



WINTER/SPRING 2022 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-PERSON & 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 participation 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 –

As we head in to our winter semester, we are looking forward to seeing our members enjoying classes both virtually and in-person. While there are still some uncertainties that affect our ability to meet more regularly in person, there are some very valuable lessons we've learned as we have navigated the past couple of years.

We've learned that our staff is incredibly resilient and determined to provide the best possible programming for our members regardless of the challenges. As a result, we have been able to resume some of our most treasured classes, like bowling and card-making, in person. We have also learned that our community partners, donors, supporters and volunteers are steadfast and deeply committed to helping our members thrive. And, most importantly we have learned that our members can continue to make friends, learn new skills and stay connected during challenging times.

Thank you for being a crucial part of the Highland Friendship Club, and for reminding us that we can – and will – continue to stay true to our mission in 2022 and beyond.

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: 9 AM-10 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/30

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.

ADVENTURE DAY: SPHINX VIRTUOSI AT THE ORDWAY THEATER

TIME: 10 AM - 11:30 AM

LOCATION: Ordway Theater

FEE: \$15

DATES: 4/11

Since its founding in 2004, Sphinx Virtuosi has defined itself as the most diverse professional chamber orchestra in the country. This ensemble's dynamic approach to music-making offers an experience of unmatched vibrancy for seasoned and new audiences alike.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/30

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



BOWLING IN-PERSON

TIME: 2:30 PM– 4PM

LOCATION: Pinz Bowling Alley

FEE: \$15

DATES: Weekly 1/3-5/30

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.

MONDAYS (DAYTIME CONTINUED)

SOCIAL GROUP ONLINE: MONDAYS AT 3:30 PM & 4 PM

TIME: GROUP 1: 3:30 PM - 4 PM GROUP 2: 4-4:30 PM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 2/7– 4/18, no group 3/21

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 no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

MONDAYS (EVENING)

MAGIC THE GATHERING IN-PERSON

NEW CLASS!

TIME: 5 PM - 6 PM

LOCATION: HFC Office

FEE: \$10

DATES: 1/10, 1/17, 1/24, 1/31

Dragons, goblins, and planeswalkers oh my! Explore the world of fantasy and magic with HFC member Tomas Silva who will be teaching other members how to play the card game "Magic The Gathering". It's a strategy card game with really awesome art made by the creators from Dungeons and Dragons. In this class you'll learn the basics of building a deck, playing the game, learning all about the game formats and a little of the history. This game does use some math and reading skills, and HFC staff and volunteers will be available to partner with members who need assistance. Come hang out and sling some spells!

1/10: Virtual Introduction to Magic The Gathering

1/17, 1/24, 1/31: Will meet in-person to play the game together

GET FIT LIKE ROCKY ONLINE

TIME: 6:30 PM - 7:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/30

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.

FRIENDS OF THE MISSISSIPPI RIVER SERVICE PROJECT

NEW CLASS!

TIME: 5:30 PM– 7:30 PM

LOCATION: HIDDEN FALLS REGIONAL PARK

FEE: \$12

DATES: 5/23

It is important to each of us that we take care of our community, and one way to do that is by helping to keep our parks clean! We will be working with the non-profit Friends of the Mississippi River to help clean up Hidden Falls Regional Park. While we are there, we will also learn about the land we are helping to cleanup. Part of the fee for this class will be donated to Friends of the Mississippi River to help them in their efforts to maintain our parks.

TUESDAYS (DAYTIME)

SOCIAL GROUP ONLINE: TUESDAYS AT 2:30 PM

TIME: 2:30 PM - 3 PM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 2/8– 4/19, no group 3/22

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 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 1/4-5/31

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 1/4-5/31

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: 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26, 5/10, 5/24

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)

TOGETHER TUESDAYS AT THE JCC: MOVIES, GAMES, AND ARTS & CRAFTS IN-PERSON

TIME: 6 PM- 7:30 PM

LOCATION: ST. PAUL JCC

FEE: \$10

DATES: WEEKLY 2/1-5/31

NEW CLASS!

