



# WINTER/SPRING 2024 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 extraordinaire, Sara Conley

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 1/8-5/20, no class 1/15, 2/19

Weekly meetings begin with general sharing, welcoming, and settling in. Sara Conley, HFC Volunteer, guides discussion and helps with words when someone gets stuck. Some members are echo readers, repeating 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 Winter/Spring 2024. One will be held via zoom, and the other will be held in-person. The two 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 1/8-5/20, no class 1/15, 2/19

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](mailto: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 1/8-5/20, no class 1/15, 2/19

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 techniques for breathing, stretching, and relaxation. Members can participate on the floor or by using a chair. Yoga mats and seating provided at the HFC office.

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

# MONDAYS CONTINUED

## ARTS & CRAFTS

**TIME:** 3:15 PM-4:15 PM

**FACILITATED BY:** HFC staff, Nikki

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly 1/8-5/20, no class 1/15, 2/19

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!

Members of all abilities are encouraged to join Arts & Crafts! HFC has adaptive art supplies for those who need it, and strive to make activities adaptive and tailored to individual abilities.

## GAME HOUR: GAMESHOW

**TIME:** 4:30 PM-5:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 1/8-5/20, no class 1/15, 2/19

Do you love watching game shows on the TV? Do you love to play games with your friends? Join us for a game hour that is based on game shows! Each week a new game show will be played. Some of the games you can look forward to are Jeopardy, Family Feud, Price Is right, and so many more!

## UST FUN NIGHT

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

**FACILITATED BY:** UST Special Olympics Club

**LOCATION:** University of St. Thomas

**FEE:** \$15

**DATES:** 1/29, 2/26, 3/25, 4/29, 5/13

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! This is a great opportunity to meet new friends and have some fun.

Jan 29th: Games via zoom

April 29th: Indoor Yard Games

Feb 26th: Valentine's Day Party

May 13th: Flag Football

March 25th: Bowling & Bingo

## EXPLORE & LEARN ONLINE

**TIME:** 6 PM-7 PM

**FACILITATED BY:** Mary, HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly, 1/8-5/20

no class 1/15, 1/29, 2/19, 2/26, 3/25, 4/29, 5/13

Do you love learning new things about 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. Members will have the opportunity to read, ask questions, or simply listen in and learn some new, fun facts about the exciting topics from week to week.

# 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 extraordinaire, Sara Conley

**LOCATION:** Highland Library

**FEE:** \$15

**DATES:** Weekly 1/2-5/28

Weekly meetings begin with general sharing, welcoming, and settling in. Sara Conley, HFC Volunteer, guides discussion and helps with words when someone gets stuck. Some members are echo readers, repeating 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 Winter/Spring 2024. One will be held via zoom, and the other will be held in-person. The two 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 1/2-5/28

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:** 4/9, 5/14

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!

In April & May, Market to Table has two sessions, shopping and cooking, and it is recommended that members sign up for both sessions, but not required.

## 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!

# TUESDAYS CONTINUED

## GET UP GET HEALTHY

**TIME:** 4:30 PM-5:30 PM

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

**LOCATION:** JCC Capp Center

**FEE:** \$15

**DATES:** 1st & 3rd 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.

## STORY BUILDING ONLINE

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

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

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 2/6-5/7

no class 2/20, 4/2, 4/23

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 1/2-5/28

Together Tuesday is a fun weekly opportunity for members to get together, enjoy one another's company, and partake in games, arts & crafts, and movies!

GAME NIGHT (Giant Jenga, Apples to Apples, Twister, 5-Second-Rule, Uno, and more!): 1/2, 1/30, 2/6, 3/5, 4/2, 4/30, 5/7

ARTS & CRAFTS: 1/9 (Basket Weaving), 2/13 (Heart-Shaped Photo Holders), 3/12, 4/9, 5/14

MOVIE NIGHT (6-8 PM): 1/16 (Shark Tale), 2/20 (Charlie & the Chocolate Factory), 3/19 (The Incredibles I), 4/16 (The Incredibles II), 5/21 (The Sandlot)

TRIVIA NIGHT: 1/23 (Disney), 2/27 (Minnesota), 3/26 (Animal), 4/23 (Movie), 5/28 (Disney)

## GLEE CLUB ONLINE

**TIME:** 7 PM-8 PM

**INSTRUCTOR:** MacPhail Music, Audrey, MT-BC

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 2/6-5/21, no class 4/2

Certified Music Therapist Audrey will help us as we work through vocal warm-ups, exercises, and sing-alongs 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. We will learn a number of vocal warmups and rehearse a set of 5-8 songs for a performance at the end of the semester.

