FALL 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

@HFCUPDATES

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

A NOTE FROM HIGHLAND FRIENDSHIP CLUB'S EXECUTIVE DIRECTOR

Hello Friends –

As we head into the Fall semester, we are excited to offer many of our long-time favorite classes along with some new ways to gather, make friends and explore fun adventures. We hope you will explore this catalog and find something new to try!

Check out Lunch Bunch on Mondays, where HFC members will gather to share a meal, and our Teentastic Time, a Friday night hang-out for members who are 13 to 21 years old. We'll also be having fun with movie nights, game nights and arts and crafts at the JCC in Highland Park on Tuesday nights. We'd love to see you there!

Thank you for being a part of Highland Friendship Club and helping us make sure that teens and adults with disabilities have a place to learn, make friends and know that they always belong.

Patty Dunn
Executive Director

VIRTUAL CLASSESS

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 9/6– 12/12, no class 10/10

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 10:30 & MONDAYS AT 3

TIME: GROUP 1: 10:30 AM - 11 AM **GROUP 2:** 3 PM -3:30 PM

LOCATION: Zoom Meeting **FEE:** Free **DATES:** Weekly 9/19– 11/14, no groups 10/10

Meet weekly with a small group of HFC members and college-age volunteers from the University of St. Thomas . 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!**

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/6– 12/12, no class 10/10

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

LUNCH BUNCH

NEW CLASS!

TIME: 1 PM-2 PM

LOCATION: Noodles & Co. **FEE:** $10, plus bring money for your meal **DATES:** 9/12, 9/26, 10/24, 11/7, 11/21, 12/5

Do you love getting together with friends to share a meal? Then HFC Lunch Bunch is for you! We will be meeting in Highland Park for lunch at Noodles & Co., and then if time and weather permit, we will walk around the neighborhood together.

MONDAYS (DAYTIME CONTINUED)

BOWLING IN-PERSON

TIME: 3:30 PM– 5 PM

LOCATION: Sun Ray Bowling Alley **FEE:** $15 **DATES:** Weekly 9/6– 12/12, no class 10/10

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 (EVENING)

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:** 9/26, 10/24, 11/14, 12/12

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.

9/26: Kickball In-Person from 6 PM to 7:30 PM

10/24: Halloween Party In-Person from 6 PM to 7:30 PM

11/14: Thanksgiving Party & Bowling In-Person from 6 PM to 7:30 PM

12/12: Holiday Dance Party Online from 6 PM to 7 PM

STORY BUILDING ONLINE

TIME: 6:30 PM– 7:45 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/6– 12/12, no class 10/10

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!

TUESDAYS (DAYTIME)

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 9/6-12/13

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 9/6-12/13

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

NORTHERN STAR SCOUTING/BASE CAMP IN-PERSON

TIME: 3:30 PM-5 PM

LOCATION: Base Camp **FEE:** $15 **DATES:** 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6

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.

GET UP GET HEALTHY IN-PERSON

NEW OFFERING IN-PERSON

TIME: 3 PM-4:30 PM

LOCATION: ST. PAUL JCC **FEE:** $15 **DATES:** 9/13, 9/20, 10/11, 10/25

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.

TUESDAYS (DAYTIME CONTINUED)

GET UP GET HEALTHY ONLINE

TIME: 3 PM-4 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** 11/8, 11/22, 12/13

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.

MARKET TO TABLE (SHOPPING DAY) IN-PERSON

TIME: 1 PM– 2:15 PM

LOCATION: HFC Office **FEE:** $15 **DATES:** 10/18

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 most weeks, Shopping and Cooking, and it is recommended (but not required) that members sign up for both sessions.

