



FALL 2021 PROGRAM CATALOG

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Highland Friendship Club serves individuals with disabilities from teens through adulthood by providing a range of opportunities to develop lifelong skills, friendships and connections within their community.

IN-PESON & VIRTUAL PROGRAMMING

We offer in-person and virtual program options. For virtual programs, classes, or events, you will be sent a link to be used to access the class the morning of the class.

SCHOLARSHIP INFORMATION

We offer scholarships for HFC members whose participate is limited by financial barriers. For more information, please contact info@highlandfriendshipclub.org.

GET SOCIAL WITH HFC!



WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB



[@HIGHLANDFRIENDSHIPCLUB](https://www.instagram.com/HIGHLANDFRIENDSHIPCLUB)



[@HFCUPDATES](https://twitter.com/HFCUPDATES)

To learn more about us, visit: www.highlandfriendshipclub.org

A NOTE REGARDING HFC'S VIRTUAL & IN-PERSON PROGRAMMING

Hello Friends –

We are so grateful to have continued keeping in touch with many of our members virtually this summer, while also welcoming some members back to in-person classes.

This Fall, we will continue offer some in-person classes outdoors, including Walking Club, zoo trips, and snow tubing. We are also planning to hold some in-person classes and community outings indoors, while also continuing to offer many classes virtually. Please refer to the catalog for more details about our virtual and in-person program options!

While we hope we can carry out our in-person programming plans, the safety of our members is a top priority. We recognize we may need to shift our plans as local and national guidelines shift. We will communicate as effectively as we can about any program changes that occur. To keep everyone safe, HFC staff have undergone training on our new protocols. We also have a virtual orientation available for all members [HERE](#) that will explain class guidelines and what to expect when they gather in person - including direction on mask-wearing, and how to maintain social distancing. For the most up to date information, please check our web page [here](#).

Thank you all for being the heart and soul of Highland Friendship Club. We're looking forward to a fabulous Fall season!

Sincerely,

Patty Dunn

HFC Executive Director

VIRTUAL CLASSES

Highland Friendship Club's virtual programs, classes and events are designed for teenagers and adults with disabilities who have a wide range of interests, skills, and ability levels. It can take time for HFC members to get used to an online format, so we encourage members to try a class a few times before deciding it's not a good fit for them. If an HFC member tries a virtual program, class, or event and decides it doesn't work for them, they can contact the program manager who will help them switch to a different class or can issue a credit to their account.

MONDAYS (DAYTIME)

MINDFUL MOVEMENT ONLINE

TIME: 10 AM-11 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/13-12/13

A yoga class for all levels and abilities. Yoga instructor Mary Troullier will guide you and help you explore the mindful art of yoga. In addition to the physical benefits of yoga, the class will focus on breathing techniques, stretching, and relaxation. Members can participate on the floor or by using a chair.

SOCIAL GROUP ONLINE: MONDAYS AT 10 AM

TIME: 10 AM - 10:30 AM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 9/13-11/15

Meet weekly with a small group of HFC members and college-age volunteers from UST and U of M. Social Groups are a chance to make new friends and have fun together.

- **HFC is able to offer this class at a no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/13-12/13

Join us online for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights (or water bottles, soup cans or any similar item you have at home) and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels. Please purchase the below supplies if you plan to participate. If you need assistance securing the supplies, please contact katie@highlandfriendshipclub.org

- 1 exercise band
- 1 agility ring
- 1 plastic cone



MOVIES, GAMES, & ARTS AND CRAFTS IN-PERSON

TIME: 12 PM-2 PM

LOCATION: St. Luke Church

FEE: \$10

DATES: Weekly 9/13-12/13

Join your HFC friends to watch a movie, make a craft, or play a game together!