# WEDNESDAYS

## MUSIC EXPLORATION IN-PERSON

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

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

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly 1/3-5/29

Participants in this music program 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 1/3-5/29

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 equipment 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-1:15 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting OR HFC office

**FEE:** \$10

**DATES:** Weekly 1/3-5/29

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. There will be good conversation, mealtime games, and many friends! 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.

## BINGO

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

**FACILITATED BY:** HFC staff

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** 1st Wednesday of the month

Join your friends at the HFC office for some fun, upbeat bingo! There will be music, jokes, and prizes. This program is a great fit for members of all abilities!

## SKILL BUILDING HYBRID

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

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

**LOCATION:** HFC office OR Zoom meeting

**FEE:** \$15 in person

**DATES:** 2nd & 4th Wednesdays of the month

\$10 online

In this skill building program, 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.

# WEDNESDAYS CONTINUED

## HFC SCOUTS

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

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

**LOCATION:** Various

**FEE:** \$15

**DATES:** 3rd Wednesday of the month

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.

Jan 17: Brightening Up Winter Craft

Feb 21: Design your own HFC Scouts T-Shirt

March 19: Crayola Experience at MOA (time TBD)

April 17: Waste Management Recycling Program

May 15: At HFC, you ROCK! Learning about rocks, minerals, and the earth

## BOWLING

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

**FACILITATED BY:** HFC staff

**LOCATION:** Sun Ray Lanes

**FEE:** \$15

**DATES:** Weekly 1/3-5/29

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 1/3-5/29

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:** \$90 for all 6 sessions **DATES:** 2/7, 2/21, 3/6, 3/20, 4/3, 4/17

Performance date TBA

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.



# THURSDAYS

## MUSIC EXPLORATION ONLINE

**TIME:** 10 AM-11 AM

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

**LOCATION:** Zoom meeting

**FEE:** \$15

**DATES:** Weekly 1/4-5/30

Participants in this music program 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 1/4-5/30

As you read this, we hope the Rocky theme song is playing in your head! At a "Get Fit like Rocky" class, each member practices boxing exercises with Nick and HFC staff. Join us for a fun opportunity to work on coordination and endurance, and relieve some stress! This class is FULLY INCLUSIVE to members of all abilities, and members can participate sitting or standing. You do not need boxing gloves to participate.

## ADVENTURE DAY

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

**FACILITATED BY:** HFC staff & various

**LOCATION:** See below

**FEE:** \$15

**DATES:** Weekly 1/4-5/30

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.

1/4: Bakken Museum Guided Tour

4/4 (11 AM-12:30 PM): MN Orchestra Performance

1/11: MN Science Museum Omnitheatre:  
Jane Goodall—Reasons for Hope

4/11: Como Zoo & Conservatory

1/18: MN History Center—They Chose MN

4/18 (11:30 AM-1 PM): The Ordway—The Latehomecomer

1/25: Tie Blankets for Donation

4/25: Earth Day

2/1: Minneapolis Institute of Art

5/2 (1:30 PM-2:30 PM): Dodge Nature Center Farm Visit

2/8 (11:30 AM-2 PM): Mill City Museum Tour

5/9: Mini Golf

2/15: Dodge Nature Center Seasons Hike & Kick Sledding

5/16 (11:45 AM-2:30 PM): MN Twins Game

2/22 (1:30 PM-3:30 PM): The Works Museum

5/23: MPLS Sculpture Garden

2/29: HFC Painting Day

5/30: The Ordway—Cirque Kalabante

3/7: MN History Center: The Life & Art of Charles M. Schulz

3/14 (1:30 PM-2:30 PM): Dodge Nature Center Maple Syruping

3/21: Spring Crafts



# THURSDAYS CONTINUED

## GARDEN CLUB

**TIME:** 4 PM-5 PM

**FACILITATED BY:** Volunteer gardeners & HFC staff

**LOCATION:** HFC Office

**FEE:** \$15

**DATES:** Weekly 4/4-5/30

In this program, members will learn about many garden-themed topics. Members will have the opportunity to maintain a garden and pick their favorite plants and veggies, as well as partake in other garden-themed activities. When weather is right, members will plant, take care of, & harvest the FHC/HFC garden.

