



# FALL 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](mailto:info@highlandfriendshipclub.org).

## **GET SOCIAL WITH HFC!**



[WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB](http://WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB)



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



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

To learn more about us, visit: [www.highlandfriendshipclub.org](http://www.highlandfriendshipclub.org)

# MONDAYS

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

**TIME:** 10 AM-11 AM

**FACILITATED BY:** HFC Volunteer, Sara Conley

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly, 9/11-12/18, no class 10/9

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!

HFC will be offering two book clubs in Fall 2023. One will be held via zoom, and the other will be held in-person. These book clubs will be reading different books, so members can attend one OR both formats.

## FIT WITH FRIENDS ONLINE

**TIME:** 11:30 AM-12 :30 PM

**INSTRUCTOR:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly, 9/11-12/18, no class 10/9

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



## MINDFUL MOVEMENT HYBRID

**TIME:** 2 PM-3 PM

**INSTRUCTOR:** HFC Staff & Yoga Instructor, Mary Toullier

**LOCATION:** HFC Office OR online

**FEE:** \$15 in-person

\$10 online

**DATES:** Weekly, 9/11-12/18, no class 10/9

A yoga class for all levels and abilities. Our instructor will guide you and help you explore the mindful art of yoga and mindfulness. 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.

## GAME HOUR

**TIME:** 3 PM-4 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly, 9/11-12/18, no class 10/9

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. A variety of games will be offered, including Uno, Sorry, Apples to Apples, charades, and many more. Members are welcome to come partake in their favorite game or come enjoy the company of their friends.

# MONDAYS CONTINUED

## ARTS & CRAFTS

**TIME:** 4 PM-5 PM

**FACILITATED BY:** HFC staff, Nikki

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly, 9/11-12/18, no class 10/9

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, often with fun themes. There will be something new each week, so there is plenty to be excited about!

## TEENTASTIC: SOCIAL HOUR

**TIME:** 5 PM-6 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** 1st & 3rd Monday of the month

Looking for some quality time to come hangout with other friends 13-21 years old? Join teentastic as we do a variety of different activities including games, movies, sports, music, and other interests expressed!

## FUNCTIONAL FITNESS ONLINE

**TIME:** 5 PM-6 PM

**INSTRUCTOR:** Certified personal trainer, Chris Haider

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** 1st & 3rd Monday of the month

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. Exercises can be done sitting or standing, and we encourage members of all abilities to join us!

## UST FUN NIGHT

**TIME:** 6 PM-7:30 PM

**FACILITATED BY:** UST Special Olympics Club

**LOCATION:** University of St. Thomas

**FEE:** \$15

**DATES:** 9/25, 10/30, 11/27, 12/11

Have a blast with the University of St. Thomas Special Olympics Club as they plan and lead a variety of monthly activities for HFC members! Our members look forward to cherishing this time all month long!

Sep 25th: Kickball/flag football

Nov 27th: Thanksgiving bingo & crafts

Oct 30th: Halloween games, treats, & pumpkins!

Dec 11th: Holiday dance party & bowling

## EXPLORE & LEARN ONLINE

**TIME:** 6:30 PM-7:30 PM

**FACILITATED BY:** Mary, HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly, 9/18-12/18,

no class 9/25, 10/9, 10/30, 11/27, 12/11

Do you love learning new things about subjects including current events, 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 IN-PERSON: NOT JUST FOR READERS, EVERYONE IS WELCOME

**TIME:** 10:15 AM-11:15 AM

**FACILITATED BY:** HFC volunteer, Sara Conley

**LOCATION:** Highland Library

**FEE:** \$15

**DATES:** Weekly 9/5-12/19

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!

HFC will be offering two book clubs in Fall 2023. Monday be held via zoom and Tuesday will be held in-person. These book clubs will be reading different books, so members can attend one OR both formats.

## GET FIT LIKE ROCKY ONLINE

**TIME:** 11:30 AM-12 :30 PM

**INSTRUCTOR:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 9/5-12/19

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

**TIME:** 11:30 AM-12:30 PM

**FACILITATED BY:** HFC staff, Paula

**LOCATION:** Roseville Aldi

**FEE:** \$15

**DATES:** 9/12, 10/10, 11/7, 12/5

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.