Movie Days: 9/13, 10/11, 10/25, 11/8, 11/22, 12/6

Game Days: 9/20, 10/4, 11/1, 11/29, 12/13

Arts & Crafts: 9/27, 10/18, 11/15

MONDAYS (DAYTIME CONTINUED)

BOWLING IN-PERSON

TIME: 2:30 PM– 4PM

LOCATION: Pinz Bowling Alley

FEE: \$15

DATES: Weekly 9/13-12/13

Come join HFC's community of friendly bowlers and bowl to your heart's content! All abilities are welcome! Adaptive bowling is available with ramps and bumpers provided as needed.

SOCIAL GROUP ONLINE: MONDAYS AT 4 PM

TIME: 4 PM - 4:30 PM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 9/13-11/15

Meet weekly with a small group of HFC members and college-age volunteers from UST and U of M. Social Groups are a chance to make new friends and have fun together.

- **HFC is able to offer this class at a no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

MONDAYS (EVENING)

GET FIT LIKE ROCKY ONLINE

TIME: 6:30 PM - 7:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/13-12/13

As you read this, we hope the Rocky theme song is playing in your head! At a "Get Fit Like Rocky" class, each member practices boxing exercises with Nick and HFC staff. Join us for a fun opportunity to work on coordination and endurance, and relieve some stress! This class is FULLY INCLUSIVE to members of all abilities, and members can participate sitting or standing. You do not need boxing gloves to participate.

TUESDAYS (DAYTIME)

SOCIAL GROUP ONLINE: TUESDAYS AT 9 AM

TIME: 9 AM - 9:30 AM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 9/14-11/16

Meet weekly with a small group of HFC members and college-age volunteers from UST and U of M. Social Groups are a chance to make new friends and have fun together.

- **HFC is able to offer this class at a no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

NOT YOUR ORDINARY BOOK CLUB ONLINE: NOT JUST FOR READERS, EVERYONE IS WELCOME

TIME: 10 AM-11 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/7-12/14

Weekly meetings begin with general sharing, welcoming and settling in. Sara Conley, HFC Volunteer Extraordinaire, guides the discussion and helps with words if someone gets stuck. Some members are echo readers. They repeat the words of a helper who quietly reads the text first word by word. Some members simply enjoy listening while others feel more comfortable moving around. We invite members of all reading levels to join us!

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/7-12/14

Join us online for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights (or water bottles, soup cans or any similar item you have at home) and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels. Please purchase the below supplies if you plan to participate. If you need assistance securing the supplies, please contact katie@highlandfriendshipclub.org

- 1 exercise band
- 1 agility ring
- 1 plastic cone



NORTHERN STAR SCOUTING/BASE CAMP IN-PERSON

TIME: 1 PM-2:30 PM

LOCATION: Base Camp

FEE: \$15

DATES: 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14

Northern Star Scouting and HFC staff will work together to deliver a fun and exciting hands-on curriculum that focuses on leadership, character education, communication skills, and team building. Activities include a rock climbing wall, archery, and more—which are all fully adaptable to our members' abilities.

TUESDAYS (EVENING)

CARD MAKING IN-PERSON

TIME: 5:00 PM-6:30 PM

LOCATION: St. Luke Church

FEE: \$15

DATES: 9/14, 9/28, 11/9, 11/23, 12/7

Join HFC Community Club members in this lively and creative activity in which members create hand-made greeting cards! You will learn the card making process as well as gain valuable real-world business experience. The cards are sold at a reasonable, competitive price with proceeds being returned to programming. Don't miss this opportunity to become a business entrepreneur AND create something beautiful!

MAGIC THE GATHERING IN-PERSON

TIME: 6:00 PM-7:30 PM

LOCATION: Zoom Meeting & St. Luke Church

FEE: \$10

DATES: Weekly 10/5-10/26

HFC member Tomas Silva will be teaching other members how to play the card game "Magic The Gathering". This game does use math and reading skills, and HFC staff and volunteers will be available to partner with members who need assistance.