- **Please note, the 9/21 Cooking Class does not meet for shopping that week, only cooking. It is a special granola making class that will be taught by Granoluv founder Mark Ostrum, and he will provide ingredients. Pizza will be served while the granola is baking.**

SOCIAL GROUP ONLINE: TUESDAYS AT 3:30

TIME: 3:30 PM - 4 PM

LOCATION: Zoom Meeting **FEE:** Free **DATES:** Weekly 9/20– 11/15

Meet weekly with a small group of HFC members and college-age volunteers from the University of St. Thomas . 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!**

TUESDAYS (EVENING)

MUSIC TOGETHER

TIME: 4:45 PM– 5;45 PM

LOCATION: ST. PAUL JCC **FEE:** $10 **DATES:** 9/13, 9/20, 10/11, 10/25

Music Together is a place to come and join your friends as you explore music by singing, playing instruments, and dancing! This class will allow members to share their love of music with one another and experience music together in-person!

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 9/6-12/13, no class 9/26, 10/4

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

Movie Nights: 9/6, 10/11, 11/1, 11/22

Game Nights: 9/20, 10/25, 11/15, 11/29, 12/13

Arts & Crafts: 9/13, 10/18, 11/8, 12/6

GLEE CLUB ONLINE

TIME: 7 PM-8 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/6-12/13

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.

WEDNESDAYS (DAYTIME)

MUSIC EXPLORATION ONLINE

TIME: 10:15 AM-11:15 AM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/7-12/14, no class 11/23

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 9/7-12/14, no class 11/23

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

SOCIAL GROUP ONLINE: WEDNESDAYS AT 2

TIME: 2 PM - 2:30 PM

LOCATION: Zoom Meeting **FEE:** Free **DATES:** Weekly 9/21-11/16

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

MINDFUL MOVEMENT IN-PERSON

TIME: 3 PM– 4 PM

LOCATION: HFC OFFICE **FEE:** $10 **DATES:** Weekly 9/7-12/14, no class 11/23

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.

WEDNESDAYS (EVENING)

COFFEE CLUB IN-PERSON

TIME: 4 PM– 5 PM

LOCATION: HFC OFFICE **FEE:** FREE **DATES:** Weekly 9/7-12/14, no class 11/23

We all hit that afternoon slump sometimes and could use a cup of coffee or tea with a friend to lift our spirits! Join us for Coffee Club for a chance to connect with friends over a tasty beverage! We will have coffee and an assortment of herbal teas available. **We are able to offer Coffee Club for free this semester due to a generous grant from The Richard M Schulze Family Foundation.**

SOCIAL GROUP ONLINE: WEDNESDAYS AT 4:30

TIME: 4:30 PM - 5 PM

LOCATION: Zoom Meeting **FEE:** Free **DATES:** Weekly 9/21-11/16

Meet weekly with a small group of HFC members and college-age volunteers from the University of St. Thomas . 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!**

MARKET TO TABLE COOKING IN-PERSON

TIME: 5:15 PM-7 PM

LOCATION: HFC Office **FEE:** $15 **DATES:** 9/21, 10/19

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 and Cooking, and it is recommended (but not required) that members sign up for both sessions.

- **Please note, the 9/21 class does not meet for shopping that day, only cooking. It is a special granola making class that will be taught by Granoluv founder Mark Ostrum, and he will provide ingredients. Pizza will be served while the granola is baking.**

BINGO ONLINE

TIME: 6 PM-7 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/7-11/30, no class 9/14, 11/23

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

KARAOKE ONLINE

TIME: 7:15 PM– 8:15 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/7-11/30, no class 9/14, 11/23

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.

- **Painting w/ Simply Jane @ HFC Office** 9/8, 10/13, 11/10, & 12/8 from 1:30 PM to 3 PM
- **Dodge Nature Center** on 9/1, 10/6, & 11/3 from 1:30 PM to 3 PM
- **Como Park Zoo** on 9/15 from 1:30 PM to 3 PM
- **State Capitol Tour** on 9/22 from 1:30 PM to 3 PM
- **Children's Theater "Circus Tulu"** on 9/29 from 10 AM to 12 PM
- **Mill City Museum** on 10/20 from 1:30 PM to 3 PM
- **MN History Center** on 10/27 from 1:30 PM to 3 PM
- **Children's Theater "The Grinch"** on 11/17 from 9:30 AM-12 PM y
- **Holiday Shopping @ Rosedale Center** on 12/1 from 1:30 PM-3 PM
- **Holiday Bingo @ HFC Office** on 12/15 from 1:30 PM-3 PM

GET FIT LIKE ROCKY ONLINE

TIME: 11:30 AM-12:30 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/1-12/15, no class 11/24

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.