## LINE DANCE

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

**INSTRUCTOR:** Tibbe Luell

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 1/4-5/30

No class 2/29, 4/4

Come groove to group dances like the Macarena, Cotton Eyed Joe, Electric Slide, and learn new dances that you can use at HFC dance parties, weddings, 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.

## MARKET TO TABLE: COOKING

**TIME:** 6 PM-6:45 PM Jan-Mar, 6 PM-7:30 PM Apr-May

**FACILITATED BY:** HFC staff, Paula

**LOCATION:** Online Jan-Mar

**FEE:** \$10 online

**DATES:** 1/11, 2/8, 3/7, 4/11, 5/9

Rockstoria Studio Apr-May

\$15 in-person

HFC invites members to join us in a comprehensive kitchen experience. The focus is on skill development with opportunities to navigate a grocery store, find and purchase food at a grocery store, cook, enjoy "fine dining" and friendly conversation, and help clean up! Members also have the opportunity to suggest menu items they'd enjoy making in future classes. This is an adaptive experience with modifications made so members can participate to the best of their abilities, and we work with members/parents/caregivers as needed to accommodate dietary restrictions!

In Jan-Mar, Market to Table has one session, cooking. It will be held virtually and a supply list will be sent out one week prior to the class. Members and families can make their own adjustments based on dietary needs, member skillsets, etc.

In April & May, Market to Table 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 1/4-5/30

\$10 online

No class 2/29, 4/4

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

## EXPLORE & LEARN ONLINE

**TIME:** 10 AM-11 AM

**FACILITATED BY:** HFC staff, Mary

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 1/5-5/31

Do you love learning new things about 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. Members will have the opportunity to read, ask questions, or simply listen in and learn some new, fun facts about the exciting topics from week to week.

## FIT WITH FRIENDS ONLINE

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

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

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 1/5-5/31

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

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



## WALKING CLUB

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

**FACILITATED BY:** HFC staff

**LOCATION:** Varies

**FEE:** \$15

**DATES:** Weekly 1/5-5/31

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!

1/5-1/26: Rosedale Mall

5/3: Hidden Falls

2/2-2/23: Highland Community Center

5/10: Minnehaha Regional Park

3/1-3/29: Roseville Oval

5/17: Shadow Falls Monument

4/5: Como lake

5/24: Lake of the Isles

4/12: Lake Harriet

5/31: Roseville Central Park

4/19: Lake Phalen

4/26: Lake Nokomis

# FRIDAYS CONTINUED

## GAME HOUR

**TIME:** 4:30 PM-5:30 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 1st and 2nd Friday of the month

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.

## 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.

1/19: Rock Climbing @ Vertical Endeavors	4/19: Rock Climbing, Archery, & Team Building @ Base Camp
1/26: AMC Movie Night (movie TBA)	4/26: Dinner @ Tiffany Sports Lounge
2/16: Ice Skating	5/17: Longfellow Grill
2/23: Science Museum & Omnitheatre	5/24: MPLS Sculpture Garden
3/15: St. Patrick's Day Crafts	5/31: Movie Night (Hairspray)
3/29: Movie Night (The Greatest Showman)	

## MONTHLY DANCE PARTY

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

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 1st Friday of the month

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

## BIRTHDAY BASH

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

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 2nd Friday of the month

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!

# SATURDAYS

## PARENTS & CAREGIVERS: WEEKLY APPOINTMENT WITH MYSELF!

**TIME:** 8 AM - 9 AM

**INSTRUCTOR:** Tami Carlson, personal trainer

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 1/6-5/25, no class 3/2

**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 1/6-5/25, no class 3/2

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. Tami makes it fun for all — come join us!

## KARAOKE ONLINE

**TIME:** 4 PM – 5:15 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 1/6-5/25

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:** 1st Saturday of the month

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

## BINGO ONLINE

**TIME:** 6 PM-7 PM

**FACILITATED BY:** HFC staff, Angela

**LOCATION:** Zoom Meeting

**FEE:** \$10

**DATES:** Weekly 1/7-5/26, no class 3/31

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.

## KARAOKE ONLINE

**TIME:** 5:30 PM – 6:45 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Zoom meeting

**FEE:** \$10

**DATES:** Weekly 1/7-5/26, no class 3/31

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 1/7-5/26, no class 3/31

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.

# 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.\*\*