10/5: Virtual Introduction to Magic The Gathering

10/12-10/26: In-Person at St. Luke Church to play the game together

STORY BUILDING ONLINE

TIME: 5:30 PM- 6:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/7-12/14

Calling storytellers of all imaginations and abilities! Join this fun class to build and tell original stories made by you: the HFC members! We will work as a team to create group and individual stories via writing, typing, drawing, speaking, signing, or any communication mode of your preference. Topics may include anything- including animals, princesses, superheroes, current events, history, and many more!

GLEE CLUB ONLINE

TIME: 7 PM-8 PM

LOCATION: Zoom Meeting

FEE: \$2

DATES: Weekly 9/14- 12/14

Join us as we work through vocal warm-ups, exercises, and sing-alongs during our Glee Club. Come and sing your heart out with your friends! This class will be meeting virtually, and will culminate with a virtual performance.

- **HFC is able to offer this class at a low cost to members in thanks to a grant we received from the MN State Arts Board!**

WEDNESDAYS (DAYTIME)

MUSIC EXPLORATION IN-PERSON

TIME: 10:15 AM-11:15 AM

LOCATION: St. Luke Church

FEE: \$10

DATES: Weekly 9/1-12/15, no class 11/24

Participants in this music class will have opportunities to develop or enhance their enjoyment of music! Community building and personal exploration will be the focus of a curriculum filled with games, physicality, and imagination. No matter what kind of music you prefer, there's something for everyone in this program!

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/1-12/15, no class 11/24

Join us online for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights (or water bottles, soup cans or any similar item you have at home) and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels. Please purchase the below supplies if you plan to participate. If you need assistance securing the supplies, please contact katie@highlandfriendshipclub.org

- 1 exercise band
- 1 agility ring
- 1 plastic cone



MARKET TO TABLE (SHOPPING DAY) IN-PERSON

TIME: 3:30 PM– 5 PM

LOCATION: St. Luke Church

FEE: \$10

DATES: 9/22, 10/13, 11/17, 12/8

HFC invites members to join us in a comprehensive kitchen experience. The focus is on skill development with opportunities to plan menus, prepare grocery lists, purchase food at a grocery store, cook, enjoy “fine dining” and friendly conversations with friends, and help clean up! This is an adaptive experience with modifications made so that members can participate to the best of their abilities!

This class has 2 sessions, Shopping Day and Cooking Day, and it is recommended (but not required) that members sign up for both sessions each week.

GET UP GET HEALTHY ONLINE

TIME: 4 PM-5 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/1-12/15, no class 11/24

Come make fitness and healthy choices a part of your life while having fun at the same time. Classes will include stretching, cardio, strength exercises in addition to learning lessons about healthy living and healthy snacking... and much more! All fitness and mobility abilities will benefit.

WEDNESDAYS (EVENING)

UST FUN NIGHTS

TIME: 6 PM-7 :30 PM

LOCATION: UST CAMPUS

FEE: \$15

DATES: 9/22, 10/20, 11/17, 12/8

Come live it up with students from the University of St. Thomas. Don't forget to put your dancing (or bowling) shoes on! Activities vary monthly.

9/22: Kickball & Craft Night

10/20: Halloween Party

11/17: Turkey Crafts

12/8: Holiday Bowling Party

BINGO ONLINE

TIME: 6 PM-7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/1-12/15, no class 9/22, 10/20,
11/17, 11/24, 12/8

Please join your HFC friends for a fun and exciting Bingo game from the comfort of your home!

KARAOKE ONLINE

TIME: 7:15 PM– 8:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/1-12/15, no class 9/22, 10/20,
11/17, 11/24, 12/8

Do you love to sing? Do you love to spend time with your HFC friends? Then karaoke is for you! Join HFC staff and members as we sing our favorite songs together!

THURSDAYS (DAYTIME)

ADVENTURE DAY IN-PERSON

TIME: Times Vary Depending on Activity

LOCATION: In-person **FEE:** \$15 **DATES:** See Below

Explore the Twin Cities community alongside your HFC friends!

