



WINTER/SPRING 2023 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)



WWW.LINKEDIN.COM/COMPANY/HIGHLAND-FRIENDSHIP-CLUB

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

A NOTE FROM HIGHLAND FRIENDSHIP CLUB'S EXECUTIVE DIRECTOR

Hello Friends –

With a new year approaching, we have many new adventures planned for our members in 2023 both in person and virtually. Our program manager, Holly Kampa, has been busy finding places in our communities to explore and learn about. This semester, we'll be offering farm tours, walks across the Stone Arch Bridge, visits to historic sites, theater performances, and so much more. Our new online classes include Functional Fitness and Explore and Learn, which will encourage our members to learn new things about science, history, and animals.

And, that sound you hear is the HFC Sports Crew cheering on our local sports teams. This new offering will provide opportunities to attend local hockey, basketball, baseball, and softball games at Cretin-Derham Hall, Highland Park High School, University of Minnesota, and more! GO HFC!

We hope everyone can find something to enjoy, while making friends and learning new skills along the way. Thank you for being a part of the magic at Highland Friendship Club.

Patty Dunn, Executive Director

MONDAYS

COFFEE HOUR IN-PERSON

TIME: 9 AM – 10 AM

LOCATION: HFC OFFICE

FEE: \$10

DATES: Weekly 1/9-5/22, no class 1/16, 2/20

What could be better than some beverages with friends to kick off your Monday morning? Join us for Coffee Hour for a chance to connect with friends over a tasty beverage! We will have an assortment of coffees, teas, and cocoa available.

MINDFUL MOVEMENT IN-PERSON

TIME: 10 AM– 11 AM

LOCATION: HFC OFFICE

FEE: \$15

DATES: Weekly 1/9-5/22, no class 1/16, 2/20

A yoga class for all levels and abilities. Our instructor 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.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM – 12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/9-5/22, no class 1/16, 2/20

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 1 exercise band, 1 agility ring, and 1 plastic cone to participate. If you need assistance securing the supplies, please contact holly@highlandfriendshipclub.org.

FIT WITH FRIENDS HYBRID

NEW CLASS!

TIME: 11:30 AM – 12:30 PM

LOCATION: HFC OFFICE

FEE: \$15

DATES: Weekly 1/9-5/22, no class 1/16, 2/20

Join us IN-PERSON for Fit with Friends! This class will run just as our regular Fit with Friends class, but you will be surrounded by your friends! Trainer Nick will be broadcasted onto a TV screen as he runs through his warm-ups, exercises, and boxing. All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels.

MONDAYS (CONTINUED)

LUNCH BUNCH IN-PERSON

TIME: 1 PM – 2 PM

LOCATION: SEE BELOW

FEE: \$10 + money for your meal

DATES: 1/9, 2/13, 3/13, 4/10, 5/8

Do you love getting together with friends to share a meal? Then HFC Lunch Bunch is for you! We will explore various restaurants around the Twin Cities to try new things and spend quality time with friends. Check ActiveNet to find the restaurants we will be visiting!

1/9: Highland Grill

4/10: Pizza Luce

2/13: La Tapatia

5/8: Chili's

3/13: The Original Malt Shop

BOWLING IN-PERSON

TIME: 3:30 PM – 5 PM

LOCATION: Sun Ray Lanes

FEE: \$15

DATES: Weekly 1/9-5/22, no class 1/16, 2/20

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.

EXPLORE & LEARN ONLINE

NEW CLASS!

TIME: 6 PM – 7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/9, 1/30, 2/6, 2/13, 3/6, 3/13, 3/20, 4/3, 4/10, 4/24, 5/8, 5/15, 5/22

Do you love learning new things about different subjects, including science, history, and animals? Join us online for a new class that will teach you new things about topics you run into in everyday life. HFC staff will guide you through virtual materials from various community organizations, including the Science Museum of MN!

UST FUN NIGHTS

TIME: 6 PM – 7:30 PM

LOCATION: Zoom Meeting or UST Campus

FEE: \$15

DATES: 1/23, 2/27, 3/27, 4/17, 5/1

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.

