> </tr> <tr> <td>Spring Time Art</td> <td><input type="checkbox"/> \$55</td> <td><input type="checkbox"/> \$65</td> <td></td> <td></td> <td></td> </tr> </table> <p>Programs continued on next column</p>						Spring Break Camp for Ages 13-21	<input type="checkbox"/> R \$170	<input type="checkbox"/> NR \$180	<input type="checkbox"/> TRAIL	Super Sundays for Teens		Social Skills and the Arts	<input type="checkbox"/> \$115	<input type="checkbox"/> \$125		March 29, Timeberwolves	<input type="checkbox"/> \$44	Cheerleading for All	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50		April 19, Cooking School	<input type="checkbox"/> \$15	Adult Basketball	<input type="checkbox"/> \$55	<input type="checkbox"/> \$65		May 3, Arboretum Workshop	<input type="checkbox"/> \$13	Please circle your shirt size: M L XL				May 17, Fishing/Pizza	<input type="checkbox"/> \$15	Larry Nelson Adaptive Golf Program	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95		May 31, "The Music Man"	<input type="checkbox"/> \$25	Larry Nelson Adaptive League & Advanced Golf Lessons	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	<input type="checkbox"/>			Spring Time Art	<input type="checkbox"/> \$55	<input type="checkbox"/> \$65			
Spring Break Camp for Ages 13-21	<input type="checkbox"/> R \$170	<input type="checkbox"/> NR \$180	<input type="checkbox"/> TRAIL	Super Sundays for Teens																																																	
Social Skills and the Arts	<input type="checkbox"/> \$115	<input type="checkbox"/> \$125		March 29, Timeberwolves	<input type="checkbox"/> \$44																																																
Cheerleading for All	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50		April 19, Cooking School	<input type="checkbox"/> \$15																																																
Adult Basketball	<input type="checkbox"/> \$55	<input type="checkbox"/> \$65		May 3, Arboretum Workshop	<input type="checkbox"/> \$13																																																
Please circle your shirt size: M L XL				May 17, Fishing/Pizza	<input type="checkbox"/> \$15																																																
Larry Nelson Adaptive Golf Program	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95		May 31, "The Music Man"	<input type="checkbox"/> \$25																																																
Larry Nelson Adaptive League & Advanced Golf Lessons	<input type="checkbox"/> \$85	<input type="checkbox"/> \$95	<input type="checkbox"/>																																																		
Spring Time Art	<input type="checkbox"/> \$55	<input type="checkbox"/> \$65																																																			
TOTAL FEE(S) PAID: \$ _____																																																					
Credit Card Information _____				Exp. Date _____																																																	
<p>Mail completed form and check, payable to the City of Edina to: Edina Parks and Recreation 4801 W 50th Street Edina MN 55424</p>																																																					



Kelly Mertes
Recreation Supervisor
Richfield Recreation Services
Address: 7000 Nicollet Ave. S.
Richfield MN 55423
Phone: 612-861-9361
TTY: 612-861-9360
Email: kmertes@cityofrichfield.org
Website: www.cityofrichfield.org



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. Activities are listed below and a full description can be found at www.richfieldrecreation.com/Programs/Arle. Sign up for all or select just a few of the activities offered!

PLEASE NOTE: To save on printing & mailing costs, you will no longer receive the Good Happenings newsletter by mail. Please see all Spring Good Happenings activities listed below. To sign up for events, use the registration form on page 11.

St. Patrick’s Day BINGO & Shamrock Sundaes – Play BINGO and win lucky prizes! For dessert make a shamrock sundae with all your favorite toppings! Wear Green! Registration deadline: March 9.



Date: Mon, March 16 Time: 7:00-8:30 pm Location: Richfield Community Center Fee: \$12
 Staff fee: \$5 for sundae

Richfield Ice Show – Join us at the annual spring ice show with talented skaters from the Richfield skating school and guests from the St. Paul Figure Skating Club. Dinner is not included; bring extra money if you would like concessions. Registration deadline: March 30.