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

Movie Nights: 2/8, 3/8, 3/22, 4/12, 5/10, 5/24

Game Nights: 2/1, 2/15, 3/1, 3/15, 4/5, 4/19, 5/3, 5/17

Arts & Crafts: 2/22, 3/29, 4/26, 5/31

STORY BUILDING ONLINE

TIME: 5:30 PM– 6:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/4-5/17

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: \$10

DATES: Weekly 2/15-5/24

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 ONLINE

TIME: 10 AM-11 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5- 5/25

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 1/5- 5/25

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



MINDFUL MOVEMENT IN-PERSON

TIME: 2 PM– 3 PM

LOCATION: HFC OFFICE

FEE: \$10

DATES: Weekly 1/5- 5/25

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.

NEW CLASS!

SOCIAL GROUP ONLINE: WEDNESDAYS AT 1 PM

TIME: 1 PM - 1:30 PM

LOCATION: Zoom Meeting

FEE: Free

DATES: Weekly 2/9– 4/20 no group 3/23

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 no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

WEDNESDAYS (DAYTIME CONTINUED)

MARKET TO TABLE (SHOPPING DAY) IN-PERSON

TIME: 4 PM– 5:30 PM

LOCATION: St. Luke Church

FEE: \$10

DATES: 3/23, 4/13, 5/18

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.

WEDNESDAYS (EVENING)

GET UP GET HEALTHY ONLINE

TIME: 4 PM-5 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5- 5/25

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.

CARD MAKING IN-PERSON

TIME: 5:00 PM-6:30 PM

LOCATION: HFC Office

FEE: \$15

DATES: 1/12, 1/19, 2/2, 2/16, 3/2, 3/16, 4/6, 4/27, 5/4, 5/25

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!

UST FUN NIGHTS

TIME: 6 PM– 7 PM for Virtual Events, 6 PM– 7:30 PM for In-Person Events

LOCATION: UST CAMPUS OR Zoom Meeting

FEE: \$15

DATES: 1/26, 2/23, 3/30, 4/20, 5/11

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.

1/26: Virtual Trivia from 6 PM to 7 PM

4/20: Spring Fling In-Person from 6 PM to 7:30 PM

2/23: Valentine's Party In-Person from 6 PM to 7:30 PM

5/11: Flag Football In-Person from 6 PM to 7:30 PM

3/30: Game Night In-Person from 6 PM to 7:30 PM

BINGO ONLINE

TIME: 6 PM-7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5– 5/25, no class 1/26, 2/23, 3/30, 4/20, 5/11

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 1/5– 5/25, no class 2/23, 3/30, 4/20, 5/11

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! Below are the activities we will be participating in together on Thursdays this semester. Activity information (including dates, times, and locations) are listed on ActiveNet.

- Sea Life Aquarium
- Ordway Theater
- Children's Theater
- Afternoon Movies
- St. Patrick's Day Party
- Science Museum
- Dodge Nature Center
- Feed My Starving Children Service Project
- Walker Art Museum
- Scavenger Hunt

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/6– 5/27

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: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/14,
4/28, 5/12, 5/26

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: 1/20, 2/17, 3/24, 4/14, 5/19

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.

THURSDAYS (EVENING)

EVENING COOKING IN-PERSON

TIME: 5:30 PM-7:30 PM

LOCATION: St. Luke Church

FEE: \$15

DATES: 1/20, 2/17, 3/24, 4/14, 5/19

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.**

DANCE CLUB ONLINE

TIME: 5:30 PM-6:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 2/10, 2/24, 3/10, 3/31, 4/7, 4/21, 5/5

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!

MEMBER SHOWCASE ONLINE

NEW CLASS!

TIME: 5:45 PM- 6:45 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 2/3, 3/17, 4/28, 5/26

Each of our HFC members has skills and abilities to share! This class highlights a different member each meeting where they will have a chance to teach the group a new skill!

