



SUMMER 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)

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

MONDAYS

WALKING CLUB

TIME: 10 AM-11 AM

FACILITATED BY: HFC staff

LOCATION: Highland Park Community Center

FEE: \$10

DATES: Weekly, 6/5-8/28

Lace up your walking shoes and join HFC staff and members for this fun opportunity to socialize while walking together out and about in the community. On Monday mornings, we will be walking around the Highland Park neighborhood.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

INSTRUCTOR: Nick Boyer, personal trainer

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly, 6/5-8/28

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 holly@highlandfriendshipclub.org

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



BOOTCAMP

TIME: 1 PM-2 PM

INSTRUCTOR: Tami Carlson, personal trainer

NEW CLASS!

LOCATION: Vera Fitness

FEE: \$15

DATES: Weekly 6/5– 8/28, no class 7/3

Join your friends for a fun bootcamp workout at Vera Fitness! This is a circuit-style class which consists of different exercise stations focusing on improving flexibility, strength, coordination, and endurance. We will utilize different types of equipment including hand weights, strength machines, TRX, battle ropes, and cardio machines. This will be a great opportunity to move your body while hanging out with friends.

GAME HOUR

TIME: 3 PM–4 PM

INSTRUCTOR: HFC staff

LOCATION: HFC Office

FEE: \$15

DATES: 6/5-8/28

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

MONDAYS CONTINUED

ARTS & CRAFTS

TIME: 4:30 PM-5:30 PM

FACILITATED BY: Nikki, HFC staff

LOCATION: HFC office

FEE: \$15

DATES: Weekly 6/5– 8/28, no class 7/3

Do you love expressing your creativity, learning new things, and being artistic? All while spending quality time with your friends?! Join HFC staff Nikki as she leads you through various arts & crafts activities. There will be something new each week, meaning there is plenty to be excited about!

FUNCTIONAL FITNESS ONLINE

TIME: 5 PM-6 PM

INSTRUCTOR: Chris Haider, personal trainer

LOCATION: Zoom Meeting

FEE: \$10

DATES: 6/12, 6/26, 7/10, 7/24, 8/14, 8/28

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, and squatting.

EXPLORE & LEARN ONLINE

TIME: 6:30 PM-7:30 PM

FACILITATED BY: Mary, HFC staff

LOCATION: Zoom meeting

FEE: \$10

DATES: Weekly 6/5– 8/28

Do you love learning new things about subjects including science, history, animals, and geography? Join us online for a class that will teach you new things about topics you see in everyday life. HFC staff will guide you through virtual and interactive materials from various organizations like the Science Museum of MN and National Geographic.

TUESDAYS

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

TIME: 10 AM-11 AM

FACILITATED BY: Sara Conley, HFC volunteer

LOCATION: Zoom meeting OR TBD location

FEE: \$15 in-person

\$10 online

DATES: Weekly 5/30-8/29, no class 7/4

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!

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-person or on zoom.

GET FIT LIKE ROCKY ONLINE

TIME: 11:30 AM-12 :30 PM

INSTRUCTOR: Nick Boyer, personal trainer

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 5/30-8/29, no class 7/4

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.

MINDFUL MOVEMENT HYBRID

TIME: 1:30 PM-2:30 PM

INSTRUCTOR: Paula, HFC staff

LOCATION: HFC office or zoom meeting **FEE:** \$15 in-person

\$10 online

DATES: Weekly 5/30-8/29, no class 7/4

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.

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-person or on zoom.

BASE CAMP IN-PERSON

TIME: 3:30 PM-5 PM

INSTRUCTOR: Sheldon & NSSBC staff

LOCATION: Base Camp

FEE: \$15

DATES: 6/6, 6/20, 7/11, 8/1, 8/15

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

STORY BUILDING ONLINE

TIME: 5:30 PM-6:45 PM

FACILITATED BY: Holly, HFC program manager

LOCATION: Zoom meeting

FEE: \$10

DATES: Weekly 5/30-8/29, no class 7/4, 7/11, 8/1

Calling storytellers of all imaginations and abilities! Join this fun HFC 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.

