



FALL 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, you will be sent a link the morning of the program for access.

WAIVER & SCHOLARSHIP INFORMATION

HFC members can work with their core coordinators to see if using waiver funds is an option for them. HFC also offers scholarships for HFC members whose participation is limited by financial barriers. For more information, please contact info@highlandfriendshipclub.org.

GET SOCIAL WITH HFC!



WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB



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

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

MONDAYS

WALKING CLUB

TIME: 10 AM-11 AM

FACILITATED BY: HFC staff

LOCATION: Highland Village

FEE: \$15

DATES: Weekly 9/9-10/28, except 10/14

Did you know that walking every day can increase fitness, strengthen bones, boost muscle power and endurance, and reduce the risk for developing many conditions? There's no better way to kick off your week than lacing up your shoes, getting some light exercise, talking with friends, and experiencing the fall breeze. For this Walking Club, we will meet at Lunds & Byerlys in Highland Park and walk around the Highland Development (all wheelchair-accessible paved paths). All mobilities welcome - 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.

COFFEE HOUR

TIME: 11 AM-11:45 AM

FACILITATED BY: HFC staff

LOCATION: Highland Village

FEE: \$10

DATES: Weekly 9/9-10/28, except 10/14

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!

BREAKFAST CHAT

TIME: 10:30 AM-11:15 AM

FACILITATED BY: HFC staff

LOCATION: Online via zoom

FEE: FREE

DATES: Weekly 11/4-12/30, except 11/11

Join your friends in this NEW and FREE program! We know that the Monday blues can be difficult, especially when it's the cold winter months. Make yourself some breakfast, hop on zoom, and chat with your HFC friends about all the fun you had over the weekend and what is coming up for you in life. Members are encouraged to join Fit With Friends after Breakfast Chat.

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 9/9-12/23, except 10/14, 11/11

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



MONDAYS CONTINUED

BOOK CLUB ONLINE

TIME: 1 PM-2 PM

FACILITATED BY: HFC volunteer, Sara Conley

LOCATION: Online via zoom

FEE: \$10

DATES: Weekly 9/9-12/23, except 10/14, 11/11

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 Fall 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: HFC staff

LOCATION: HFC office & online via zoom **FEE:** \$15 in-person **DATES:** Weekly 9/9-12/23, except 10/14, 11/11
\$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. Mindfulness practices can help manage stress, reduce anxiety, build greater enthusiasm for life, and improve self-esteem. This program 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

LOCATION: HFC office

FEE: \$15

DATES: Weekly 9/9-12/23, except 10/14, 11/11

Express yourself through creativity! Each week you'll have the chance to use different materials, learn about types of art, and make various projects. HFC staff Nikki will guide members through a different activity each week that will help members work on their fine-motor skills, boost their imagination, and express their thoughts and feelings. Arts & Crafts can improve mental health by reducing stress and anxiety, boost happiness, and help with emotional regulation. Craft activities are adaptive for members of all abilities.

MONDAYS CONTINUED

GAME HOUR: IMPROV WITH MNprov

TIME: 5 PM-6 PM

FACILITATED BY: MNprov

LOCATION: HFC office

FEE: \$15

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

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: GAME SHOW

TIME: 5 PM-6 PM

FACILITATED BY: HFC staff

LOCATION: HFC office

FEE: \$15

DATES: Weekly 9/9-12/23

except 10/7, 10/14, 11/4, 11/11, 12/2

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 game shows.

EXPLORE & LEARN

TIME: 6:30 PM-7:30 PM

FACILITATED BY: HFC staff

LOCATION: Online via zoom

FEE: \$10

DATES: Weekly 9/9-12/23, except 10/14, 11/11

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 Smithsonian Institute, National Geographic, and various museum. 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.

UST FUN NIGHT

TIME: 6:30 PM-8 PM

FACILITATED BY: UST Special Olympics Club

LOCATION: UST Campus

FEE: \$15

DATES: 9/30, 10/28, 11/18, 12/9

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. Pizza (with gluten free option) and light refreshments will be provided!