Date: Sat, April 4 Time: 6:30-9:00 pm Location: Richfield Ice Arena Fee: \$10
 Staff fee: \$6 for admission

Hollywood Movie Trivia – If you love the movies, know the movies or want to challenge your movie skills this night is for you! Play the Hollywood Movie Trivia game! Snacks will be served, please eat dinner before you come. Registration deadline: April 6.



Date: Tues, April 14 Time: 7:00-8:30 pm Location: Richfield Community Center Fee: \$10
 Staff fee: \$5 for snacks

Bowling @ Brunswick Zone – Keep up on your bowling game and spend an afternoon with friends bowling and having pizza & pop for lunch! We have 10 lanes reserved for 40 lucky bowlers! Registration deadline: May 8.



Date: Sat, May 16 Time: noon-2:30 pm Location: Brunswick Zone, Eden Prairie Fee: \$15
 Staff fee \$0: purchase own food

Games & Snacks Night – Play games with your fiends and enjoy evening snacks! We will have board & card games out for you to play against your friends. Snacks will be served. Registration deadline: May 22.



Date: Fri, May 29 Time: 7:00-8:30 pm Location: Richfield Community Center Fee: \$10
 Staff fee: \$5 for snacks

Inclusion opportunities for Richfield Summer Park Programs are listed in your resident Spring/Summer Recreation Services brochure. Check your mail in March or call 612-861-9385.



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.
Date/Time: Mondays and Wednesdays: March 30 - May 20; 6:50 - 7:50 pm
Location: Richfield Community Center, 7000 Nicollet Avenue South
Cost: \$45 resident, \$50 nonresident—2 days per week
\$22.50 resident, \$25 nonresident—1 day per week
Please indicate Monday and/or Wednesday on registration form!
Register by: March 23; maximum 25, minimum 10 per night



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/Time: Fridays, 7:00 - 9:00 pm
March 6 - *E.T.* (#4672)
April 3 - *The Wizard of Oz* (#4675)
May 1 - *Field of Dreams* (#4676), \$7 movie & pizza night
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. Staff/assistants are invited to attend free of charge. (May 1 staff are required to pay \$5 if they would like pizza.)
Register by: Call 612-861-9385 by 12:00 pm the Tuesday before each movie to register.
Registered TRAIL riders should let us know if you will need TRAIL when you call. maximum 50.