9/2, 10/7, 11/4: Como Planetarium from 10 AM to Noon

9/9, 10/14, 11/11, 12/2: Painting @ Simply Jane Art Studio from 10 AM to Noon

9/16: Padelford Riverboats from 2:30 to 4:30

9/23, 10/28, 11/18: Dodge Nature Center from 1 PM to 2 PM

9/30: Como Zoo from 1 PM to 3 PM

10/21: Afton Apple Orchard from 1:30 PM to 3:30 PM

HOLIDAY GAMES & CRAFTS IN-PERSON

TIME: 1:30 PM- 2:30 pm

LOCATION: St. Luke **FEE:** \$10 **DATES:** 12/9 and 12/16

Gather with your HFC friends for some holiday inspired games and crafts!

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** Weekly 9/2-12/16, no class 11/25

Join us online for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights (or water bottles, soup cans or any similar item you have at home) and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels. Please purchase the below supplies if you plan to participate. If you need assistance securing the supplies, please contact katie@highlandfriendshipclub.org

- 1 exercise band
- 1 agility ring
- 1 plastic cone



SKILL BUILDING FOR A CONFIDENT FUTURE ONLINE

TIME: 2 PM-3 PM

LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** 10/14, 10/28, 11/11, and 12/9

Join instructor Nick Wilkie from the Metropolitan Center for Independent Living for guided group discussions on a variety of topics from where people find themselves now to what they envision for themselves down the road. This class will encourage members to ask questions and seek answers for themselves in a supported environment.

THURSDAYS (DAYTIME CONTINUED)

MARKET TO TABLE (COOKING DAY) IN-PERSON

TIME: 3 PM-5 PM

LOCATION: St. Luke Church

FEE: \$15

DATES: 9/23, 10/14, 11/18, 12/9

HFC invites members to join us in a comprehensive kitchen experience. The focus is on skill development with opportunities to plan menus, prepare grocery lists, purchase food at a grocery store, cook, enjoy “fine dining” and friendly conversations with friends, and help clean up! This is an adaptive experience with modifications made so that members can participate to the best of their abilities!

This class has 2 sessions, Shopping Day and Cooking Day, and it is recommended (but not required) that members sign up for both sessions each week.

SOCIAL GROUP ONLINE: THURSDAYS AT 4 PM

TIME: 4 PM - 4:30 PM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 9/16-11/18

Meet weekly with a small group of HFC members and college-age volunteers from UST and U of M. Social Groups are a chance to make new friends and have fun together.

- **HFC is able to offer this class at a no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

THURSDAYS (EVENING)

EVENING COOKING IN-PERSON

TIME: 5:30 PM-7:30 PM

LOCATION: St. Luke Church

FEE: \$15

DATES: 9/23, 10/14, 11/18, 12/9

HFC invites members to join us in the kitchen for this exciting cooking experience! Members will participate in the preparation of each week's meal, which will include main and side dishes. The focus of each meal will be on learning how to prepare nutritious AND delicious meals step-by-step. Learning about portion control and good decision making surrounding food choices will also be covered weekly. And....conversation over dinner is the best part. All are expected to do their part to leave the kitchen in the same condition we found it!

- **Please note this class will be cooking the same menu as our Market to Table class.**

EXPRESS YOURSELF: CREATIVE WRITING FOR DIVERSE LEARNERS IN-PERSON

TIME: 6 PM-8 PM

LOCATION: St. Luke Church

FEE: \$10 total for all 5 classes

DATES: 9/30, 10/7, 10/21, 10/28, 11/4

HFC is teaming up with Cow Tipping Press to hold a creative writing class that members are sure to enjoy! The class meets weekly for five classes in June and July, and caps off with a book release where each author's work will be published. Authors will be given the opportunity to develop writing skills, increase their self-confidence in their abilities as authors, have an outlet for processing their feelings and emotions, and be celebrated for their accomplishments.