1/23: Dance Party Online

4/17: Earth Day Celebration In-Person

2/27: Valentine's Day Games In-Person

5/1: Flag Football In-Person

3/27: Bowling & Dance Party In-Person

TUESDAYS

NOT YOUR ORDINARY BOOK CLUB ONLINE

TIME: 10 AM – 11 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/23

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!

GET FIT LIKE ROCKY ONLINE

TIME: 11:30 AM – 12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/23

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.

MARKET TO TABLE (SHOPPING DAY) IN-PERSON

TIME: 1:30 PM – 2:30 PM

LOCATION: Roseville Aldi

FEE: \$15

DATES: 1/17, 2/14, 3/14, 4/18, 5/16

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.

BASE CAMP IN-PERSON

TIME: 3:30 PM - 5 PM

LOCATION: Northern Star Scouting Base Camp

FEE: \$15

DATES: 1st & 3rd Tuesday of the month

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 (CONTINUED)

GET UP GET HEALTHY ONLINE & IN-PERSON

TIME: 4 PM – 5 PM online, 4 PM – 5:30 PM in-person

LOCATION: Zoom Meeting online,
JCC in-person

FEE: \$10 ONLINE
\$15 IN-PERSON

DATES: ONLINE – 1/10, 1/24, 2/14, 2/21
IN-PERSON – 3/14, 3/28, 4/11, 4/25, 5/9, 5/23

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.

STORY BUILDING ONLINE

TIME: 5:30 PM – 6:45 PM

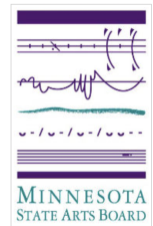
LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/23

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 learn new vocabulary, have a lesson on an aspect of storytelling, and will work as a team to create group stories.

Many of Highland Friendship Club's arts programs are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to the legislative appropriation from the arts and culture heritage fund.



TOGETHER TUESDAYS AT THE JCC

TIME: 6 PM - 7:30 PM

LOCATION: JCC

FEE: \$15

DATES: Weekly 1/3-5/23

Arts & Crafts: 1/10, 2/14, 3/14, 4/11, 5/9

Game Nights: 1/3, 1/17, 1/31, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16, 5/30

Movie Nights: 1/24 (Night at the Museum), 2/28 (Luca), 3/28 (The Greatest Showman), 4/25 (Turning Red), 5/30 (Turner and Hooch)

Many of Highland Friendship Club's arts programs are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to the legislative appropriation from the arts and culture heritage fund.



GLEE CLUB ONLINE

TIME: 7 PM – 8 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/3-5/23, no class 3/21

Certified Music Therapist Madelyn will help 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.

WEDNESDAYS

MUSIC EXPLORATION ONLINE

TIME: 10 AM – 11 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/4-5/24

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 1/4-5/24

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 1 exercise band, 1 agility ring, and 1 plastic cone to participate. If you need assistance securing the supplies, please contact holly@highlandfriendshipclub.org.

GARDEN CLUB IN-PERSON

TIME: 2:30 PM – 3:30 PM

LOCATION: HFC OFFICE

FEE: \$15

DATES: 3/8, 3/22, 4/12, 4/26, 5/3, 5/10, 5/17, 5/24

In this class, members will learn about gardening, gardens, and plants. Members will have the opportunity to plan a garden and pick their favorite plants & veggies. When the weather becomes right, members will plant, water, take care of, and harvest the plants in the HFC/FHC garden.

MEMBER SHOWCASE

TIME: 4 PM - 5 PM

LOCATION: Zoom Meeting & HFC OFFICE

FEE: \$10

DATES: ONLINE - 1/25, 2/22

IN-PERSON – 3/22, 4/26, 5/24

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!

WEDNESDAYS (CONTINUED)

HFC SCOUTS IN-PERSON

TIME: 4 PM – 5:30 PM

LOCATION: VARIOUS, CHECK ACTIVENET

FEE: \$15

DATES: 3/8, 4/12, 5/10

Have you ever experienced the joy of earning an award for accomplishing something, something you didn't even know you would be good at? Come play and learn with your HFC Friends while we explore the world around us through fun activities, community service, and so much more. You will earn a patch for your scout sash **at every meeting**, this is HFC Scouts!

