



# SUMMER 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)

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

# MONDAYS

## WALKING CLUB

**TIME:** 10 AM-11 AM

**FACILITATED BY:** HFC staff

**LOCATION:** Highland Village

**FEE:** \$15

**DATES:** Weekly 6/3-8/26

Lace up your walking shoes and join your HFC friends for a nice Monday morning stroll. There's no better way to kick off your week than getting some light exercise, talking with friends, and experiencing the summer breeze. For this Walking Club, we will meet in Highland Park (exact location TBA), walk on River Road, around the Highland Development, and other paved paths, and finish back where we started. All mobilities welcome - walking path will be wheelchair accessible, and the group will adapt to various speeds depending on the group's needs. Monday's Walking Club will be followed up by a Coffee Hour in the Highland Village. We will walk from our ending point to the Village as a group for anyone who'd like to join.

## COFFEE HOUR

**TIME:** 11 AM-11:45 AM

**FACILITATED BY:** HFC staff

**LOCATION:** Highland Village

**FEE:** \$10

**DATES:** Weekly 6/3-8/26

What could be better than following up a beautiful Monday morning walk than some coffee/tea/water/ refreshments? When it is nice weather, we will gather at the Caribou Coffee in Lunds & Byerlys in the Highland Village, and sit outdoors to enjoy our beverages and have nice conversation with our friends. On days when weather isn't so nice, an indoor alternative will be announced. Members are encouraged to take part in Walking Club prior to Coffee Hour, but it is not required!

## FIT WITH FRIENDS ONLINE

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

**FACILITATED BY:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/3-8/26

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



# MONDAYS CONTINUED

## BOOK CLUB ONLINE

**TIME:** 1 PM-2 PM

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

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/3-8/26

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. In this program, we read mainly chapter books geared towards middle-upper elementary school reading comprehension. Some members are book experts, who love to read in their free time and think deeply into the meaning behind the story. Some members are echo readers, repeating 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 Summer 2024. One will be held via zoom and the other in-person. These book clubs will be reading different books, so members can attend one OR both formats.

## MINDFUL MOVEMENT HYBRID

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

**FACILITATED BY:** Certified Yoga Instructor & HFC staff, Mary

**LOCATION:** HFC office & online via zoom

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

**DATES:** Weekly 6/3-8/26

\$10 online

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 attend in-person or on zoom.

## ARTS & CRAFTS

**TIME:** 3:45 PM-4:45 PM

**FACILITATED BY:** HFC staff, Nikki & Mari

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/3-8/26

Express yourself through creativity! Each week you'll have the chance to use different materials, learn about types of art, and make various projects. Plus, help plan, design, and paint a mural for Highland Friendship Club! Share your creations in an exhibition at the HFC office on our final day of programming. June's Arts & Crafts will be dedicated to planned and starting the creation of an HFC mural, a project all members are encouraged to be a part of. In July, we will be doing various summer Arts & Crafts projects for you to take home. In August, the mural project will continue and be completed, and you will get to see your mural on the wall at the HFC office!

# MONDAYS CONTINUED

## GAME HOUR: IMPROV WITH MNprov

**TIME:** 5 PM-6 PM

**FACILITATED BY:** MNprov

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** First Monday of the month

HFC partners with MNprov for a monthly improv session! ALL MEMBERS are encouraged to be a part of this program. MNprov's improvisational play exercises and curriculum are helping students to connect, communicate, embrace life and develop new ways to grow. Scientific studies also have shown improv's success at improving brain connectivity and efficacy, improving divergent thinking, reducing anxiety, and offering stress relief. Increasing inclusion through improv, founders Kelly Kautz and Michael Bruckmueller have seen students build relationships, increase confidence, and improve their communication and collaboration skills.

## GAME HOUR: GAMESHOW

**TIME:** 5 PM-6 PM

**FACILITATED BY:** HFC staff, Angela

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/3-8/26, except 1st Mondays

Do you love watching game shows on 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! All members are welcome at this program, especially those who enjoy trivia, games, or gameshows.

## EXPLORE & LEARN

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

**FACILITATED BY:** HFC staff members

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/3-8/26

Do you love learning new things about subjects 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

## BOOK CLUB IN-PERSON

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

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

**LOCATION:** Highland Library

**FEE:** \$15

**DATES:** Weekly 6/4-8/27

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. In this program, we read mainly chapter books geared towards middle-upper elementary school reading comprehension. Some members are book experts, who love to read in their free time and think deeply into the meaning behind the story. Some members are echo readers, repeating 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 Summer 2024. One will be held via zoom and the other in-person. These book clubs will be reading different books, so members can attend one OR both formats.