TOGETHER TUESDAY AT THE JCC

TIME: 6:30 PM-8 PM

FACILITATED BY: HFC staff

LOCATION: JCC Capp Center

FEE: \$15

DATES: Weekly 5/30-8/29, no class 7/4

Arts & Crafts: 6/6, 6/27, 7/25, 8/15

Game Nights: 5/30, 6/20, 7/18, 8/8, 8/29

Movie Nights: 6/13 (Newsies), 7/11 (Toy Story), 8/1 (The Jungle Book Reimagined), 8/22 (Dumbo)

GLEE CLUB ONLINE

TIME: 7 PM-8 PM

INSTRUCTOR: Madelyn Herbrand, MacPhail Music, MT-BC

LOCATION: Zoom meeting

FEE: \$10

DATES: Weekly 6/13-8/15, no class 7/4

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 hearts out with your friends.

WEDNESDAYS

MUSIC EXPLORATION ONLINE

TIME: 10:15 AM-11:15 AM

INSTRUCTOR: Kay Jay Olson, musician & educator

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 5/31-8/30, no class 7/5

Participants in this music class will have opportunities to develop or enhance their enjoyment of music! Community building & 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

INSTRUCTOR: Nick Boyer, personal trainer

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 5/31-8/30

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 holly@highlandfriendshipclub.org

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



MARKET TO TABLE: SHOPPING

TIME: 11:30 AM-12:30 PM

INSTRUCTOR: Paula, HFC staff

LOCATION: Roseville Aldi

FEE: \$15

DATES: 6/21, 7/26, 8/16

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, shop for and purchase food at a grocery store, cook, enjoy "fine dining" and friendly conversations, and help clean up! This is an adaptive experience with modifications made so members can participate to the best of their abilities! This class has two sessions, shopping and cooking, and it is recommended that members sign up for both sessions, but not required.

SAINT PAUL URBAN TENNIS

TIME: 1:30 PM-2:30 PM

INSTRUCTOR: SPUT instructors & HFC staff

LOCATION: Groveland Park

FEE: \$15

DATES: Weekly 6/21-8/30, no class 7/5

HFC will be working with our friends from St. Paul Urban Tennis for this inclusive tennis practice! Members will work on honing their tennis skills through warm ups, drills, and games in a fun, supportive atmosphere. All abilities are welcome and encouraged to participate.

WEDNESDAYS CONTINUED

BOWLING

TIME: 3:30 PM-5 PM

FACILITATED BY: HFC staff

LOCATION: Sun Ray Lanes

FEE: \$15

DATES: Weekly 5/31-8/30

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

BINGO ONLINE

TIME: 6 PM-7 PM

FACILITATED BY: Eric, HFC staff

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 5/31-8/30, no class 7/5

Please join your HFC friends for a fun and exciting Bingo game from the comfort of your home! Use your own bingo cards, or print out bingo cards from an online generator, grab some bingo board coverings, and get ready for some really, really good jokes to laugh at, as well as upbeat party music.

GROOVIN' IN THE GARDEN

TIME: 6 PM-7:30 PM

FACILITATED BY: HFC staff

NEW CLASS!

LOCATION: Como Conservatory

FEE: \$15

DATES: 6/7, 6/21, 7/19

In June & July, the Marjorie McNeely Conservatory hosts concerts and activities right in front of the Conservatory! Pack a picnic and dancing shoes, spread out a blanket, and join HFC as we attend these fun events! Hotdogs, ice cream treats, and drink will be available to purchase.

THURSDAYS

GET FIT LIKE ROCKY ONLINE

TIME: 11:30 AM-12:30 PM

INSTRUCTOR: Nick Boyer, personal trainer

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 6/1-8/31

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

TIME: 1:30 PM-3:30 PM unless otherwise noted

FACILITATED BY: HFC staff & various

LOCATION: Varies

FEE: \$15

DATES: Weekly, 6/1-8/31

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.