SKILL BUILDING FOR A CONFIDENT FUTURE ONLINE

TIME: 2 PM-3 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** 10/13, 10/27, 11/10, 12/8

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.

TALENT SHOW IN-PERSON

TIME: 3:30 PM-4:30 PM

LOCATION: HFC Office **FEE:** $10 **DATES:** 9/8

Calling all HFC Members! We'd love to see your talents showcased at our in-person Talent Show!

THURSDAYS (EVENING)

DANCE CLUB PARTY IN-PERSON

TIME: 6 PM - 7 PM

LOCATION: HFC Office **FEE:** $15 **DATES:** 9/8

Kick off the start to the new Dance Club semester by sharing all of your awesome dance moves at this In-person Dance Club Party! UST Dancers will be here to meet Dance Club Members in-person!

DANCE CLUB ONLINE

TIME: 5:30 PM - 6:30 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** 9/15, 9/29,10/13, 10/27, 11/10, 12/1, 12/8

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

TIME: 5:45 PM- 6:45 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** 9/22, 10/20, 11/17, 12/15

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!

9/22: TBD

10/20: TBD

11/17: TBD

12/15: TBD

RHYTHM & MOVEMENT THROUGH DRUMMING ONLINE

TIME: 7 PM-8 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/1-12/15, no class 11/24

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)

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

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

SOCIAL GROUP ONLINE: FRIDAYS AT 11:30

TIME: 11:30 AM - 12 PM

LOCATION: Zoom Meeting **FEE:** Free **DATES:** Weekly 9/23-11/18 , no group 11/11

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:** $15 **DATES:** Weekly 9/2-12/16, no class 11/11, 11/25

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

Movie Day: 10/28

Card Making: 9/16, 10/14, 12/9

Game Day: 9/23, 10/21, 11/18, 12/16

Arts & Crafts: 9/9, 10/7, 11/4, 12/2

WALKING CLUB IN-PERSON

TIME: 3:30 PM– 4:30 PM

LOCATION: In-person **FEE:** $10 **DATES:** Weekly 9/9-12/16, no class 11/11, 11/25

Lace up your walking shoes and join HFC staff and members for this fun opportunity to socialize while walking together in beautiful locations while weather permits, and then indoors at the Mall of America. Our outdoor walks will all be on paved paths that are accessible for all members.

Tony Schmidt Regional Park: 9/9, 9/23, 10/14, 10/28

Roseville Central Park: 9/16, 10/7, 10/21

Mall of America: 11/4, 11/18, 12/2, 12/9, 12/16

FRIDAYS (EVENING)

FRIDAY FUN IN-PERSON & ONLINE

TIME: Varies Depending on Activity

LOCATION: Varies **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. We have decided to make a regular monthly commitment to volunteering with Feed My Starving Children, so we will alternate between our service project, virtual trivia nights, and community outings!