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 9/3-12/17

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 Fall 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 9/3-12/17

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: 9/3, 10/1, 11/12, 12/3

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 WITH TIBBE

TIME: 1 PM-2 PM

FACILITATED BY: Certified Group Fitness Instructor, Tibbe Luell

LOCATION: Vera Fitness

FEE: \$15

DATES: Weekly, 9/3-12/17

Everyone can be Tap Happy in our Tap with Tibbe class! This program is encouraged for members of all abilities - including those in wheelchairs and with limited mobility. We will do rhythmic tap warm ups, practice basic tap skills, and learn tap sequences to some favorite songs. Members can use their hands with tap mittens, or their feet. Tap shoes are not required but are accepted!

BRAIN FLEX FITNESS

TIME: 2:15 PM-3:15 PM

FACILITATED BY: Adaptive Special Needs Group Instructor, Tibbe Luell

LOCATION: Vera Fitness

FEE: \$15

DATES: Weekly, 9/3-12/17

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: 9/10, 9/24, 10/8, 10/22, 11/12, 12/10

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 (9/10, 10/22, 11/12, 12/10) includes a rock climbing wall, archery, and cooperative games — which are all fully adaptable to our members' abilities. Scouting (9/24, 10/8) focuses on leadership, education, and activities that facilitate learning!

PILATES (TRIAL)

TIME: 4:30 PM-5:30 PM

FACILITATED BY: Certified Personal Trainer, Chris Haider

LOCATION: HFC Office

FEE: FREE

DATES: 9/3, 9/17, 10/1, 10/15

HFC will be trialing an adaptive Pilates program this fall! Pilates is a mind-body exercise that focuses on core strength. Some of the benefits of Pilates include increased muscle tone, flexibility, and strength. This Pilates program will be done on mats or in chairs and will adapt to the abilities of each individual member. Members in this program will have the opportunity to try out Pilates for free and provide their feedback on the experience so improvements can be made.

TUESDAYS CONTINUED

STORY BUILDING ONLINE

TIME: 5 PM-6:15 PM

FACILITATED BY: HFC staff, Holly Olena

LOCATION: Online via zoom

FEE: \$10

DATES: Weekly, 9/10-12/17,

except 10/8, 10/15, 11/12, 11/16,

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: 5:45 PM-6:45 PM

FACILITATED BY: HFC staff

LOCATION: HFC Office

FEE: \$15

DATES: Weekly, 9/3-12/17

Tuesday evenings at HFC are all about seeing friends! Having fun! And fantastic activities! Join us for Together Tuesday where activities rotate between crafting with Nikki in Arts & Crafts, winning prizes in Bingo, learning new things at Trivia Night, and playing games at Game Night. Please see below to know what to expect for the evening! Games may include Uno, Jenga, Twister, Apples to Apples, Connect 4. Trivia may include music, movie, 90's, sports, and more!

Arts & Crafts: 9/3, 10/1, 11/5, 12/3

Bingo: 9/10, 10/8, 10/29, 11/12, 12/10

Trivia Night: 9/17, 10/15, 11/19, 12/17

Game Night: 9/24, 10/22, 11/26

GLEE CLUB

TIME: 7 PM-8 PM

FACILITATED BY: Certified Music Therapist, Molly

LOCATION: HFC Office

FEE: \$15

DATES: Weekly 9/10-12/17, except 10/29, 11/26

Certified Music Therapist Molly 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), 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. This program is great for members of all singing abilities and music interests. 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 9/4-12/18, except 11/13

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 songs, 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 9/4-12/18

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 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 9/4-12/18

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 delicious lunch. There will be good conversation, mealtime games, and many friends! HFC's Lunch Bunch is also a good opportunity to expand your social skills, practice table manners, and maybe even try new foods.

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: HFC Volunteer, Holly Mandara

LOCATION: HFC office

FEE: \$15

DATES: 9/4, 10/2, 11/6, 12/4

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.

9/4 - Tie Dye - Join your scouts friends as we tie dye t-shirts, socks, and hats!

10/2: Sculpting with Model Magic - Come have fun making homemade sculptures with your HFC friends!

11/6: What are you grateful for? We will be sharing what we are grateful for during the holidays as we make gratitude trees that you can bring home as an artwork display.

12/4: Wreath Making Holiday Party - Color and decorate holiday wreaths!

WEDNESDAYS CONTINUED

SKILL BUILDING HYBRID

TIME: 1:30 PM-2:30 PM

FACILITATED BY: Nick Wilkie, Metropolitan Center for Independent Living

LOCATION: HFC office & online via zoom

FEE: \$15

DATES: 9/11, 9/25, 10/9, 10/23, 11/13, 11/27, 12/11

In this skill building program, instructor Nick and HFC staff 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: 9/18, 10/16, 10/30, 11/20, 12/18

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 9/4-12/18

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, which is a fantastic low-impact physical activity that can tone muscles, improve endurance, increase flexibility, and fine-tune balance.