2/3: Karate

3/17: Arts & Crafts: Snow Globes

4/28: Boxing

5/26: Arts & Crafts: Lizard Key Chains

RHYTHM & MOVEMENT THROUGH DRUMMING ONLINE

TIME: 7 PM-8 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/6- 5/26

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 2/11-4/22, no group 3/25

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 no cost to members in thanks to a grant we received from the Mary Alphonse Bradley Fund!**

MOVIES, GAMES, & ARTS AND CRAFTS IN-PERSON

TIME: 1 PM– 2:30 PM

LOCATION: HFC Office

FEE: \$10

DATES: Weekly 1/7-5/27

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

Movie Days: 1/21, 2/18, 3/18, 4/15, 4/29, 5/20

Card Making: 1/28, 2/25, 3/25, 4/22, 5/27

Game Days: 1/14, 2/11, 3/11, 4/8, 5/13

Arts & Crafts: 1/7, 2/4, 3/4, 4/1, 5/6

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/7– 5/27

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: 3:30 PM– 4:30 PM

LOCATION: In-person

FEE: \$10

DATES: Weekly 1/7– 5/27

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.

Rosedale Center All January, February, and March dates

Lebanon Hills Regional Park: 4/1, 4/15, 4/29, 5/13, 5/27

Roseville Central Park: 4/8, 4/22, 5/6, 5/20

FRIDAYS (EVENING)

FRIDAY FUN IN-PERSON & ONLINE

TIME: Varies Depending on Activity

LOCATION: In-Person

FEE: \$15 for in-person events, \$10 for virtual events

DATES: See Below

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

1/7: Adaptive Yoga In-Person from 6 PM- 7 PM @HFC Office

1/14: Trivia Night Online from 6 PM- 7 PM

1/21: UST Women's Hockey Game 7 PM- 8:30 PM

2/4: Game Night In-Person from 6 PM- 7:30 PM @HFC Office

2/11: Trivia Night Online from 6 PM- 7 PM

2/18: SeaLife Aquarium from 6 PM- 7:30 PM @Mall of America

3/4: St. Patrick's Day Arts & Crafts from 6 PM- 7:30 PM @HFC Office

3/11: Trivia Night Online from 6 PM- 7 PM

3/18: Movie Night from 6 PM to 8 PM @TBD

4/1: Feed My Starving Children Service Project from 7 PM- 8:30 PM @Eagan FMSC

4/8: Trivia Night Online from 6 PM- 7 PM

4/15: Adaptive Rock Climbing from 6 PM- 7:30 PM @TBD

4/29: Walker Art Museum & Sculpture Gardens from 5 PM- 6:30 PM

5/6: Pizza Picnic & Basketball from 6 PM- 7:30 PM @St. Anthony Village Central Park

5/13: Trivia Night Online from 6 PM- 7 PM

5/20: Science Museum of MN from 6 PM- 7:30 PM

BIRTHDAY BASH ONLINE



TIME: 6 PM-7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/28, 2/25, 3/25, 4/22, 5/27

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!**

TEENTASTIC TIME: FRIDAY HANGOUTS FOR 13-21 YEAR OLDS

NEW CLASS!

TIME: 6 PM-7:30 PM

LOCATION: HFC Office

FEE: \$10

DATES: 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 5/13, 5/27

Celebrate the arrival of the weekend by joining your HFC friends for this fun hangout! We will play games, dance, create art projects, and more! This class is for HFC members ages 13-21.

SATURDAYS (DAYTIME)

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM - 9 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/8- 5/28

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 1/8- 5/28, no class 2/12 or 4/9

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!

CREATING ART WITH OIL PASTELS ONLINE

TIME: 12 PM - 1 PM

LOCATION: Zoom Meeting

FEE: \$60 for all 4 classes, including supplies

DATES: 1/29, 2/5, 2/19, 2/26

Join teaching artist Candice Simpson for this 4-week class where artists will create artwork using oil pastels! Artists of all abilities are welcome to join us!