## MINDFUL MOVEMENT

**TIME:** 2:30 PM-3:30 PM

**INSTRUCTOR:** HFC staff, Paula

**LOCATION:** HFC office

**FEE:** \$15

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

A yoga class for all levels and abilities. Our instructor will guide you and help you explore the mindful art of yoga and mindfulness. 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.

# TUESDAYS CONTINUED

## GET UP GET HEALTHY

**TIME:** 3:30 PM-5 PM

**INSTRUCTOR:** Certified Personal Trainer, Chris Haider

**LOCATION:** HFC Office

**FEE:** \$15

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

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.

## BASE CAMP: SCOUTING & TEAM BUILDING

**TIME:** 3:30 PM-5 PM

**FACILITATED BY:** Staff at Northern Star Scouting & Base Camp

**LOCATION:** Base Camp

**FEE:** \$15

**DATES:** 2nd & 4th 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. Biweekly, HFC will partake in scouting & team building at Basecamp. Team building includes a rock climbing wall, archery, and cooperative games — which are all fully adaptable to our members' abilities. Scouting focuses on leadership, education, and activities that facilitate learning!

## STORY BUILDING ONLINE

**TIME:** 5:30 PM-6:45 PM

**FACILITATED BY:** HFC Program Manager, Holly

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 9/5-12/19,

no class 9/5, 10/31, 11/21, 12/12

Calling storytellers of all imaginations and abilities! Join this fun HFC class to build and tell original stories made by you: the HFC members! A typical class will start off with a check-in to see what our members have been up to in recent days, followed by learning 5 new vocabulary words of varying difficulties. We will learn about an aspect of writing stories and how to apply this to our own story, and will then work as a team to create a group story about any topic under the sun.

## TOGETHER TUESDAY AT THE JCC

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

**FACILITATED BY:** HFC staff

**LOCATION:** JCC Capp Center

**FEE:** \$15

**DATES:** Weekly 9/5-12/19

Together Tuesday is a fun weekly opportunity for members to get together, enjoy one another's company, and do some fun activities (see below for schedule)!

GAME NIGHT: 9/5, 9/26, 10/3, 10/24, 11/7, 11/28, 12/5

ARTS & CRAFTS: 9/12, 10/10, 10/31, 11/14, 12/12

MOVIE NIGHT (6-8 PM): 9/19 (Moana sing-along), 10/17 (Peter Pan & Wendy), 11/21 (Ratatouille), 12/19 (Monsters University)

## GLEE CLUB ONLINE

**TIME:** 7 PM-8 PM

**INSTRUCTOR:** MacPhail Music, Yue Wu, MT-BC

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 9/5-12/12, no class 10/31, 11/21

Certified Music Therapist Wu will help us as we work through vocal warm-ups, exercises, and singalongs during our Glee Club. Members of all singing abilities and music interests are encouraged to join this class. Come, sing your hearts out, and enjoy the healing powers of music with your friends.

# WEDNESDAYS

## MUSIC EXPLORATION ONLINE

**TIME:** 10 AM-11 AM

**INSTRUCTOR:** Music educator, Kay Jay Olson, Brighter Minds Music

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 9/6-12/20, no class 11/8

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 IN-PERSON

**TIME:** 11:30 AM-12:30 PM

**INSTRUCTOR:** Certified Personal Trainer, Nick Boyer

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly 9/6-12/20

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.

## LUNCH BUNCH HYBRID

**TIME:** 12:30 PM-1:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting OR HFC office

**FEE:** \$10

**DATES:** Weekly 9/6-12/20

What could be a better way to re-energize mid-week than enjoying 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! Each week will have a theme - be sure to check ActiveNet or the weekly e-blast to find the theme of the week!

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

## GAME HOUR

**TIME:** 1:30 PM-2:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly 9/6-12/20

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. A variety of games will be offered, including Uno, Sorry, Apples to Apples, charades, and many more. Members are welcome to come partake in their favorite game or come enjoy the company of their friends.