Richfield Registration Form

Participant Name		Home Phone		Work Phone		Age																									
Address/City				Apt. #	Zip Code		Birth Date																								
Special Information:				Food Allergies:																											
Parent/Guardian		Home Phone		Work 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>																															
Participant or Parent/Guardian Signature				Date																											
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box.				Comments:																											
<table border="0"> <thead> <tr> <th>Good Happenings</th> <th>Participant</th> <th>Staff</th> <th>TRAIL</th> </tr> </thead> <tbody> <tr> <td>#4696 St. Patrick's Day Bingo, Mar 16.....</td> <td><input type="checkbox"/> \$12</td> <td><input type="checkbox"/> \$5</td> <td><input type="checkbox"/></td> </tr> <tr> <td>#4700 Richfield Ice Show, Apr 4.....</td> <td><input type="checkbox"/> \$10</td> <td><input type="checkbox"/> \$6</td> <td><input type="checkbox"/></td> </tr> <tr> <td>#4697 Hollywood Movie Trivia, Apr 14.....</td> <td><input type="checkbox"/> \$10</td> <td><input type="checkbox"/> \$5</td> <td><input type="checkbox"/></td> </tr> <tr> <td>#4698 Bowling @ Brunswick Zone, May 16.....</td> <td><input type="checkbox"/> \$15</td> <td>none</td> <td><input type="checkbox"/></td> </tr> <tr> <td>#4699 Games & Snacks Night, May 29.....</td> <td><input type="checkbox"/> \$10</td> <td><input type="checkbox"/> \$5</td> <td><input type="checkbox"/></td> </tr> </tbody> </table>				Good Happenings	Participant	Staff	TRAIL	#4696 St. Patrick's Day Bingo, Mar 16.....	<input type="checkbox"/> \$12	<input type="checkbox"/> \$5	<input type="checkbox"/>	#4700 Richfield Ice Show, Apr 4.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$6	<input type="checkbox"/>	#4697 Hollywood Movie Trivia, Apr 14.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$5	<input type="checkbox"/>	#4698 Bowling @ Brunswick Zone, May 16.....	<input type="checkbox"/> \$15	none	<input type="checkbox"/>	#4699 Games & Snacks Night, May 29.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$5	<input type="checkbox"/>	<p>Mail completed form and check, payable to the City of Richfield to:</p> <p>Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423</p>			
Good Happenings	Participant	Staff	TRAIL																												
#4696 St. Patrick's Day Bingo, Mar 16.....	<input type="checkbox"/> \$12	<input type="checkbox"/> \$5	<input type="checkbox"/>																												
#4700 Richfield Ice Show, Apr 4.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$6	<input type="checkbox"/>																												
#4697 Hollywood Movie Trivia, Apr 14.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$5	<input type="checkbox"/>																												
#4698 Bowling @ Brunswick Zone, May 16.....	<input type="checkbox"/> \$15	none	<input type="checkbox"/>																												
#4699 Games & Snacks Night, May 29.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$5	<input type="checkbox"/>																												
<table border="0"> <thead> <tr> <th>#4681 Cardio Fitness</th> <th>R</th> <th>NR</th> <th>TRAIL</th> </tr> </thead> <tbody> <tr> <td>Mon. & Wed.....</td> <td><input type="checkbox"/> \$45</td> <td><input type="checkbox"/> \$50</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Mon. or Wed. (circle one).....</td> <td><input type="checkbox"/> \$22.50</td> <td><input type="checkbox"/> \$25</td> <td><input type="checkbox"/></td> </tr> </tbody> </table>				#4681 Cardio Fitness	R	NR	TRAIL	Mon. & Wed.....	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50	<input type="checkbox"/>	Mon. or Wed. (circle one).....	<input type="checkbox"/> \$22.50	<input type="checkbox"/> \$25	<input type="checkbox"/>																
#4681 Cardio Fitness	R	NR	TRAIL																												
Mon. & Wed.....	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50	<input type="checkbox"/>																												
Mon. or Wed. (circle one).....	<input type="checkbox"/> \$22.50	<input type="checkbox"/> \$25	<input type="checkbox"/>																												
TOTAL FEE(S) PAID: \$ _____																															
Credit Card Information _____				Exp. Date _____																											



THE LEARNING EXCHANGE

Gina Carpenter- Coordinator of Alternative Educational Services

**Address: 2575 West 88th Street
Bloomington, MN 55431**

**Phone: 952-681-6122
TTY: 711 (Minnesota Relay Service)**

Email: gcarpenter@bloomington.k12.mn.us

Janet Clarke - Community Liaison

Phone: 952-681-6121

Email: jclarke@bloomington.k12.mn.us

Website: www.bloomington.k12.mn.us



GAMES AND CONVERSATION STARTERS: RELATIONSHIP SKILLS

Play fun games like Get-to-know-you Bingo (with prizes!) while you learn about ways to start conversations in family, social and work situations.

Date/Time: Thursday, May 21, 7:00 pm - 8:30 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington
Cost: \$10, checks payable to ISD 271
Register by: May 7; maximum 16, minimum 6



FANTASTIC FACES ART

Explore some 'how to' ways to make fun faces of people or animals by drawing, painting or collaging with paper. Begin with a basic shape and create funny cartoons or expressive, realistic faces. We'll look at some artists' examples of faces for inspiration. Make a portfolio of faces.

Date/Time: Tuesday, May 12, 7:00 pm - 8:30 pm
Location: Central Middle School, Art Room, 8025 School Road, Eden Prairie
Cost: \$11, checks payable to ISD 271
Register by: April 28; maximum 14, minimum 8



TRY TAI CHI AND QIGONG!