MINDFUL MOVEMENT ONLINE

TIME: 4 PM – 5 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/4-5/17

no class 1/25, 2/22, 3/22, 4/26, 5/24

A yoga class for all levels and abilities. Our instructor 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.

BINGO ONLINE

TIME: 6 PM – 7 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/4-5/24

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

MARKET TO TABLE (COOKING) IN-PERSON

TIME: 6 PM – 7:30 PM

LOCATION: HFC OFFICE

FEE: \$15

DATES: 1/18, 2/15, 3/15, 4/19, 5/17

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.

THURSDAYS

GET FIT LIKE ROCKY ONLINE

TIME: 11:30 AM – 12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5 - 5/25

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.

ADVENTURE DAY IN-PERSON

TIME: SEE BELOW

LOCATION: SEE BELOW

FEE: \$15

DATES: Weekly 1/5 - 5/25

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 (dates, times, and locations) are listed on ActiveNet.

Painting w/ Simply Jane @ HFC Office on 1/5, 2/2, 3/2, 4/6, & 5/4 from 1:30 PM to 3 PM

Dodge Nature Center on 1/12, 2/9, 3/9, 4/13, & 5/11 from 1:30 PM to 3 PM

Bell Museum on 1/19 from 1:30 PM to 3 PM

Minnesota Orchestra “Winter Wonderland” on 1/26 from 11:30 AM to 1:45 PM

Minneapolis Skyways Exploration on 2/16 from 1:30 PM to 3 PM

Children’s Theatre “Locomotion” on 2/23 from 10 AM to 11:45 AM

Park Square Theatre Behind the Scenes on 3/16 from 1:30 PM to 3:30 PM

The Works Museum on 3/23 from 1:30 PM to 3 PM

Children’s Theatre “Corduroy” on 3/30 from 10 AM to 12:15 AM

Oliver Kelley Farm Tour on 4/20 from 11 AM to 12:45 PM

MN Landscape Arboretum on 4/27 from 1:30 PM to 3 PM

Children’s Theatre “An American Tail” on 5/18 from 10 AM to 12:45 PM

Sibley Historic Site Tour on 5/25 from 1:30 PM to 3 PM

THURSDAYS (CONTINUED)

SKILL BUILDING ONLINE

TIME: 2 PM – 3 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 2nd & 4th Thursday of the month

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.

DANCE CLUB IN-PERSON

TIME: 5:30 PM – 6:30 PM

LOCATION: UST Campus

FEE: \$15

DATES: 2/9, 2/23, 3/9, 4/13, 4/27, 5/11

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!

FUNCTIONAL FITNESS ONLINE

NEW CLASS!

TIME: 5:30 PM – 6:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: 1st, 3rd, & 5th Thursday

Functional Fitness is a type of strength training to get your body strong for your daily activities. These exercises can help you move for the most important type of physical fitness, the kind that preps you for real-life, daily living like bending, twisting, lifting, loading, pushing, pulling, squatting. It will also help your bowling game :) Join Chris Haider as she leads us in this new HFC class!

RHYTHM & MOVEMENT THROUGH DRUMMING ONLINE

TIME: 7:00 PM – 8:00 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5 - 5/25

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

WALK & TALK IN-PERSON

TIME: 9 AM– 10 AM

LOCATION: SEE BELOW

FEE: \$10

DATES: Weekly 1/6– 3/31

Lace up your walking shoes and join HFC staff and members for this fun opportunity to socialize while walking together indoors at the Mall of America and West St. Paul Dome.