## GET FIT LIKE ROCKY

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

**FACILITATED BY:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/4-8/27

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 & retired Occupational Therapist, Paula

**LOCATION:** Roseville Aldi

**FEE:** \$15

**DATES:** Second Tuesday of the month

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!

Market to Table has two sessions, shopping and cooking (see Thursdays), and it is recommended that members sign up for both sessions, but not required.

# TUESDAYS CONTINUED

## TAP HAPPY WITH TIBBE

**TIME:** 1 PM-2 PM

**FACILITATED BY:** Certified Group Fitness Instructor, Tibbe Luell

**LOCATION:** Vera Fitness

**FEE:** \$15

**DATES:** Weekly, 6/4-8/27, no class 7/2

A tap class working on rhythms and basic tap skills using either your hands with tap mittens on or your feet (no taps shoes needed unless you want). We will do rhythmic tap warm ups and learn tap sequences to some favorite songs. This program is encouraged for members of all abilities - including those in wheelchairs and with limited mobility. Everyone can be Tap Happy!

## BRAIN FLEX FITNESS

**TIME:** 2:15 PM-3:15 PM

**FACILITATED BY:** Adaptive Special Needs Group Instructor

**LOCATION:** Vera Fitness

**FEE:** \$15

**DATES:** Weekly, 6/4-8/27, no class 7/2

Fun and challenging brain exercises for eye/hand, eye/foot, and proprioception awareness, agility and increased reaction time. We will fine tune small motor skills and dexterity, alternate hemisphere usage, cross the midline, and develop greater balance and core strength as we sneak in some exercise! This program is open to all HFC members, but is specifically geared towards those looking to increase skills including balance, hand-eye or foot-eye coordination, and body awareness.

## BASECAMP: SCOUTING & TEAM BUILDING

**TIME:** 4 PM-5 PM

**FACILITATED BY:** NSSBC staff

**LOCATION:** Northern Star Scouting & Base Camp

**FEE:** \$15

**DATES:** 2nd & 4th Tuesdays 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!

## GET UP GET HEALTHY

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

**FACILITATED BY:** Certified Personal Trainer, Chris Haider

**LOCATION:** Hallie Q. Brown Community Center

**FEE:** \$15

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

# TUESDAYS CONTINUED

## STORY BUILDING

**TIME:** 5 PM-6:15 PM

**FACILITATED BY:** HFC staff, Holly

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/11-8/27, no class 7/2, 8/6

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, followed by learning a few 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. Once our round-robin story is completed, we will go back and read our masterpiece. This program will be a good fit for members who enjoy writing, reading, or storytelling. Adaptations are made for those who cannot read off a screen but still want to help us build our stories! There is always an abundance of community and laughter at Story Building.

## TOGETHER TUESDAY

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

**FACILITATED BY:** HFC staff

**LOCATION:** Hallie Q. Brown Community Center

**FEE:** \$15

**DATES:** Weekly 6/4-8/27, no class 6/11, 7/2

Together Tuesday is a fantastic opportunity to get together with friends and do some fun activities. Activities rotate between Game Night, Arts & Crafts, Movie Night, and Trivia Night. Please see below to know what to expect for the evening!

**Game Nights:** 6/4, 7/30, 8/6 — games may include Uno, Jenga, Twister, Apples to Apples, Connect 4

**Arts & Crafts:** 7/9, 8/13

**Movie Nights:** 6/18, 7/16, 8/20 — members will get to decide the movies for the summer on 6/4

**Trivia Nights:** 6/25 (summertime trivia), 7/23 (music trivia), 8/27 (90s trivia)

## GLEE CLUB

**TIME:** 7 PM-8 PM

**FACILITATED BY:** Certified Music Therapist, Emma

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/11-8/27, no class 7/2, 8/6

Certified Music Therapist Emma will help us as we sing as a group in our HFC Glee Club. Glee Club starts off hearing how each member's day has been, followed by a number of vocal warm-ups. Once our warm-ups are complete, we either learn a new song (all suggested by HFC members and staff at the beginning of the semester), or practice songs we've been learning throughout the semester. We will learn about 5-7 songs that will be showcased in an optional performance at the end of the Fall semester. 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 IN-PERSON