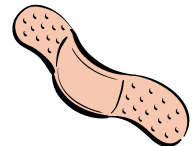
Come hear stories about Tai Chi and try the movements yourself. The gentle movements of this class can be done by almost anyone either seated or standing. The Chinese exercises of Qigong (pronounced chi kung) can relax the body and mind and help develop better balance. Tai Chi is a martial art developed from the practice of qigong.

Date/Time: Wednesday, May 6, 7:00 pm - 8:00 pm
Location: South View Middle School, Cafeteria (enter door #3), 4725 South View Lane, Edina
Cost: \$8, checks payable to ISD 271
Register by: April 22; maximum 16, minimum 6



FIRST AID BASICS FOR SUMMER

Come have fun learning the basics of summer first aid: what to do with insect stings, sunburn, cuts and how to identify heat exhaustion and general stroke symptoms. Take home a mini first aid kit! Taught by nursing students working at Bloomington Public Health.



Date/Time: Monday, April 13, 7:00 pm - 8:30 pm
Location: South View Middle School, room 141 (enter door #3), 4725 South View Lane, Edina
Cost: \$8, checks payable to ISD 271
Register by: March 30; maximum 16 minimum 6



GROWING HERBS YOU CAN EAT!

Let's get planting! Plant your own pot of herbs. Learn how to care for your own plant and harvest it. Plus we will show you how to use them in your favorite salad.

Date/Time: Tuesday, April 14, 7:00 pm - 8:00 pm
Location: Washburn Elementary School, Cafeteria, 8401 Xerxes Avenue South, Bloomington
Cost: \$11, checks payable to ISD 271
Register by: March 31; maximum 16, minimum 6



NEW! SHOOTING POOL/PLAYING BILLIARDS

Have a blast learning the basics of shooting pool! This 2-night class shows you the basics and will give you time to play several games with other class members.

Session 1: Tuesday, April 21, 7:00 pm - 8:30 pm
Session 2: Tuesday, April 28, 7:00 pm - 8:30 pm
Location: **New! Location for both sessions:** Creekside Community Center, Game Room, 9801 Penn Avenue South, Bloomington
Cost: \$12 for both sessions, checks payable to ISD 271
Register by: April 7; maximum 10, minimum 6



NEW! WOODWORKING BASICS

Enjoy making a wooden CD/DVD rack at this 2-night class, while learning about basic woodshop tools like saws, drills, sandpaper and more!

Session 1: Wednesday, May 20, 7:00 pm - 8:30 pm
Session 2: Wednesday, May 27, 7:00 pm - 8:30 pm
Location: **New! Location for both sessions:** Edina Community Center, Woodshop 5701 Normandale Road, Edina
Cost: \$15 for both sessions, checks payable to ISD 271
Register by: May 6; maximum 10, minimum 6

CRAFTS AND MORE

Join Michelle for a fun evening making great decorations to keep or give as gifts. These fill fast – sign up soon! **TRAIL riders: Some classes have one option that offers TRAIL and one option that does not offer TRAIL. Verify on the Registration Form that your choice offers TRAIL.**

SENSATIONAL SPRING BOUQUET

Brighten up your room with a colorful bouquet of foam craft flowers arranged in a mini white pail. This would make a great Mother's Day gift!

Option 1: Monday, April 6, 7:00 pm - 8:15 pm, Lyndale Court, Commons Room, 10325 Lyndale Ave. So., Bloomington
Option 2: Tuesday, April 7, 7:00 pm - 8:15 pm
Location: South View Middle School, Room 201 (enter door #3), 4725 South View Lane, Edina
Cost: \$11, checks payable to ISD 271
Register by: Two weeks before class; maximum 12, minimum 6



CLAY POT PETS!

Using a clay pot, you will make your own special dog or cat to keep you company. Be sure to indicate your choice of dog or cat on the registration form.

Date/Time: Thursday, April 30, 7:00 pm - 8:15 pm
Location: South View Middle School, Room 201 (enter door #3) 4725 South View Lane, Edina
Cost: \$11, checks payable to ISD 271
Register by: April 16; maximum 16, minimum 6



WOODEN BLOCK PHOTO HOLDER

Decorate your own wooden block which has a wire clip to display favorite photos. These are all the rage in boutiques – now make your own!