9/9: Tie-Dye @HFC Office from 6 PM– 7:30 PM

9/16: Feed My Starving Children Family Service Project-Eagan Location from 7 PM– 8:30 PM

9/30: Ferguson's MN Harvest Apple Orchard Visit, **Group 1** from 2:30-4 & **Group 2** from 4:30 PM– 6 PM

10/7: TBD

10/14: Feed My Starving Children Family Service Project– Eagan Location from 7 PM to 8:30 PM

10/21: Dinner @ Highland Grill from 6 PM– 7:30 PM

11/4: Omni Theater @ MN Science Museum from 6 PM to 7:30 PM

12/2: TBD

12/9: Holiday Shopping @ Rosedale Center from 6 PM to 7:30 PM

BIRTHDAY BASH ONLINE

TIME: 6 PM-7 PM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** 9/23, 10/28, 11/18

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!**

9/23: Talent Show **10/28:** Bingo **11/18:** Charades & Pictionary

TEENTASTIC TIME: FRIDAY HANGOUTS FOR 13-21 YEAR OLDS

TIME: Varies Depending on Activity

LOCATION: Varies **FEE:** $10 **DATES:** 9/23, 10/28, 11/18, 12/16

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

9/23: Tie-Dye @ HFC Office from 6 PM -7:30 PM

10/28: Scavenger Hunt @ HFC Office from 6 PM- 7 PM

11/18: Karaoke @ HFC Office from 6 PM– 7 PM

12/16: Minute To Win It Games @ HFC Office from 6 PM -7 PM

SATURDAYS (DAYTIME)

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM - 9 AM

LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/10-12/17 , no class 11/5 or 11/26

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 9/10-12/17 , no class 11/5 or 11/26

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!

THE ART STUDIO

Session 1: Clay In– Person @ HFC Office: Artists will use air-dry clay to learn how to make small pinch pots and sculptures. Artists will have the option to paint their pieces with acrylic paint.

Dates: 10/8, 10/15, 10/22, 10/29 **FEE:** $60 for all four classes, including supplies

TIME: 12:30 PM - 1:30 PM

LOCATION: HFC Office

Session 2: Drawing Online: Artists will use their own pencils, markers and colored pencils to participate in a drawing activity or prompt. Each session will have a different drawing activity or prompt for artists to engage in. Each session we will share and discuss our work.

Dates: 12/3, 12/10, 12/17 **FEE:** $10 per class, members purchase supplies on their own

LOCATION: Zoom Meeting

SATURDAYS (EVENING)

KARAOKE ONLINE

TIME: 6 PM – 7:15 PM

ONLINE LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/10-12/17 , no class 9/30, 11/5,11/26

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 9/25-11/20

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!**

ZUMBA ONLINE

TIME: 7 PM – 8 PM

ONLINE LOCATION: Zoom Meeting **FEE:** $10 **DATES:** Weekly 9/11-12/18, no class 11/27

Get ready to dance! Join HFC instructor Tibbe Luell for an hour of fun and movement in this adaptive Zumba class!

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 dass
- 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
Como Park Zoo	1225 Estabrook Dr, 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
Feed My Starving Children	990 Lone Oak Road, Suite 136, Eagan, MN 55121
Ferguson's MN Harvest Orchard	8251 Old Hwy 169 Blvd, Jordan, MN 5535
Highland Friendship Club Office	1795 Holton St, St. Paul, MN 55113 (located in Falcon Heights Church)
Highland Park Community Center	1978 Ford Pkwy, St Paul, MN 55116
Highland Grill	771 Cleveland Ave S, St Paul, MN 55116
Mall of America	Meet at SEA LIFE Aquarium, 120 East, Broadway, Level 1, East Side Entrance, Bloomington, MN 55425
Mill City Museum	704 S 2nd St, Minneapolis, MN 55401
MN State Capitol	5 Rev Dr Martin Luther King Jr Boulevard., St Paul, MN 55155
MN History Center	345 W Kellogg Blvd, St Paul, MN 55102
Northern Star Scouting Base Camp	6202 Bloomington Rd, St Paul, MN 55111
Ordway Center for Performing Arts	345 Washington St, St Paul, MN 55102
Rosedale Center	Meet at SeaQuest Aquarium, 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
St. Paul JCC– Capp Center	1375 St Paul Ave, St Paul, MN 55116
St. Thomas Anderson Student Center	2115 Summit Avenue, Saint Paul, MN 55105
Sun Ray Lanes	2245 Hudson Rd, St Paul, MN 55119