- **Registration for this class is for all 4 weeks and includes the cost of supplies.**
- **This class will be limited to 10 members, so please be sure to register by 1/7 if you are interested in participating! If more than 10 members register, we will hold a lottery to fill the spots.**

THE ART STUDIO IN-PERSON

NEW CLASS!

TIME: 1 PM - 2 PM

LOCATION: HFC Office

DATES: Session 1: Painting & Acrylics 3/5, 3/12, 3/19, 3/26 **FEE:** \$60 for all 4 classes, including supplies

Session 2: Sketching: 5/14, 5/21, 5/28 **FEE:** \$10 per class

Join teaching artist Simone Needles for these fun classes! In March, the focus will be on painting and acrylics. Artists will learn various techniques and tips to create beautiful work with acrylic paint! In May, we will learn how to sketch things found in nature. Artists of all abilities are welcome to join us in The Art Studio! Let's create!

- **This class will be limited to 10 members per session, so please be sure to register at least one week before the first class in each session if you are interested in participating! If more than 10 members register for a session, we will hold a lottery to fill the spots.**

SATURDAYS (DAYTIME CONTINUED)

CLIMB THEATER IN-PERSON

NEW CLASS!

TIME: 1 PM - 2 PM

LOCATION: HFC Office

FEE: \$60 for all 6 classes

DATES: 4/2, 4/9, 4/16, 4/23, 4/30, 5/7

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 1/8– 5/28

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!

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.

REQUIRED FORMS FOR MEMBERS

- [HFC Member Waiver](#)
- [HFC Member Questionnaire](#)

HELPFUL INFORMATION

- 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.



We welcome parents and caregivers in our classes as active supports for their HFC members. HFC has staff and volunteers in class to provide general support to members, but if an individual needs a fair amount of assistance, we ask that a parent or caregiver participate in class alongside their member. We recognize that the amount of support a member may need often changes from class to class, and it can be difficult to determine when to assist someone or when you should give them space to participate on their own. You can always ask HFC staff if it would be helpful for you to provide support during class if you aren't sure.

Plan on being an active support to your member in HFC classes if:

- Member needs physical assistance to carry out an activity we are doing in class
- Member tends to wander away from the group or gets distracted easily, and we are in a setting where that could be dangerous
- It is necessary to provide support in order to keep member safe during an activity
- Member needs support with assistive technology
- Member can become physically or verbally aggressive with others
- If you do stay to support your member please remember to:
 - Encourage participation
 - Allow for independence while remaining a support
 - Interact with other members and the whole group, not just the person you brought

Plan on remaining in class on the sidelines if:

- Member can safely participate in the HFC activity taking place with minimal support
- Member has a health condition, such as a seizure disorder, that could cause them to need medical intervention during an HFC class
- Member needs assistance using the bathroom
- Member needs medication administered to them during the class
- Member has difficulty with social boundaries and requires someone to remind them at times what is needed to be socially appropriate

Plan on dropping member off if:

- Member is comfortable attending HFC program independently
- Member can safely participate in HFC program without assistance
- Member does not need assistance using the bathroom
- Member does not need medication administered to them during class
- Member does not tend to be physically or verbally aggressive with others

****If an HFC member is able to arrive to HFC classes and/or depart classes without a parent/caregiver present, we need permission to be given for this on our [Member Questionnaire](#). Otherwise, the expectation is that HFC members will be signed into class by a parent or caregiver and signed out after class by a parent or caregiver.****

COMMUNITY-BASED SITE INFORMATION

Children's Theater Company	2400 3rd Ave S, Minneapolis, MN 55404
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
Feed My Starving Children	990 Lone Oak Road, Suite 136, Eagan, MN 55121
Hidden Falls Regional Park	1313 Hidden Falls Dr, St Paul, MN 55116
Highland Friendship Club Office	1795 Holton St, St. Paul, MN 55113 (located in Falcon Heights Church)
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
Northern Star Scouting Base Camp	6202 Bloomington Rd, St Paul, MN 55111
Pinz Bowling Alley	7520 32nd St N, Oakdale, MN 55128
Rosedale Center	1595 MN-36, Roseville, MN 55113
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
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