# WEDNESDAYS CONTINUED

## BOWLING

**TIME:** 3:30 PM-5 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Sun Ray Lanes

**FEE:** \$15

**DATES:** Weekly 9/6-12/20

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. Members have fun bowling, making new friends, and forming meaningful connections with one another.

## BINGO ONLINE

**TIME:** 6 PM-7 PM

**FACILITATED BY:** HFC staff, Eric

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 9/6-12/13

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.

## UST DANCE CLUB

**TIME:** 6 PM-7 PM

**FACILITATED BY:** UST Dance Club Members

**LOCATION:** UST Campus

**FEE:** \$75 for all 5 sessions

**DATES:** 10/11, 10/25, 11/8, 11/22, and 12/6

Performance on 12/10

Join the UST Dance Club as they work with HFC to work on a dance to perform at the end of the semester in their dance collective! This will be an adaptive experience for members, with an optional performance on Sunday, December 10th. Members will get to listen to good music, spend time with their friends, and learn a fun, upbeat dance with the UST Dance Club.

## NEW CLASS!

## PHONE PHOTOGRAPHY: WHAT IS FRIENDSHIP?

**TIME:** 6 PM-8 PM

**INSTRUCTOR:** Professional Photographer, Eric Mueller

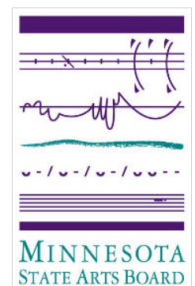
**LOCATION:** Various

**FEE:** \$60 for all 4 sessions

**DATES:** Weekly, 9/6-9/27

In this class we'll learn about photography and shoot photos together, both in the classroom and on field trips to places like the Sculpture Garden and the Guthrie Theatre. This is a cooperative class, where we'll collectively make a photo book that answers the question, "What is friendship?" The class will culminate with a book release party and every participant will get a copy of the book! Led by Eric Mueller, who taught photos classes for HFC in 2018 and 2019. No ex-

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.





# THURSDAYS

## NEW CLASS!

### MUSIC EXPLORATION IN-PERSON

**TIME:** 10 AM-11 AM

**INSTRUCTOR:** music educator, Kay Jay Olson, Brighter Minds Music

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly 9/7-12/21, no class 11/9

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, instruments, physicality, and imagination. No matter what kind of music you prefer, there's something for everyone in this program!

### GET FIT LIKE ROCKY ONLINE

**TIME:** 11:30 AM-12:30 PM

**INSTRUCTOR:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 9/7-12/21

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 PM unless otherwise noted

**FACILITATED BY:** HFC staff & various

**LOCATION:** See below

**FEE:** \$15

**DATES:** Weekly 9/7-12/21

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.

9/7: ALLIANZ FIELD TOUR

9/14: SIMPLY JANE PAINTING @ HFC OFFICE

9/21 (10:30 AM-12 PM): CHILDREN'S THEATRE COMPANY: COOKIN'

9/21 (1:30 PM-2:30 PM): HONEY BEES @ DODGE NATURE CENTER

9/28: US BANK STADIUM TOUR

10/5: ST. PAUL CITY HALL & RAMSEY COUNTY COURTHOUSE TOUR

10/12: SIMPLY JANE PAINTING @ HFC OFFICE

10/19: SUMMIT AVE COLOR STROLL

10/26 (10 AM-11 AM): MINNESOTA ORCHESTRA - PHILHARMONIA FANTASTIQUE: THE MAKING OF THE ORCHESTRA

11/2 (1:30 PM-2:30 PM): CHICKENS @ DODGE NATURE CENTER

11/9: UNION DEPOT TOUR

11/16 (10:30 AM-11:30 AM): CHILDRENS THEATRE COMPANY: MORRIS MICKELWHITE

11/30: BELL MUSEUM

12/7 (1:30 PM-2:30 PM): SKY WATCHING @ DODGE NATURE CENTER (WILL BE INSIDE OF INFLATABLE SKY LAB)

12/14 (10:30 AM-12:30 PM): CHILDRENS THEATRE COMPANY: HOW THE GRINCH STOLE CHRISTMAS

12/21: HOLIDAY BINGO @ HFC OFFICE



# THURSDAYS CONTINUED

## SKILL BUILDING HYBRID

**TIME:** 2 PM-3 PM

**INSTRUCTOR:** Nick Wilkie, Metropolitan Center for Independent Living

**LOCATION:** HFC office OR Zoom meeting **FEE:** \$15 in person **DATES:** 2nd & 4th Thursday of the month  
\$10 online

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.