Mall of America: 1/6, 1/20, 2/3, 2/17, 3/3, 3/17, 3/31

West St. Paul Walking Dome: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24

COFFEE HOUR IN-PERSON

TIME: 10 AM – 11 AM

LOCATION: MOA

FEE: \$10 + bring
money for your
drink

DATES: 1/6, 1/20, 2/3, 2/17, 3/3,
3/17, 3/31

What could be better than some beverages with friends to kick off your Friday morning? Join us for Coffee Hour for a chance to connect with friends over a tasty beverage! We will be enjoying beverages or your favorite snack around the Mall of America.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM– 12:30 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/6– 3/31

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 1 exercise band, 1 agility ring, and 1 plastic cone to participate. If you need assistance securing the supplies, please contact holly@highlandfriendshipclub.org.

FRIDAYS (CONTINUED)

WALKING CLUB IN-PERSON

TIME: 2:30 PM – 3:30 PM

LOCATION: SEE BELOW

FEE: \$15

DATES: Weekly 4/7– 5/26

Lace up your walking shoes and join HFC staff and members for this fun opportunity to socialize while walking together at various outdoor, scenic locations around the Twin Cities.

4/7: Cherokee Regional Park Trail

5/5: Indian Mounds Regional Park Trail

4/14: Stone Arch Bridge

5/12: Mill Ruins Park

4/21: Como Lake

5/19: Lake Phalen

4/28: Theodore Wirth Regional Park

5/26: Minnehaha Regional Park

GAME HOUR IN-PERSON

TIME: 4:30 PM– 5:30 PM

LOCATION: HFC OFFICE

FEE: \$15

DATES: 1st, 3rd, & 5th Friday of the month

What is your favorite board game? Card game? Video game? Come & play your favorite games with HFC friends, and you're guaranteed to have a good time.

FRIDAY FUN IN-PERSON

TIME: 6 PM– 7:30 PM

LOCATION: SEE BELOW

FEE: \$10 ONLINE

DATES: SEE BELOW

\$15 IN-PERSON

Join us out in the community for Friday Fun. Activities will vary from class to class, but you can always count on quality time with your friends.

1/6: Volunteer @ Feed My Starving Children

3/24: Trivia Online

1/13: Trivia Online

4/7: Trivia In-Person

2/3: Dinner @ Blue Door Pub

4/14: Minnesota Museum of American Art

2/10: Trivia Online

5/5: Summit Avenue Exploration

3/3: Bowling @ TBD

5/5: Trivia Online

3/10: Science Museum of MN

5/12: Dinner @ Longfellow Grill

FRIDAYS (CONTINUED)

DANCE PARTY IN-PERSON

NEW CLASS!

TIME: 6 PM – 7:30 PM

LOCATION: HFC OFFICE

FEE: \$15

DATES: 1/20, 2/17, 3/17, 4/21, 5/19

Put on your dancing shoes and join us for a monthly dance party. Suggest your favorite songs, dance with your friends, and hope that the fun never ends!

BIRTHDAY BASH

TIME: 6 PM – 7 PM ONLINE, 6 PM – 7:30 PM IN-PERSON

LOCATION: Zoom Meeting
or HFC OFFICE

FEE: \$10 ONLINE
\$15 IN-PERSON

DATES: ONLINE – 1/27, 2/24
IN PERSON – 3/31, 4/28, 5/26

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 IN-PERSON

TIME: 6 PM– 7 PM

LOCATION: VARIOUS

FEE: \$15

DATES: SEE BELOW

Celebrate the arrival of the weekend by joining your HFC friends for this fun hangout! This class is for HFC members ages 13- 21.

1/27: Video & Board Games @ HFC OFFICE

2/24: Valentine's Party @ HFC OFFICE

3/24: Trivia Night @ HFC OFFICE

4/28: Tie Dye @ HFC OFFICE

5/26: Open Gym @ Highland Community Center

SATURDAYS

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM– 9 AM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/7-5/27

This class will 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 & ONLINE

TIME: 10:30 AM-11:30 AM

LOCATION: VERA FITNESS or
Zoom Meeting

FEE: \$15 in-person
\$10 online

DATES: Weekly 1/7-5/27

ONLINE – 3/11, 3/25, 5/27

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 class is FULLY INCLUSIVE. Tami makes it fun for all — come join us!

NORTHERN STARZ THEATRE IN-PERSON

NEW CLASS!