6/1, 8/3: Simple Jane Painting @ HFC Office

6/8: Self-Guided Capitol Mall Tour

6/15: Wilderness Inquiry @ Bde Mka Ska Lake

6/22: Minnesota Vikings Museum

6/29: Como Zoo & Conservatory

7/6: Bear Boating (offering 1***) 1-3 PM

7/13: Paddleford Riverboat Sightseeing Cruise

7/20: Mini Golf @ Como Park

7/27: Dodge Nature Center - MN Wildlife 1:30 PM-2:30 PM

8/10: TBD

8/17: Dodge Nature Center - Insects 1:30 PM-2:30 PM

8/24: Bear Boating (offering 2***) 1-3 PM

8/31: Ice Cream Social @ Nelson's Ice Cream St. Paul 1:30 PM-2:30 PM

***Group size for Bear Boating is limited to 10 individuals, so please pick only one date to attend!

SKILL BUILDING HYBRID

TIME: 2 PM-3 PM

INSTRUCTOR: Nick Wilkie, Metropolitan Center for Independent Living

LOCATION: HFC office OR Zoom meeting

FEE: \$10

DATES: 6/8, 6/22, 7/13, 7/27, 8/10, 8/24

Instructor Nick will lead 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 encourages members to ask questions and seek answers for themselves in a supported environment.

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-person or on zoom.

THURSDAYS CONTINUED

MINDFUL MOVEMENT HYBRID

TIME: 4 PM-5 PM

INSTRUCTOR: Paula & Mary, HFC staff

LOCATION: Zoom meeting OR HFC office **FEE:** \$15 in-person

\$10 online **DATES:** Weekly 6/1-8/30, no class 6/8, 7/20, 8/10

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.

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-person or on zoom.

HFC SCOUTS

TIME: 4 PM-5:30 PM

FACILITATED BY: Holly Mandara, volunteer scout leader

LOCATION: HFC office

FEE: \$15

DATES: 6/8, 7/20, 8/10

Have you experienced the joy of earning an award for accomplishing something, something you didn't even know you'd be good at? Come play and learn with you 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 sash at **EVERY** meeting, this is HFC Scouts! See below the theses for each month.

6/8: Arts & Crafts - June will be another exciting month full of activities at the HFC office. Arts & Crafts will be the theme and you will be earning an Arts & Crafts badge for your HFC Scout sash!

7/20: Model Magic Sculpting - We will be learning all about sculpting this month! Explore, be creative, and learn various sculpting techniques. Model Magic is a sculpting material that is allergen free! You will earn a Pottery patch for you HFC Scout sash.

8/10: Summer Fun Day! - It's time for some summer fun! Rain or shine, we will have a great adventure. Come join HFC Scouts assistant leaders as they present the wonders of water! Weather permitting, members will have a great outdoor water activity. You will earn your summer fun patch for your HFC Scout sash!

LINE DANCE

TIME: 5:30 PM-6:30 PM

INSTRUCTOR: Tibbe Luell

NEW CLASS!

LOCATION: HFC office

FEE: \$15

DATES: Weekly 6/1-8/31, online only 6/22

Come dance to the group dances like the Macarena, Cotton Eyed Joe, Electric Slide, and learn new dances that you will be able to use at the HFC dance parties, weddings, group dance gatherings, or just to have fun grooving to great music with your friends! We will learn new moves every week and review dances we have already learned week to week. So grab some friends and your comfy shoes, and join Tibbe for some more music and movement to do our bodies good.

THURSDAYS CONTINUED

MARKET TO TABLE: COOKING

TIME: 6 PM-7:30 PM

INSTRUCTOR: Paula, HFC staff

LOCATION: HFC office

FEE: \$15

DATES: 6/22, 7/27, 8/17

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, shop for and purchase food at a grocery store, cook, enjoy “fine dining” and friendly conversations, and help clean up! This is an adaptive experience with modifications made so members can participate to the best of their abilities! This class has two sessions, shopping and cooking, and it is recommended that members sign up for both sessions, but not required.

RHYTHM & MOVEMENT THROUGH DRUMMING HYBRID

TIME: 7 PM-8 PM

INSTRUCTOR: Tibbe Luell

LOCATION: Zoom meeting OR HFC office

FEE: \$15 in-person

\$10 online

DATES: Weekly 6/1-8/31, online only 6/22

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 items 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 this!

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-person or on zoom.