- **Registration for Express Yourself is for all five classes.**
- **The capacity for this class is capped at 10 members, so please be sure to register by 9/28 if you'd like to participate. If more than 10 member register, we will enter members into a lottery for the spots.**
- **Each member will receive a copy of the published book upon completion of the class.**
- **HFC is able to offer this class at a low cost to members in thanks to a grant we received from the MN State Arts Board!**

DANCE CLUB ONLINE

TIME: 5:30 PM-6:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 9/16, 10/7, 10/21, 11/11, 12/2, 12/16

Open to ALL members! No age or ability limits. This program teaches dance with the help from student volunteers at University of St. Thomas. Each meeting, participants will learn basic dance skills alongside their friends, and will have plenty of opportunities for dance parties during the class!

RHYTHM & MOVEMENT THROUGH DRUMMING ONLINE

TIME: 7 PM-8 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/2-12/16, no class 11/25

Join HFC instructor Tibbe Luell for a class that explores rhythm and movement through drumming exercises. You can participate using a pillow as a drum and household objects as sticks, or if you would prefer you can purchase an exercise ball that sits on a base with drumsticks. This class will combine music with exercise in a fun and unique way. You won't want to miss it!

FRIDAYS (DAYTIME)

SOCIAL GROUP ONLINE: FRIDAYS AT 9 AM

TIME: 9 AM - 9:30 AM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 9/17-11/19

Meet weekly with a small group of HFC members and college-age volunteers from UST and U of M. Social Groups are a chance to make new friends and have fun together.

- **HFC is able to offer this class at a no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

WALK & TALK IN-PERSON

TIME: 10 AM - 11 AM

LOCATION: Mall of America

FEE: \$10

DATES: Weekly 11/5-12/17 no class 11/19 or 11/26

Meet us at the MOA for an hour of walking and chatting with your HFC friends!

ANNIE AT THE CHILDREN'S THEATER

TIME: 10 AM - 12:30 PM

LOCATION: Children's Theater Company

FEE: \$15

DATES: 11/19

Come enjoy a live theater performance with your HFC friends!

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/3-12/17, no class 11/26

Join us online for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights (or water bottles, soup cans or any similar item you have at home) and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels. Please purchase the below supplies if you plan to participate. If you need assistance securing the supplies, please contact katie@highlandfriendshipclub.org

- 1 exercise band
- 1 agility ring
- 1 plastic cone



WALKING CLUB IN-PERSON

TIME: 2 PM– 3 PM

LOCATION: In-person

FEE: \$10

DATES: Weekly 9/10-10/29

Lace up your walking shoes and join HFC staff and members for this fun opportunity to socialize while walking together in beautiful locations. Our walks will all be on paved paths that are accessible for all members.

Lebanon Hills Regional Park: 9/10, 9/24, 10/8, 10/22

Roseville Central Park: 9/17, 10/1, 10/15, 10/29

FRIDAYS (EVENING)

FRIDAY FUN IN-PERSON

TIME: 6 PM-8 PM

LOCATION: In-Person

FEE: \$15

DATES: See Below

Gear up for the weekend starting with your HFC friends! Each month's activity varies.

9/3: Science Museum of MN

10/15: SEA LIFE Aquarium (at Mall of America)

10/29: Jack-O-Lantern Spectacular (at the MN Zoo)

11/5: Walker Art Museum

12/3: Snow Tubing (at Buck Hill) *This event meets from 6 PM to 7:30 PM*

12/17: Walk To View Holiday Lights on Summit Ave. *This event runs from 7 PM to 8 PM*



BIRTHDAY BASH ONLINE

TIME: 6 PM-7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 9/10, 10/8, 11/12, 12/10

Every month HFC throws a birthday party for our members! This is a chance to celebrate all members whose birthday lands in that month. **It does not need to be your birth month to attend!**

FRIDAY NIGHT OUT

TIME: 6 PM-8 PM

LOCATION: In-Person

FEE: \$15

DATES: See Below

We all need quality time with our friends, and Friday Night Out is a chance to catch up and have fun with other HFC members! Choose from two activities happening each night based on what interests you!