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

**FACILITATED BY:** Musician & Music Educator, Kay Jay Olson

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/5-8/28

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. The program will start off with a welcome song, vocal warm-ups, and various tongue twisters. From there, members will get to learn about musicians and types of music they may be familiar or unfamiliar with. Members will get to see and use various instruments and learn what they sound like and how they work. 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

**FACILITATED BY:** Certified Personal Trainer, Nick Boyer

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/5-8/28

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-1:15 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office & online via zoom **FEE:** \$10 in-person **DATES:** Weekly 6/5-8/28

Free of charge online

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 program is being offered in a HYBRID format, meaning members can attend in-person or on zoom.

## HFC SCOUTS

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

**FACILITATED BY:**

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** First 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.

**6/5 - MAKE YOUR OWN GREENHOUSE:** Learn a member-friendly lesson on how photosynthesis works! Learn what is needed to make vegetation grow, and how plants start from seeds, to seedlings, to on your table to eat, or flowers to admire. You will create your own greenhouse out of cups, seeds, soil, and tape!

**7/3 - SUMMER FUN DAY:** Let's celebrate SUMMER! In this program, we will play water balloon toss, yard games, make dairy and non=dairy plastic bag ice cream, and enjoy the summer treat!

**8/7 - MAKING SOCK PUPPETS!**



# WEDNESDAYS CONTINUED

## SKILL BUILDING HYBRID

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

**FACILITATED BY:** Nick Wilkie, Metropolitan Center for Independent Living

**LOCATION:** HFC office or online via zoom **FEE:** \$15 in-person **DATES:** 2nd & 4th Wednesdays of the month

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 attend in-person or on zoom.

## BINGO IN-PERSON

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

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 3rd & 5th Wednesdays 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!

## BOWLING

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

**FACILITATED BY:** HFC staff

**LOCATION:** Sun Ray Lanes

**FEE:** \$15

**DATES:** Weekly 6/5-8/28

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. This program is for all members - from first-time bowlers to bowling fanatics alike. There will be lots of conversation and community in addition to bowling.

## PHONE PHOTOGRAPHY

**TIME:** 6 PM-8 PM

**FACILITATED BY:** Photographer, artist, & teacher, Eric Mueller

**LOCATION:** HFC office & TBD locations **FEE:** \$120 for all 8 sessions **DATES:** Weekly 6/5-7/31, no class 7/3

Phone Photography with Eric Mueller is back! In this 8-session program we'll learn about photography and shoot photos together, both in the classroom and on field trips to beautiful locations in St. Paul and Minneapolis. The program will culminate with a party/exhibition where members will get to see their work and the work of other members, talk about what makes them happy, and share stories about their experience in the 8 sessions together! No photography experience necessary: this class is for anyone interested in photography, or wanting to learn something new. Locations for various field trips will be announced prior to the opening of registration in mid-May.

## BINGO ONLINE

**TIME:** 6 PM-7 PM

**FACILITATED BY:** HFC staff, Eric

**LOCATION:** HFC office & TBD locations **FEE:** \$10

**DATES:** Weekly 6/5-8/28

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.

# THURSDAYS

## MUSIC EXPLORATION ONLINE

**TIME:** 10 AM-11 AM

**FACILITATED BY:** Musician & Music Educator, Kay Jay Olson

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/6-8/29, no class 7/4, 7/25, 8/15

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. The program will start off with a welcome song, vocal warm-ups, and various tongue twisters. From there, members will get to learn about musicians and types of music they may be familiar or unfamiliar with. Members will get to see various instruments and learn what they sound like and how they work. No matter what kind of music you prefer, there's something for everyone in this program!

## GET FIT LIKE ROCKY

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

**FACILITATED BY:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/6-8/29, 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.

## TENNIS

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

**FACILITATED BY:** St. Paul Urban Tennis Instructors

**LOCATION:** Groveland Park

**FEE:** \$15

**DATES:** Weekly 6/6-8/29, no class 7/4

HFC will be working with our friends from St. Paul Urban Tennis for this inclusive tennis program! Members will work on honing in on their tennis skills through warm-ups, drills, and games in a fun, supportive atmosphere. This program is accessible for our members, and is recommended for those who enjoy tennis, are looking to try a new sport, enjoy spending time outside, or just want to spend time being active with their friends.