## HFC SCOUTS

**TIME:** 4 PM-5 PM

**FACILITATED BY:** Volunteer scout leader, Holly Mandara

**LOCATION:** Various

**FEE:** \$15

**DATES:** 9/21, 10/19, 11/16, 12/21

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.

Sep 21st: Library Tour @ George Latimer Central Library

Oct 19th: Carnival @ HFC Office

Nov 16th: Mini Gratitude Trees @ HFC Office

Dec 21st (3:30-4:30 PM): Caroling @ Aurora at France Senior Living

## LINE DANCE

**TIME:** 5:30 PM-6:30 PM

**INSTRUCTOR:** Tibbe Luell

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 9/7-12/21

online only 10/19, no class 11/23

Come groove 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. Tibbe for some more music and movement to do our bodies good.

# THURSDAYS CONTINUED

## MARKET TO TABLE: COOKING

**TIME:** 6 PM-7:30 PM

**FACILITATED BY:** HFC staff, Paula

**LOCATION:** Rockstoria Studio

**FEE:** \$15

**DATES:** 9/14, 10/12, 11/9, 12/7

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:** 6:45 PM-7:45 PM

**INSTRUCTOR:** Tibbe Luell

**LOCATION:** Zoom meeting OR HFC office

**FEE:** \$15 in-person

**DATES:** Weekly 9/7-12/21, online only 10/19

\$10 online

no class 11/23

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

## FIT WITH FRIENDS ONLINE

**TIME:** 11:30 AM-12 :30 PM

**INSTRUCTOR:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly, 9/1-12/22, no class 11/24

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

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



## BOOTCAMP

**TIME:** 2 PM-3 PM

**INSTRUCTOR:** Certified Personal Trainer, Tami Carlson

**LOCATION:** Vera Fitness

**FEE:** \$15

**DATES:** Weekly 9/1-12/22

no class 9/29, 10/20, 11/24

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. Members of all abilities are encouraged to participate in this bootcamp! This will be a great opportunity to move your body while hanging out with friends.

## WALKING CLUB

**TIME:** 4 PM-5 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Varies

**FEE:** \$15

**DATES:** Weekly 9/1-12/22

Lace up your walking shoes and join HFC friends for this fun opportunity to socialize while walking together out and about in the community. During warmer fall months, we will walk outdoors, and will move indoors come cooler months. See all the incredible locations below!

9/1: Lake Harriet

10/13: Harriet Island

9/8: River Road: The Monument

10/20: Minnehaha Regional Park

9/15: Lake Phalen

10/27: Roseville Central Park

9/22: Bde Maka Ska Lake

11/3, 11/10, 11/17: Rosedale Mall

9/29: Como Lake Regional Park

12/1, 12/8, 12/15, 12/22: HarMar Mall

10/6: Lake Nokomis

# 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.

9/1: Bowling @ (tentatively) St. Francis

10/13: Dinner @ Longfellow Grill

9/8: Karaoke @ HFC Office

11/3: Rock Climbing, Archery, & Team Building @ Base Camp

9/29: River Road Color Stroll

12/1: Holidazzle @ Loring Park

10/6: MN Zoo Jack-O-Lantern Spectacular

12/8: Holiday Bingo @ HFC Office

## BIRTHDAY BASH

**TIME:** 6 PM-7:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 9/15, 10/20, 11/17, 12/15

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!

We ENCOURAGE all members to come, regardless of whether or not it is your birthday month! It does NOT need to be your birthday month to attend!

## MONTHLY DANCE PARTY

**TIME:** 6 PM-7:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 9/22, 10/20, 11/10, 12/22

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!