9/17: Option 1: Origami & Pizza (Saint Anthony Village Central Park)

Option 2: Basketball & Pizza (Saint Anthony Village Central Park)

10/1: Option 1: UST Women's Hockey Game (UST Ice Arena)

Option 2: Virtual Art Project (online)

11/19: Option 1: Holiday Shopping (Mall of America)

Option 2: Bowling (Location TBD)

TRIVIA ONLINE

TIME: 6 PM-7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 9/24, 10/22

Come play trivia with your HFC friends! Members will answer the questions from a multiple-choice list.

SATURDAYS (DAYTIME)

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM - 9 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/11-12/18, no class 11/27

This class is meant to refresh, relax and clear the mind. When time is taken for self-care it allows you to become a better version of yourself and as a result a better caretaker, partner, parent, and friend. The program will introduce stretching, light yoga and low impact body movement exercises. CHINSUP is led by Tami Carlson, a Certified Personal Trainer who specializes in functional fitness.

MOVE & GROOVE IN-PERSON

TIME: 10:30 AM-11:30 AM

LOCATION: Cretin-Derham Hall

FEE: \$15

DATES: Weekly 10/2-12/18, no class 11/27

Being healthy takes work but that doesn't mean it can't be fun! HFC members enjoy this weekly fitness class led by Tami Carlson, a Certified Personal Trainer. Tami leads the HFC crew in stretching, mat exercises, using exercise equipment like treadmills and ellipticals, relay games, and more! This is a fun way to spend a Saturday with your friends while jamming to music AND exercising! This class is FULLY INCLUSIVE. Tami makes it fun for all — come join us!

THEATERPALOOZA ONLINE

TIME: 3 PM - 4 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 10/2-11/20

Come join your HFC colleagues in an energetic exploration of theater! Play games, create characters, write skits, practice improv and even do a little mime! No previous theater experience is necessary.

SATURDAYS (EVENING)

KARAOKE ONLINE

TIME: 6 PM – 7:15 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 9/11-12/18, no class 11/27

Do you love to sing? Do you love to spend time with your HFC friends? Then karaoke is for you! Join HFC staff and members as we sing our favorite songs together!

SUNDAYS (EVENING)

SOCIAL GROUP ONLINE: SUNDAYS AT 6 PM

TIME: 6 PM - 6:30 PM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 9/19-11/21, no group 10/31

Meet weekly with a small group of HFC members and college-age volunteers from UST and U of M. Social Groups are a chance to make new friends and have fun together.

- **HFC is able to offer this class at a no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

HIGHLAND FRIENDSHIP CLUB POLICIES

- Members who make a cancellation 48 hours in advance or more will receive a credit that may be used at a later date. This credit can now be carried over to the next semester. Late cancellations and no-shows will not be given a credit.
- In the event that HFC cannot hold a scheduled program due to unforeseen circumstances, programs will be rescheduled whenever possible. If rescheduling is not possible, members will be issued an electronic program credit. Credits can be applied toward the payment of any HFC programs.
- If you register for a program, you are responsible for the payment of the registration fee.
- Program payment should occur: online via credit/debit card or send checks via mail.

Sign-in Policy: Member safety is our highest priority

- HFC members must be signed in at every program. Parents/caregivers must sign their member in on the sign-in sheet and leave a phone number that they can be reached at during the program.
- After the program, parents/caregivers must come into the building to pick up their member.

Medication Administration and Personal Care

- HFC employees and volunteers are prohibited from providing hands-on assistance with the activities of eating, toileting, and lifting.
- HFC employees are also prohibited from administering any medication to HFC members.

Please note that **scholarships have been made available** through the generosity of our granters and donors.

For consideration, please contact info@highlandfriendshipclub.org

REGISTRATION SUPPORT

If you are experiencing any trouble registering online for HFC programs, please do not hesitate to ask for help.