## ADVENTURE DAY

**TIME:** Generally 1:30 PM-3 PM

**FACILITATED BY:** HFC staff & various community partners

**LOCATION:** See below

**FEE:** \$15

**DATES:** Weekly 6/6-8/29, no class 7/4

Join your HFC friends as we head out and about on various adventures in the community. Please see registration system for detailed descriptions and times for each Adventure Day activity.

**6/6:** Federal Court Exhibits: "An Unfinished Journey" & "I Am"

**6/13:** Wilderness Inquiry (10 AM-2 PM)

**6/20:** Historic Fort Snelling Tour (2 PM-4 PM)

**6/27:** Bear Boating (12:15 PM-2:30 PM)

**7/11:** Aquatics at Dodge Nature Center (1:30 PM-2:30 PM)

**7/18:** ACT's 2nd Annual Disability Pride Fest (AM)

**7/25:** Paddleford Riverboats (2 PM-4 PM)

**8/1:** Como Zoo & Conservatory

**8/8:** Highland Popcorn Visit & Hangout

**8/15:** Bear Boating (12:15 PM-2:30 PM)

**8/22:** Raptors at Dodge Nature Center (1:30 PM-2:30 PM)

**8/29:** Minnesota State Fair (1 PM-4 PM, tentatively)

# THURSDAYS CONTINUED

## LIFE SKILLS

**TIME:** 4:15 PM-5:15 PM

**FACILITATED BY:** HFC staff, Mary

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/6-8/29, no class 7/4

Have you ever found yourself wanting to learn more about budgeting, how to use a credit card, an ATM, or how to write a check? In Life Skills, we'll learn about all of these things and more! Each week we will cover a new topic and practice using our money responsibly. This class is a great fit for anyone who is interested in learning more about and practicing money management.

## LINE DANCE

**TIME:** 5 PM-6 PM

**FACILITATED BY:** Certified Group Fitness Instructor, Tibbe Luell

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/6-8/29, no class 7/4

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.

## MARKET TO TABLE: COOKING

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

**FACILITATED BY:** HFC staff & retired Occupational Therapist, Paula

**LOCATION:** Rockstoria Studio

**FEE:** \$15

**DATES:** 6/13, 7/11, 8/15

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!

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

**FACILITATED BY:** Certified Music Together Instructor, Tibbe Luell

**LOCATION:** HFC office or online via zoom **FEE:** \$15 in-person **DATES:** Weekly 6/6-8/29, no class 7/4

Join HFC instructor Tibbe Luell for a class that explores rhythm and movement through drumming exercises. You can participate using a variety of items as a drum and drumsticks: a pillow as a drum and household items as sticks, an exercise ball that sits on a base with drumsticks, or a drum! 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 attend in-person or on zoom.

# FRIDAYS

## GARDEN CLUB

**TIME:** 10 AM-11 AM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Weekly 6/7-8/30

In this program, 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. HFC has two wheelchair-accessible raised beds we will be responsible for, as well as numerous pots of other plants, flowers, and more! This program is a fit for members who enjoy gardening, nature, or being outdoors.

## FIT WITH FRIENDS ONLINE

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

**FACILITATED BY:** Certified Personal Trainer, Nick Boyer

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/7-8/30

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](mailto:holly@highlandfriendshipclub.org).

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



## WALKING CLUB

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

**FACILITATED BY:** HFC staff

**LOCATION:** See registration system

**FEE:** \$15

**DATES:** Weekly 6/7-8/30

Lace up your walking shoes and join your HFC friends for a nice Friday afternoon stroll. There's no better way to wrap up your week than getting some exercise, talking with friends, and experiencing the summer breeze. All mobilities welcome - walking path will be wheelchair accessible, and the group will adapt to various speeds depending on the group's needs. Locations will be announced when registration opens.

## INTRO TO ASL WITH MAEVE

**TIME:** 3:30 PM-4:30 PM

**FACILITATED BY:** HFC friend, Maeve McDevitt

**LOCATION:** HFC office

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

**DATES:** Weekly 6/21-7/26, no class 7/5

Have you ever wanted to learn a new language? How about a language commonly used by HFC members, ASL? In this program, longtime friend and member of HFC, Maeve McDevitt, will teach members the basics of American Sign Language. Members will get to learn signs about different topics, including the ABCs, numbers, colors, clothes, sports & leisure activities, family members, occupations, and animals. Members will also be introduced to concepts in ASL like sentence structure and facial expressions that are important in the language. This program is for members looking to challenge themselves, learn new ways to communicate, and support their friends as they take on the challenge of learning a new language.

