



**CDH Students...  
Volunteer for the  
Highland Friendship Club  
It's Easy and It's Fun!!**



**Do you like to watch movies, play the Wii or sing Karoke?  
Look below to see how you can help and have fun this Fall.**

**Call Amy Stedman at 651-698-4096 to sign up to volunteer! Or  
email us at [astedman@highlandfriendshipclub.org](mailto:astedman@highlandfriendshipclub.org)**

**Have Fun with your HFC Friends this Fall by volunteering for the following activities. Grab a CDH friend or two and volunteer!**

**Wednesday Nights at the JCC:** HFC members gather every Wednesday night at the St. Paul JCC and watch movies, play the Wii, play gym games and mostly just have fun relaxing and hanging out with friends. Join us on Wednesdays from 6:30-8:30 starting September 9th.

**Friday Nights at CDH:** HFC will host art classes, birthday bashes and bingo nights on the following nights in the Fall. Volunteer to help once a month or every week. All activities take place in the art rooms at CDH from 6:00-8:00 p.m.

Art Classes: 9/18, 10/2, 10/16, 11/6 and 12/4

Birthday Bash: 9/25, 10/30 (special Halloween B-Day bash), 11/20 and 12/18

Bingo: 10/23

**Saturday Music Classes at CDH:** Music classes meet every other Saturday from 1:00-3:00 in the CDH art rooms. If you like music, you will like this class. The group will host a holiday music concert in December. Classes meet on the following dates: 10/3, 10/24, 11/7, 11/21 and 12/19.