FRIDAYS

GARDEN CLUB

TIME: 10 AM-11 AM

INSTRUCTOR: HFC staff & Falcon Heights Church Garden Crew

LOCATION: HFC office

FEE: \$15

DATES: Weekly 6/2-8/25

In this class, members will learn about gardening, gardens, and plants. Members will have the opportunity to maintain a garden and pick their favorite plants and veggies, as well as participating in other fun garden-themed activities. When the weather is right, members will plant, water, take care of, and harvest the plants in the HFC/FHC garden.

FIT WITH FRIENDS IN-PERSON

TIME: 11:30 AM-12:30 PM

INSTRUCTOR: Nick Boyer, personal trainer

LOCATION: HFC office

FEE: \$15

DATES: Weekly 6/2-8/25

Join us IN-PERSON for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights, and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels. All needed supplies will be available at class—no need to bring your own! Though, you are welcome to bring boxing gloves of your own for the class finale.

PICNIC LUNCH HYBRID

TIME: 1 PM-2 PM

FACILITATED BY: HFC staff

NEW CLASS!

LOCATION: Zoom meeting OR HFC office

FEE: \$10

DATES: Weekly 6/2-8/25

What could be a better way to wrap up your week than enjoying a picnic lunch with your HFC friends? Join us either in-person or on zoom and bring your lunch, or make a delicious lunch at home and hop on zoom. If you will be attending in-person and would like to bring a dish to share, you are more than welcome to do so!

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-person or on zoom.

WALKING CLUB

TIME: 3:30 PM-4:30 PM

FACILITATED BY: HFC staff

LOCATION: Varies

FEE: \$10

DATES: Weekly 6/2-8/25

Lace up your walking shoes and join HFC friends for this fun opportunity to socialize while walking together out and about in the community. See all the incredible locations below!

6/2: Harriet Island

7/7: Lake Harriet

8/4: Mississippi Gorge Regional Park

6/9: Shadows Falls Park

7/14: Swede Hollow Park

8/11: Hidden Island

6/16: Lake of the Isles

7/21: Roseville Central Park

8/18: Bde Mka Ska

6/23: Marydale Park

7/28: Trout Brook Nature Sanctuary

8/25: Como Lake

6/30: Minnehaha Regional Park

FRIDAYS CONTINUED

FRIDAY FUN

TIME: 6 PM-7:30 PM

FACILITATED BY: HFC staff

LOCATION: See below

FEE: \$15

DATES: See below

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.

6/2: Minneapolis Sculpture Garden

6/30 & 7/7: Trivia (in-person & online, respectively)

6/9, 7/14, & 8/11: Bowling @ Sun Ray Lanes

8/4: Bocce Ball @ HFC office

BIRTHDAY BASH

TIME: 6 PM-7:30 PM

FACILITATED BY: HFC staff

LOCATION: HFC office

FEE: \$15

DATES: 6/16, 7/21, 8/18

Every month HFC throws a birthday party for all our members! This is a chance to celebrate all members whose birthdays land in that respective month. We will gather, have fun activities, eat some yummy birthday treats, and sing happy birthday to all our friends who have made it around the sun another time!

It does NOT need to be your birthday month to attend!

MONTHLY DANCE PARTY HYBRID

TIME: 6 PM-7:30 PM

FACILITATED BY: HFC staff

LOCATION: HFC office or Zoom Meeting

FEE: \$15 in-person

\$10 online

DATES: 6/23, 7/28, 8/25

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

This class is being offered in a HYBRID format, meaning members can choose whether they will attend in-

SATURDAYS

PARENTS & CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF!

TIME: 8 AM - 9 AM

INSTRUCTOR: Tami Carlson, personal trainer

LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 6/3-8/26, no class 7/1

As a caregiver, taking time for yourself can help you stay balanced, healthy, and happy. The focus of this class, led by Tami Carlson of Vera Fitness, is to learn the proper way to stretch, train using your body weight, improve core strength, overall strength, balance, and stamina for better daily function.

“Turn the spotlight around. To help another person, you’ll need to first take care of yourself”

-Checklist for Family Caregivers, AARP

MOVE & GROOVE

TIME: 10:30 AM-11:30 AM

INSTRUCTOR: Tami Carlson, personal trainer

LOCATION: Vera Fitness

FEE: \$15

DATES: Weekly 6/3-8/26, no class 7/1,

Online only 6/17, 7/8

Being active requires 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.