UST DANCE CLUB

TIME: 6 PM-7 PM

FACILITATED BY: UST Dance Club Students

LOCATION: UST Campus

FEE: \$105 for all 7 sessions

DATES: 9/18, 10/2, 10/16, 10/30, 11/13,
12/4, 12/7 (tentative show date)

Are you a fan of dance or looking for a fun way to broaden your horizons? UST Dance Club may be for you! During this 7-session program, students at the University of St. Thomas will teach HFC members a dance for 6 session and will top it off with a performance at UST where you can invite your friends and family! This program is for members who love dancing, are interested in dance and music, or would like to perform in front of their loved ones. Members of all abilities are welcome, as UST students and HFC staff will work towards making adaptations as needed.

BINGO ONLINE

TIME: 6 PM-7 PM

FACILITATED BY: HFC staff, Eric

LOCATION: HFC office

FEE: \$10

DATES: Weekly 9/4-12/18

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 9/5-12/19, except 11/14, 11/28

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 songs, 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 9/5-12/19, except 11/28

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.

ADVENTURE DAY

TIME: Generally 1:30 PM-3 PM

FACILITATED BY: HFC staff & various community partners

LOCATION: See below

FEE: \$15

DATES: Weekly 9/5-12/26, except 11/28

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.

9/5: Bell Museum

9/12: Weisman Art Museum

9/19: Art Treasures in the MN State Capitol

9/26: Children's Theatre: Zip Zap Circus (10 AM-12 PM)

10/3: Voting with Confidence @ HFC Office

10/10: The Russian Museum of Art

10/17: No Bake Autumn Deserts @ HFC Office

10/24: Children's Theatre: Drawing Lessons (10 AM-12 PM)

10/31: Pumpkin Painting @ HFC Office

11/7: Valley Self Defense @ HFC Office

11/14: Hmong Culture Center

11/21: Science Museum of MN

12/5: Children's Theatre: How the Grinch Stole Christmas (10 AM-12 PM)

12/12: Minnesota History Center

12/19: AMC Movie (exact movie TBA, time subject to change) @ AMC Rosedale

12/26: Cocoa, Coloring, and Caroling @ HFC Office

THURSDAYS CONTINUED

LINE DANCE

TIME: 5 PM-6 PM

FACILITATED BY: Certified Group Fitness Instructor, Tibbe Luell

LOCATION: HFC office

FEE: \$15

DATES: Weekly 9/5-12/19, except 11/7, 11/28

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: 9/5, 10/3, 11/14, 12/5

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 & online via zoom **FEE:** \$15 in-person **DATES:** Weekly 9/5-12/19, except 11/7, 11/28

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

SWIMMING WITH SWIM POSSIBLE

TIME: 11 AM-12 PM

FACILITATED BY: Swim Possible Instructors

LOCATION: St. Paul Pool (UMN)

FEE: \$15

DATES: 9/13, 9/29, 10/11, 10/25, 11/8, 11/22, 12/13

SwimPossible is an organization that provides safe, calming, and fun lessons that are customized for students who need a personalized approach - adapted to their needs for learning how to swim. Their method incorporates current swim techniques and adaptive learning strategies to help swimmers quiet their minds and feel how their bodies move in the water. When you join HFC Swimming with Swim Possible, members will have the opportunity to be met where they're at with the skill of swimming. The goal is to get comfortable in water, increase swim skills, and have fun with your friends. Sessions will consist of a water warm-up, organized games (including obstacle course, water volleyball, water basketball, ride the Motorcycle races, Hungry Hungry Hippo, Marco Polo, and more), skill stations, and a water cool down.

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 9/6-12/27

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



WALKING CLUB

TIME: 1:30 PM-2:30 PM

FACILITATED BY: HFC staff

LOCATION: See registration system

FEE: \$15

DATES: Weekly 9/6-12/27

Did you know that walking every day can increase fitness, strengthen bones, boost muscle power and endurance, and reduce the risk for developing many conditions? Lace up your walking shoes and join your HFC friends for a nice Friday afternoon stroll. There's not better way to kick off your weekend than getting some light 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. See below for the locations Walking Club will be held this fall!