Option 1: Tuesday, May 5, 7:00 pm - 8:00 pm, Sheridan Court, Commons Room, 2500 West 66th Street, Richfield
Option 2: Monday, May 18, 7:00 pm - 8:00 pm, Central Middle School, Art Room, 8025 School Road, Eden Prairie
Cost: \$11, checks payable to ISD 271
Register by: Two weeks before class; maximum 12, minimum 6



WHO'S IN YOUR NETWORK?

NAVIGATORS: TRANSITION TRAINING FOR YOUTH 16-25 YEARS OLD AND PARENTS

Preparing youth for life after leaving school can be confusing for youth and their parents. Join Opportunity Partners and community resources to discuss resources and strategies to reduce the fear of the unknown. Youth and parents will spend time in separate groups and together. What are your goals for an adult life? What types of supports do you need? What types of employment are available? How to become the captain of your journey.

Questions on Navigators class content? Contact: Julie McKibbins 952-930-4277,
email: JAMcKibbins@opportunities.org



Date/Time: Saturday, April 25, 9:30 am - 11:30 am
Location: Community Education Campus, 2575 West 88th Street, Bloomington, 3d floor, rooms 324 & 326
Cost: \$25 per youth and one or two parents/guardians, checks payable to ISD 271
Register by: April 17; maximum 25 youth, minimum 5 youth



AR&LE AWESOME NATURE RETREAT

Come have an awesome time at Woodlake Nature Center with old and new friends. Experience what life might have been like for Native Americans by cooking stick bread over a fire and hearing from a naturalist about the plants and animals they needed to survive. Time and weather permitting, take a nature walk outside, have an indoor scavenger hunt, and do a nature craft. Enjoy pizza for lunch while you chat with friends. Dress appropriately to walk outdoors. Cost of lunch included for person registering. Staff lunches available for an additional \$6 – see registration form.

Questions? Call or email Janet Clarke, 952-681-6121, jclarke@bloomington.k12.mn.us

Date/Time: Saturday, May 2, 10:00 am - 2:00 pm
Location: Woodlake Nature Center, 6710 Lake Shore Drive South, Richfield
Cost: \$22, checks payable to ISD 271
Register by: April 22; maximum 30, minimum 15



COOKING CORNER



TRAIL riders: No Monday classes will have TRAIL available. See registration form to verify that your choice offers TRAIL.

Register for one or more of the classes listed below, and don't forget to bring containers. These classes are designed for adults who can safely use knives, oven and stovetop without supervision.

Time: All classes meet from 7:15 pm - 8:45 pm
Location: Jefferson High School, Cooking Lab A100, 4001 W. 102nd St., Bloomington
Cost: \$14 per class, checks payable to ISD 271
Register by: Two weeks before class; maximum 12, minimum 6 (Hurry, these fill fast!)



Decadent Desserts 2009

Thursday, Apr 16 or Monday, Apr 20 or Thursday, Apr 23

Make a mouth-watering dessert that will impress your friends and families. Each kitchen will make and share a dessert, so you'll get to try three different types and take home samples and recipes! Eat before you come tonight – this is not a meal.

Hotdog Hootenanny

Thursday, May 7 or Monday, May 11 or Thursday, May 14

Let's put hotdogs to the test. We will prepare and taste test 4-5 different types of hotdogs just like a true food tester. Take a vote and pick a wiener winner! Weather permitting, we'll grill the hotdogs outside and eat them with chips and more.

Fajitas Fiesta

Thursday, May 28 or Monday, Jun 1 or Thursday, June 4

Come fiesta with fajitas. Cook tender chicken and sautéed peppers with caramelized onions. Add a warm tortilla, splash on lime and, "It's fiesta time."

Learning Exchange Registration Form

Participant Name	Home Phone	E-mail	Age
Address	Apt. #	City	Zip Code
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.