KARAOKE

TIME: 1 PM – 2 PM

FACILITATED BY: HFC staff

LOCATION: HFC office

FEE: \$15

DATES: Weekly, 6/3-8/26

Karaoke is FINALLY back in-person! 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!

THE ART STUDIO: COLOR WHEEL

TIME: 2:30 PM-3:30 PM

INSTRUCTOR: Simone Needles, teaching artist

NEW CLASS!

LOCATION: HFC office

FEE: \$75 for all 5 sessions

DATES: Weekly 6/24-7/22

HFC members will create their own color wheel, practice mixing colors, learn about primary, secondary, and tertiary colors. Members will begin to learn about color relationships in a fun, creative setting surrounded by friends. Members of all abilities welcome!

SATURDAY NIGHT OUT

TIME: 6 PM-7:30 PM, unless otherwise noted

FACILITATED BY: HFC staff

LOCATION: See below

FEE: \$15

DATES: See below

6/10: Ice Cream Social @ HFC Office

8/12: Stroll & Sunset @ Lake Harriet

6/24: Open Eye Theatre - Loch Ness @ Bakken Museum 7-9 PM

8/19: Yard Games & Pizza @ HFC Office

7/15: S'mores & Campfire @ Como Regional Park

SUNDAYS

KARAOKE ONLINE

TIME: 5:30 PM – 6:30 PM

FACILITATED BY: HFC staff

LOCATION: Zoom meeting

FEE: \$10

DATES: Weekly, 6/4-8/27

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!

ZUMBA ONLINE

TIME: 7 PM – 8 PM

INSTRUCTOR: Tibbe Luell

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 6/4-8/27

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

OFFERINGS ON VARIOUS DAYS

HFC SPORTS CREW: JOE MAUER MN TWINS HALL OF FAME INDUCTION GAME

TIME: 5:30 PM-8:30 PM

LOCATION: Target Field

FEE: \$20

DATES: 8/5

HFC will be attending the Twins Game on August 5th, 2023, where Joe Mauer, long-time HFC supporter, will be inducted into the Minnesota Twins Hall of Fame. Join us to show our support for Joe!

MOVIES AND MUSIC IN THE PARKS

TIME: Varies

LOCATION: Minneapolis Parks

FEE: \$15

DATES: SEE BELOW

Every summer, the cities of Minneapolis and St. Paul put on Movies in the Parks and Music in the parks. These are great opportunities for people to spend quality time outside with their friends, listening to some good music or watching a funny movie. More dates may be added as summer progresses.

MUSIC IN THE PARKS: 7/24 & 8/28 7:30-8:30 PM @ Lake Harriet Bandshell

TRUE FRIENDS RETREAT

LOCATION: Camp Friendship, Annandale, MN

DATES: 3 PM August 25th– 11 AM August 27th

True Friends is a non-profit organization that holds various programs, including retreats, for children and adults with disabilities. Highland Friendship Club will be attending a weekend 'retreat' at True Friends, where HFC friends will relax, recharge, and reconnect while experiencing the scenery and activities Camp Friendship has to offer. Activities include ropes course, zip lining, game room, camp fire, gaga ball, basketball, volleyball, canoes, kayaks, paddleboards, and LOTS of fun. This will be either two-night getaway for the HFC community. Cost for members is \$275 & cost for parents/caregivers is \$225.

If interested in participating, please contact Program Manager Holly at holly@highlandfriendshipclub.org!

PARENT / CAREGIVER FORUM

PARENT/CAREGIVER FORUM

LOCATION: HFC OFFICE

FEE: FREE OF CHARGE

DATES: Thursday, June 15th 5:30 PM-7 PM

Sunday, June 18th 5:30 PM-7 PM

Is HFC meeting the social and developmental needs of your loved one? What works and what doesn't work? What resources do you need? It's important that we hear from you as we plan for our future! Light dinner and refreshments will be served.

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, as well as 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.

[LINK TO 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.

[LINK TO MEMBER QUESTIONNAIRE](#)

HELPFUL INFORMATION

- 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.

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 large 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 other

PLAN ON DROPPING A MEMBER OFF IF:

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 [LINK TO 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.