# FRIDAYS CONTINUED

## GAME HOUR

**TIME:** 4:45 PM-5:45 PM

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** 1st & 2nd Fridays 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.

## MONTHLY DANCE PARTY

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

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** First 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! This program is open to all members, whether or not you are a fan of dancing! In addition to dancing, we'll have alternate activities offered such as coloring, games, and more. LIGHT snacks and refreshments will be provided at this program.

## BIRTHDAY BASH

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

**FACILITATED BY:** HFC staff

**LOCATION:** HFC office

**FEE:** \$15

**DATES:** Second 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! It does NOT need to be your birthday month to attend! In fact, we ENCOURAGE all members to come, regardless of whether or not it is your birthday month!

## FRIDAY FUN

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

**FACILITATED BY:** HFC staff

**LOCATION:** See below

**FEE:** \$15

**DATES:** 3rd, 4th, & 5th Fridays of the month

What could be a better Friday evening than having some fun with you HFC friends? See below for the list of Friday Fun activities this summer!

**6/21:** Bowling at Sun Ray Lanes

**6/28:** Bocce Ball at HFC office

**7/19:** Bowling at Sun Ray Lanes

**7/26:** Newsies at Artistry Theatre (TENTATIVE)

**8/16:** Bowling at Sun Ray Lanes

**8/23:** Saint Paul Saints game at CHS Field

**8/30:** Mini Golfing at Como

# SATURDAYS

## PARENTS & CAREGIVERS: WEEKLY APPOINTMENT WITH YOURSELF

**TIME:** 8 AM-9 AM

**FACILITATED BY:** Certified Personal Trainer, Tami Carlson

**LOCATION:** Online via zoom

**FEE:** FREE OF CHARGE

**DATES:** Weekly 6/1-8/31, no class 6/29, 7/6, 8/24

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

**FACILITATED BY:** Certified Personal Trainer, Tami Carlson

**LOCATION:** Vera Fitness

**FEE:** \$15

**DATES:** Weekly 6/1-8/31, no class 6/29, 7/6, 8/24

Being active requires work, but that doesn't mean it can't be fun! HFC members enjoy this weekly fitness class where 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:** 4 PM-5:15 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/1-8/31

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!

# SUNDAYS

## BINGO ONLINE

**TIME:** 5:30 PM – 6:45 PM

**FACILITATED BY:** HFC staff

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** 1st & 3rd Sundays of the month, June-July  
Weekly, 8/4-8/25

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.

## GAME HOUR: GAMESHOW ONLINE

**TIME:** 5:30 PM – 6:45 PM

**FACILITATED BY:** HFC staff, Angela

**LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** 2nd & 4th Sunday of the month, June-July

Do you love watching game shows on 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!

## ZUMBA ONLINE

**TIME:** 7 PM – 8 PM

**FACILITATED BY:** Certified Zumba Instructor, Tibbe Luell

**ONLINE LOCATION:** Online via zoom

**FEE:** \$10

**DATES:** Weekly 6/2-8/25

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.

# POP-UP PROGRAMS

## SAFE SUMMER NIGHT: SPECIAL EDITION

**TIME:** 5 PM-7 PM

**FACILITATED BY:** HFC staff & SPPD

**LOCATION:** Griggs Recreation Center **FEE:** \$15

**DATES:** Tuesday, June 11th

Join your police officers from the Saint Paul Police Department (SPPD) and neighbors for a family-friendly event! There will be free food, bike giveaways, first responder vehicles, various police specialty units, and community partners. This special edition of Safe Summer Nights offers adaptive activities for our families with special needs. We hope to see you there!

## HFC TRUE FRIENDS CAMP RETREAT

**TIME:** 3 PM Friday-11 AM Sunday

**FACILITATED BY:** HFC staff

**LOCATION:** Camp Courage, Maple Lake, MN **FEE:** \$275

**DATES:** Friday, June 21st-Sunday, June 23rd

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, campfire, gaga ball, basketball, volleyball, canoes, kayaks, paddleboards, and LOTS of fun.

If you are interested in attending this retreat, please email Program Manager Holly at [holly@highlandfriendshipclub.org](mailto:holly@highlandfriendshipclub.org).