Games, crafts, and conversation will also be provided at the event for anyone who does not wish to be dancing, but would still like to hang out with their friends.

# SATURDAYS

## PARENTS & CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF!

**TIME:** 8 AM - 9 AM

**INSTRUCTOR:** Tami Carlson, personal trainer

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 9/2-12/16, no class 9/30

**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 9/2-12/16

no class 9/30, online only 10/21

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.

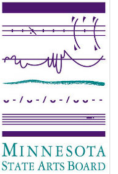
## NORTHERN STARZ THEATRE

**TIME:** 1 PM – 3 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office **FEE:** \$150 for all 10 classes **DATES:** Weekly, 9/16-11/18

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.



Highland Friendship Club is Partnering once again with Northern Starz Center for the Performing Arts for an accessible, fun theatre program. The session will run for 10 weeks with a 30-minute performance for friends and family on the final day of the session. Members will learn & rehearse a performance, and will also participate in various theatre games, help create props, and be surrounded by good friends. Join us to experience the magic!

## KARAOKE ONLINE

**TIME:** 4 PM – 5:15 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly, 9/2-12/9

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! We will start class out with a brief check-in, and everyone will get an opportunity to sing (or listen to!) an individual song of choice. Then, time permitting, we will spend the rest of class singing along to group songs chosen by you: the HFC members!

## TRIVIA ONLINE

**TIME:** 5:30 PM – 6:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** 9/2, 10/7, 11/4, 12/2

Come play trivia with your HFC friends! HFC members will answer questions from a multiple choice list about various topics, including music, movies, history, & more. You won't want to miss out on the fun!

# SUNDAYS

## KARAOKE ONLINE

**TIME:** 5:30 PM – 6:45 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly, 9/3-12/17

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! We will start class out with a brief check-in, and everyone will get an opportunity to sing (or listen to!) an individual song of choice. Then, time permitting, we will spend the rest of class singing along to group songs chosen by you: the HFC members!

## ZUMBA ONLINE

**TIME:** 7 PM – 8 PM

**INSTRUCTOR:** Tibbe Luell

**ONLINE LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 9/3-12/17

Join HFC contractor Tibbe Luell for an hour of fun and movement in this adaptive Zumba class! Members will get to check in with one another, warm up, and get grooving in any way that feels good to them. Members can participate sitting in a chair, standing, and using as much of their body as feels good. This is a great way to get out some weekend energy and power up for the week ahead.

# OFFERINGS ON VARIOUS DAYS

## HFC SPORTS CREW

**TIME:** Varies

**LOCATION:** See below

**FEE:** \$15

**DATES:** See below

Join your HFC friends as we cheer on various teams around the Twin Cities as they take on their opponents! As sporting schedules get released, more games may be added to the HFC calendar.

Saturday, 9/2: UST Football 1 PM-3 PM

Sunday, 10/8: UMN Women's Soccer 1 PM-3 PM

## GINGERBREAD HOLIDAY PARTY

**TIME:** 2:30 PM-5 PM

**LOCATION:** HFC Office

**FEE:** \$20

**DATES:** 12/16

On Saturday, December 16th from 2:30 PM - 5 PM, HFC will be holding the second annual holiday party where we will make gingerbread houses, eat yummy treats, drink warm cocoa, listen to uplifting holiday music, and spend time with our friends. All members, families, and volunteers welcome! All supplies will provided by HFC.

# 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](mailto: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](mailto: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](mailto:info@highlandfriendshipclub.org)
- Program Policies – Check out [HFC's policies](#) on programs to better understand how we work.

# CLASS INFORMATION

- You will receive an email with class information including staff member, time, location, special instructions, and any zoom links the morning of class.
  - 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](mailto:holly@highlandfriendshipclub.org).
  - If you have questions about class or won't be able to attend, either 'reply all' or reach out to the staff who will be supporting the class.
- For online classes, 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 email 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

# 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

### NOTE ABOUT MEMBER SAFETY/DROP-OFF:

\*\*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 (see 'required forms for members on page 16). 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.\*\*