NO PHOTOS: Please check box if you do NOT wish your picture to be used for publicity purposes.

Participant or Parent/Guardian Signature _____

Date _____

	<u>Cost</u>	<u>TRAIL</u>		<u>Cost</u>	<u>TRAIL</u>	
TRAIL Riders please check TRAIL Box						
Games & Conversation Starters.....	<input type="checkbox"/> \$10	<input type="checkbox"/>	Cooking Corner - Note: TRAIL is <u>only</u> available on Thursdays, <u>not</u> on Mondays. Decadent Desserts 2009 Thurs, Apr 16 <input type="checkbox"/> \$14 <input type="checkbox"/> Mon, Apr 20 <input type="checkbox"/> \$14 <input type="checkbox"/> Thurs, Apr 23 <input type="checkbox"/> \$14 <input type="checkbox"/> Hotdog Hootenanny Thurs, May 7 <input type="checkbox"/> \$14 <input type="checkbox"/> Mon, May 11 <input type="checkbox"/> \$14 <input type="checkbox"/> Thurs, May 14 <input type="checkbox"/> \$14 <input type="checkbox"/> Fajitas Fiesta Thurs, May 28 <input type="checkbox"/> \$14 <input type="checkbox"/> Mon, June 1 <input type="checkbox"/> \$14 <input type="checkbox"/> Thurs, June 4 <input type="checkbox"/> \$14 <input type="checkbox"/>			
Fantastic Faces Art.....	<input type="checkbox"/> \$11	<input type="checkbox"/>				
Try Tai Chi & Qigong!.....	<input type="checkbox"/> \$8	<input type="checkbox"/>				
First Aid Basics for Summer	<input type="checkbox"/> \$8	<input type="checkbox"/>				
Growing Herbs You Can Eat!	<input type="checkbox"/> \$11	<input type="checkbox"/>				
New! Shooting Pool/Playing Billiards..... Tuesdays, Apr 21 & 28	<input type="checkbox"/> \$12	<input type="checkbox"/>				
New! Woodworking Basics	<input type="checkbox"/> \$15	<input type="checkbox"/>				
Wednesdays, May 20 & 27						
Crafts and More						
Sensational Spring Bouquet						
Option 1: Mon, Apr 6.....	<input type="checkbox"/> \$11					
Option 2: Tues, Apr 7.....	<input type="checkbox"/> \$11	<input type="checkbox"/>				
Clay Pot Pets, Apr 30	<input type="checkbox"/> \$11	<input type="checkbox"/>				
Check one: <input type="checkbox"/> Cat <input type="checkbox"/> Dog						
Wooden Block Photo Holder						
Option 1: May 5	<input type="checkbox"/> \$11					
Option 2: May 18	<input type="checkbox"/> \$11	<input type="checkbox"/>				
Who's in your Network?						
Navigators Transition Training	<input type="checkbox"/> \$25					
AR&LE Nature Retreat (includes lunch)	<input type="checkbox"/> \$22	<input type="checkbox"/>				
Staff Lunch.....	<input type="checkbox"/> \$6					
Classes continued on next column....						
Mail complete form and check, payable to ISD 271 to: The Learning Exchange 2575 W 88th Street Bloomington, MN 55431						

TOTAL FEE(S) PAID: \$ _____

PLEASE NOTE:
Good Happenings Programs
are now listed on page 10.
A newsletter will no longer be mailed!

Register now for the AR&LE Spring
“Awesome Nature Retreat”
Saturday, May 2nd
10:00 am to 2:00 pm
Details on page 14



The AR&LE Singers Holiday Concert on December 7, 2008, attracted nearly 300 audience members who enjoyed the singing and song introductions by the choral group at Edinborough Indoor Park.

Watch for the AR&LE 2009 Summer Catalog the week of March 23rd

AR&LE

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

If you or someone at this address no longer wishes to receive this brochure, please inform us by calling 952-563-8877 (TTY: 952-563-8740). Your call will help us save on the high cost of printing and mailing. Thank you!