9/6 & 10/4: COMO LAKE: 1360 Lexington Pkwy N, St Paul, MN 55103

9/13 & 10/11: LAKE HARRIET BANDSHELL: 4135 W Lake Harriet Pkwy, Minneapolis, MN 55409

9/20 & 10/18: LAKE PHALEN TRAIL PARKING: E Shore Dr, St Paul, MN 55106

9/27 & 10/25: LAKE NOKOMIS: 5001 Lake Nokomis Parkway W, Minneapolis, MN 55417

11/1, 11/15, 12/6, 12/20: ROSEDALE MALL: 1595 Highway 36 West, Suite 578, Roseville, MN 55113

11/8, 11/22, 12/13, 12/27: HARMAR MALL: 2100 Snelling Ave N, Roseville, MN 55113

FRIDAYS CONTINUED

MONTHLY DANCE PARTY

TIME: 6 PM-7:30 PM

FACILITATED BY: HFC staff

LOCATION: HFC office

FEE: \$15

DATES: 9/6, 10/4, 11/1, 12/6

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: 9/27, 10/11, 11/8, 12/13

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: See Below

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!

9/13: Nativity County Fair

9/20: Bonfire @ TBD park

10/18: Jack-O-Lantern Spectacular @ MN Zoo (increased fee)

10/25: Dinner @ Longfellow Grill

11/15: Improv w/ MNprov @ HFC Office

11/22: Drum Circle of Friends @ HFC Office

12/20: Cocoa, Coloring, and Caroling @ HFC Office

12/27: Carnival @ HFC Office

SATURDAYS

PARENTS & CAREGIVERS FITNESS

TIME: 8 AM-9 AM

FACILITATED BY: Certified Personal Trainer, Tami Carlson

LOCATION: Online via zoom

FEE: FREE

DATES: Weekly 9/7-12/28, except 11/9

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 9/7-12/28, except 11/9

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: 5 PM-6:15 PM

FACILITATED BY: HFC staff

LOCATION: Online via zoom

FEE: \$10

DATES: Weekly 9/7-12/28

Do you love to sing? Do you love to spend time with your HFC friends? Then karaoke is for you! Join HFC staff and members as we sing our favorite songs together! 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 – 6:30 PM

FACILITATED BY: HFC staff

LOCATION: Online via zoom

FEE: \$10

DATES: 9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

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: GAME SHOW ONLINE

TIME: 5:30 PM – 6:30 PM

FACILITATED BY: HFC staff

LOCATION: Online via zoom

FEE: \$10

DATES: 9/15, 9/30, 10/13, 10/27, 11/24, 12/8, 12/22

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

LOCATION: Online via zoom

FEE: \$10

DATES: Weekly 9/1-12/22

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

HOLIDAY GINGERBREAD PARTY

TIME: 2 PM – 4 PM

FACILITATED BY: HFC Staff & Volunteers

LOCATION: HFC Office

FEE: \$15

DATE: Saturday, 12/21

There's no better way to celebrate the holiday season with your friends and family than making gingerbread houses, enjoying holiday treats and drinks, and listening to holiday music! At this pop-up program, we invite members to invite up to three friends and family members to join us at this exciting holiday party! Gingerbread houses, treats, and refreshments will be provided.

NAVIGATING MSP: AIRPORT ACCESSIBILITY TOUR

TIME: 10 AM – 1 PM

FACILITATED BY: MSP accessibility team

LOCATION: MSP International Airport **FEE:** \$15

DATE: Wednesday, 10/9

Traveling with loved ones who have special needs can be intimidating. Navigating MSP Airport helps ease the anxiety with free, practice runs through the airport. A partnership between the Metropolitan Airports Commission, Fraser, and the Autism Society of Minnesota (AuSM), this program allows you to Experience TSA security screening procedures, explore the terminal, board a plane and meet a pilot, prepare for take-off, and gather helpful tips and resources.

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, 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.

***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 or 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 if you need assistance!

HELPFUL INFORMATION

- Have questions? Check out the [FAQ page](#) of our website & contact us through email at info@highlandfriendshipclub.org
- Program Policies – Check out [HFC's policies](#) on programs to better understand how we work.

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. 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.
 - 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 will be picked up after class by a parent or caregiver.