## TWINS GAME

**TIME:** 6 PM-8:30 PM

**FACILITATED BY:** HFC staff, Minnesota Twins

**ONLINE LOCATION:** Target Field **FEE:** \$15

**DATES:** Tuesday, July 2nd

Highland Friendship Club is a Featured Nonprofit at Target Field to kick off the baseball season! Twins x Thrivent At Bat For Impact is celebrating our unique approach to inspiring and empowering alongside three other organizations, and fans at every Twins home game can vote to help direct donations our way. Learn more at [www.twins.com/AtBatForImpact!](http://www.twins.com/AtBatForImpact!)

HFC will be attending the game against the Detroit Tigers on July 2nd with a first pitch time of 6:40 PM. At this game, HFC will be presented with a check from the Twins x Thrivent At Bat For Impact. We hope you all will join us and represent HFC, thanking the Twins and Thrivent for their support of our members!

## HIGHLAND FRIENDSHIP CLUB/VALLEY FRIENDSHIP CLUB PICNIC

**TIME:** 4 PM-6 PM

**FACILITATED BY:** HFC & VFC staff

**ONLINE LOCATION:** Spooner Park **FEE:** \$15

**DATES:** Sunday, July 14th

Little Canada, MN

Valley Friendship Club provides social opportunities for children, teens, and adults with developmental and/or intellectual disabilities to help them build friendships and embrace community connections in Stillwater, Minnesota. HFC and VFC are teaming up to put on a combo picnic for our communities. There will be music, food, games, and tons of friends. Join us and meet some new friends, eat some yummy food, and enjoy the beautiful summer day.



# HIGHLAND FRIENDSHIP CLUB POLICIES

## GENERAL POLICIES

- Pre-registration for ALL HFC programs is required. If you arrive at a program you are not registered for, it is possible staff may need to turn you away depending on program capacity and staffing. If you need support with getting registered, please reach out to [registrations@highlandfriendshipclub.org](mailto:registrations@highlandfriendshipclub.org), and we will assist you as we're able
- 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 a program credit that can be used at a later date. Credits can be applied toward the payment of any HFC programs.

## 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 with HFC staff 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 staff 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. Please see "Supporting Members in HFC Programs" on page 19 for more information

# 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.**

HFC is currently in transition between two registration systems, and we are hard at work making this transition as smooth as possible for you all. HFC will provide a number of informational videos and written instructions that will help you get started with the registration process. If you have reviewed these materials and still need assistance, do not hesitate to reach out to us! You may email Program Manager Holly at [holly@highlandfriendshipclub.org](mailto:holly@highlandfriendshipclub.org) or [registrations@highlandfriendshipclub.org](mailto:registrations@highlandfriendshipclub.org). We are here to help you!

# NEW MEMBER INFORMATION

## REQUIRED FORMS FOR MEMBERS

When you get started in our registration system, you will be asked to fill out two forms: a Member Questionnaire and an agreement. The member questionnaire collects important information about our members including emergency contact information, likes & dislikes, allergies, medical concerns we should know about, and more. If you need to update either of these forms, you should be able to do so right in your account on RegPack. Please reach out to [holly@highlandfriendshipclub.org](mailto:holly@highlandfriendshipclub.org) if you need assistance!

## 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.

# PROGRAM INFORMATION

- You will receive an email with program information including staff member, time, location, special instructions, and any zoom links the morning of the program
  - All emails will come from [registrations@highlandfriendshipclub.org](mailto:registrations@highlandfriendshipclub.org). Please check your spam mail regularly if you are not receiving the daily emails!
  - If it is less than an hour before the program and you have not received an email with information, please contact our Program Manager Holly Kampa at [holly@highlandfriendshipclub.org](mailto:holly@highlandfriendshipclub.org).
  - If you have questions about the program or won't be able to attend, either 'reply all' or reach out to the staff who will be supporting the program
- For online programs, 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 ac-

# SUPPORTING MEMBERS IN HFC PROGRAMS

## HELPFUL INFORMATION

We welcome parents and caregivers in our programs as active supports for their HFC members. HFC staff and volunteers provide general support to members, but if an individual needs a lot of assistance, we ask that a parent or caregiver participate in the program alongside their member. We recognize that the amount of support a member may need often changes from program to program, 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 programs 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 programs
- 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 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 program
- Member needs assistance using the bathroom
- Member needs medication administered to them during the program
- 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 programs independently
- Member can safely participate in HFC programs without assistance
- Member does not need assistance using the bathroom
- Member does not need medication administered to them during the program
- 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 17). 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.\*\*