TIME: 1 PM– 2:30 PM

LOCATION: HFC OFFICE

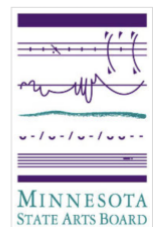
FEE: \$80/ 8-WEEK SESSION

DATES: SESSION 1: Weekly 1/28-3/18

SESSION 2; Tentatively Weekly 3/25-5/13

Highland Friendship Club is Partnering with Northern Starz Center for the Performing Arts to a theatre program. Sessions will run for 8 weeks, and there will be a 30-minute performance on the final day of the session. Join us to see & experience the magic!

Many of Highland Friendship Club's arts programs are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to the legislative appropriation from the arts and culture heritage fund.



KARAOKE ONLINE

TIME: 6 PM– 7:15 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/7-5/27

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

KARAOKE ONLINE

TIME: 5:30 PM – 6:30 PM

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!

ZUMBA ONLINE

TIME: 7 PM - 8 PM

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/8-5/28

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

CLASSES ON VARIOUS DAYS

HFC SPORTS CREW

NEW CLASS!

TIME: SEE BELOW

LOCATION: SEE BELOW

FEE: \$15

DATES: SEE BELOW

WEDNESDAY, 1/11: Highland Park Scots' Hockey @ Charles M. Schulz - Highland Arena, 7 PM – 9 PM

FRIDAY, 1/13: CDH Girls' Basketball @ CDH Fieldhouse, 7 PM – 9 PM

THURSDAY, 1/19: Humboldt Adaptive Floor Hockey @ Humboldt High School, 4:30 PM – 6 PM

WEDNESDAY, 1/25: Highland Park Scots' Gymnastics @ Highland Park Senior High, 6 PM – 7:30 PM

THURSDAY, 1/26: CDH Boys' Hockey @ Charles M. Schulz - Highland Arena, 7 PM – 9 PM

WEDNESDAY, 2/1: University of Minnesota Women's Basketball @ Williams Arena, 7 PM – 9 PM

THURSDAY, 2/2: Humboldt Adaptive Floor Hockey @ Humboldt High School, 4:30 PM – 6 PM

FRIDAY, 2/10: University of St. Thomas Men's Hockey @ Saint Thomas Ice Arena, 7 PM – 9 PM

SATURDAY, 2/18: University of St. Thomas Men's Basketball @ Schoenecker Arena, 7 PM – 9 PM

WEDNESDAY, 2/22: CDH Boys' Basketball @ CDH Fieldhouse, 7 PM – 9 PM

WEDNESDAY, 3/1: University of Minnesota Men's Baseball @ US Bank Stadium, 6 PM – 8 PM

FRIDAY, 3/24: University of St. Thomas Men's Baseball @ Koch Diamond, 3 PM – 5 PM

SATURDAY, 4/15: University of Minnesota Men's Baseball @ Siebert Field, 2 PM – 5 PM

WEDNESDAY, 4/26: University of Minnesota Men's Baseball @ Siebert Field, 6 PM – 8 PM

SATURDAY, 4/29: University of St. Thomas Men's Baseball @ Koch Diamond, 1 PM – 3 PM

SATURDAY, 5/6: University of Minnesota Men's Baseball @ Siebert Field, 2 PM – 5 PM

***** MORE DATES & GAMES TO BE ANNOUNCED AS SPRING SCHEDULES ARE RELEASED**

POP-UP CLASSES

THEATRE SHOWS

TIME: SEE BELOW

LOCATION: SEE BELOW

FEE: VARIES, CHECK ACTIVENET

DATES: SEE BELOW

SUNDAY, 3/5: Trayf @ Six Points Theatre, 1 PM – 3 PM

WEDNESDAY, 5/10: The Wanderers @ Six Points Theatre, 7:30 PM – 9:30 PM

PLANETARIUM VISITS

TIME: 2:15 PM – 3:30 PM

LOCATION: Como Park Elementary

FEE: \$15

DATES: 1/11, 3/15

Come explore star stories, constellations, and take a tour of the planets at the Como Planetarium. At these events, we will see a simulation of the night sky on a dome ceiling. It will be truly out-of-world experience filled with fun & learning!