You can view the "Registration Quick Guide" with step-by-step instructions available on the HFC website.

If you have a general registration question, contact HFC directly, and we will do our best to answer your

questions:

Email: katie@highlandfriendshipclub.org

Phone: 651-698-4096

If you are experiencing technical problems when registering, please contact Active Network customer service at:

Phone: 1-877-228-4881 (7am -5pm PST Monday through Friday)

Live chat: <http://activesupport.force.com/usersupport/UScontact>

Email: support@active.com

NEW MEMBER INFORMATION

Welcome to Highland Friendship Club! We are so glad that you are considering becoming a member! Below is some information you may find helpful.

- Connect with HFC on social media! We use: [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#)
- Have questions? Check out the [FAQ page](#) of our website & contact us through email at info@highlandfriendshipclub.org
- Program Policies – Check out [HFC's policies](#) on programs to better understand how we work!
- Billing questions? Contact accounting@highlandfriendshipclub.org

ONLINE CLASS INFORMATION

- You will receive an email with class information including the Zoom link at least one hour before class begins. If it is less than an hour before class begins and you have not received an email with class information, please contact our Program Manager Katie Markquart at katie@highlandfriendshipclub.org.
- We have an HFC staff person on each call to help with any tech issues you may have, and that person's phone number is also in the email you will get the morning of a class. You can call them directly if you have any issues at all with the technology, and they can help problem solve it.
- The site we use to hold our online classes is called Zoom. You will have to create a free Zoom account and download the Zoom app before your first class.
- You can use any device, but it is easiest if you have a computer or tablet rather than a phone so you can see better.

COMMUNITY-BASED SITE INFORMATION

Afton Apple Orchard	14421 90th St S, Hastings, MN 55033
Buck Hill	15400 Buck Hill Rd, Burnsville, MN 55306
Children's Theater Company	2400 3rd Ave S, Minneapolis, MN 55404
Como Elementary Planetarium	780 West Wheelock Parkway, Door #6, St. Paul, MN 55117
Como Zoo	1225 ESTABROOK DRIVE ST. PAUL, MN 55103
Cretin-Derham Hall (CDH)	550 S. Albert St., St. Paul, MN 55116 (use Hamline entrance)
Dodge Nature Center	365 Marie Ave W, West St. Paul, MN 55118
Highland Park Picnic Shelter	1200 Montreal Ave, St Paul, MN 55116
Lebanon Hills Regional Park	860 Cliff Road, Eagan, MN 55123
Mall of America	Meet at SEA LIFE Aquarium, 120 East Broadway, Level 1 East Side Entrance, Bloomington, MN 55425
Minnesota Zoo	13000 Zoo Blvd, Apple Valley, MN 55124
Northern Star Scouting Base Camp	6202 Bloomington Rd, St Paul, MN 55111
Padelford Riverboats	205 Dr. Justus Ohage Blvd Harriet Island St. Paul, MN 55107
Pinz Bowling Alley	7520 32nd St N, Oakdale, MN 55128
Roseville Central Park	Lexington Avenue North Parking Lot
Science Museum of MN	120 W Kellogg Blvd, St Paul, MN 55102
SEA LIFE Aquarium	Mall of America, 120 East Broadway, Level 1 East Side Entrance, Bloomington, MN 55425
Simply Jane Art Studio	5025 Knox Ave S Minneapolis (at Mount Olivet Church)
St. Anthony Village Central Park	3503 Silver Lake Rd NE, Minneapolis, MN 55418
St. Luke's Church	1807 Field Ave., Saint Paul, MN 55116
St. Thomas Anderson Student Center	2115 Summit Avenue, Saint Paul, MN 55105
St. Thomas Ice Arena	950 Mendota Heights Rd, Mendota Heights, MN 55120
Walker Art Museum	725 Vineland Pl, Minneapolis, MN 55403