MSP AIRPORT ACCESSIBILITY TOUR

TIME: 1:00 PM – 3:00 PM

LOCATION: MSP AIRPORT

FEE: \$15

DATES: 4/19

Traveling with loved ones who have special needs can be intimidating. *Navigating MSP Airport* helps ease the anxiety with free, practice runs through the airport.

SOCIAL GROUPS

UST-HFC SOCIAL GROUPS

TIME: SEE BELOW

LOCATION: Zoom Meeting

FEE: \$20/12 week session

DATES: Weekly, 2/6 – 4/30

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.

MONDAYS: 4:30 PM – 5:00 PM

TUESDAYS: 4:30 PM – 5:00 PM

THURSDAYS: 10:30 AM – 11:00 AM

FRIDAY: 9 AM – 9:30 PM

SUNDAYS: 4:30 PM – 5:00 PM

HIGHLAND FRIENDSHIP CLUB POLICIES

GENERAL POLICIES

- If you register for a program, you are responsible for the payment of the registration fee.
- Members who make a cancellation 48 hours in advance or more will receive a credit that may be used at a later date. A credit can be carried over to the next semester.
- 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.
- 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 & PERSONAL CARE POLICY

- 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.

SCHOLARSHIPS/ WAIVERS

Please note that **scholarships have been made available** through the generosity of our grantors and donors. For consideration, please contact info@highlandfriendshipclub.org.

***Some members with waivers can use those funds to pay for HFC classes. Check with your care coordinator about using waiver funds for HFC classes.

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.

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

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

REQUIRED FORMS FOR MEMBERS

Welcome to Highland Friendship Club! We are so glad that you are considering becoming a member!

We require each HFC member, as well as any parents or caregivers that attend in-person classes, to have a digitally signed waiver on file each calendar year.

- [HFC Member Waiver](#)

To help our staff best serve our members, we are asking that each member take time to fill out our HFC Member Questionnaire. Your answers to these questions are helpful for us so that we can keep members safe and provide the best support we can during our programs, classes, and events. The information in this form will be kept confidential and will only be shared with HFC staff members.

- [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 Holly Kampa at holly@highlandfriendshipclub.org.
- We have an HFC staff person on each call to help with any tech issues you may have, and that person's email address is also in the email you will get the morning of 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.

SUPPORTING MEMBERS IN HFC CLASSES

HELPFUL INFORMATION

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 along- side 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 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 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 A 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

IMPORTANT NOTE:

If an HFC member is able to arrive to HFC classes and/or depart classes without a parent/caregiver present, we need per- mission 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.

REGULAR COMMUNITY-BASED SITES

Cretin Derham Hall (CDH)	550 S Albert St, St Paul, MN 55116
Charles M. Schulz - Highland Arena	800 Snelling Ave S, St Paul, MN 55116
Children's Theatre Company	2400 3rd Ave S, Minneapolis, MN 55404
Como Park Elementary	780 W Wheelock Pkwy #1315, St Paul, MN 55117
Dodge Nature Center	365 Marie Ave W, West St. Paul, MN 55118
HFC Office	1795 Holton St, St Paul, MN 55113
JCC Capp Center	1375 St Paul Ave, St Paul, MN 55116
Mall of America	60 E Broadway, Bloomington, MN 55425
Northern Star Scouting Base Camp	1 Federal Dr, St Paul, MN 55111
Roseville Aldi	1161 Larpenteur Ave W, Roseville, MN 55113
Saint Thomas Ice Arena	950 Mendota Heights Rd, Mendota Heights, MN 55120
Siebert Field	1606 SE 8th St, Minneapolis, MN 55455
Six Points Theatre	1978 Ford Pkwy, St Paul, MN 55116
Sun Ray Lanes	2245 Hudson Rd, St Paul, MN 55119
UST Campus	2115 Summit Ave, St Paul, MN 55105
VERA Fitness	1 W Water St Suite 90, St Paul, MN 55107
West St. Paul Walking Dome	1655 Livingston Ave, West St Paul, MN 55118