



FALL 2018 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.

Interested in joining the club?

Contact Ashley Skelly at:

Ashley@highlandfriendshipclub.org

651-698-4096

To learn more about us visit:

www.highlandfriendshipclub.org

GET SOCIAL WITH HFC!



WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB



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



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

Dear Friends,

Happy Fall 2018!


Summer was great, but sped by for sure. Thanks to all for your wonderful participation of our summer lineup of programs and events. Our focus now turns to fall and we look forward to providing another season of great choices for you!

Please note that we raised the prices on three programs a bit on to help with our overhead. We do it with pause, because we understand money is tight for all of us. The new price for Bowling is \$15, Mindful Movement is \$15, and CDH and UST activities \$15. We hope that the increases do not bring undue hardship. But if they do, please let me know. We have some scholarship dollars available.

This fall will be my third at HFC, I look more forward to working with all of you more than ever.

It is my pleasure and privilege to be a part of this terrific community.

Best wishes to all,



SAVE THE DATES



THE ART OF VOICE AND CHOICE RECEPTION

Thursday, September 27th at The Show Gallery

PHOTOGRAPHY 101 GALLERY SHOWCASE

Wednesday, October 24th at Film North Studio

GIVE TO THE MAX DAY

Thursday, November 15th

Give to HFC on Minnesota's annual giving holiday!

Keep an eye on the HFC Facebook page and
weekly e-newsletter for more event information to
be released!

LANES FOR FRIENDSHIP

Saturday, November 3rd
at Bowlero Lakeville

Sponsorship opportunities are available now!
Contact Dan at 612-363-5308.

Registration for HFC members will open in October.



HEALTH & WELLNESS



MOVE & GROOVE

10-11:30AM AT CDH FITNESS CENTER

SATURDAYS WEEKLY FROM 9/8—12/15 EXCEPT 11/3 & 11/24

FEE: \$15

Being healthy takes work but that doesn't mean it can't be fun! HFC members enjoy this weekly fitness class led by certified trainer Nick Boyer. Nick 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!

GET UP & GET HEALTHY—BRAND NEW FORMAT FOR FALL!!

6:30-8:30PM AT CDH FITNESS CENTER

MONDAYS WEEKLY FROM 9/17—12/3

FEE: \$100 FOR ALL 12 SESSIONS

How fun is Get Up and Get Healthy? As Charlie, a long time HFC fitness participant says: "EPIC!" 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... we guarantee it or your money back!

NEW

BOWLING

4:30-6PM AT CHURCH OF ST. FRANCIS BOWLING ALLEY

THURSDAYS WEEKLY FROM 9/6—12/20

EXCEPT 10/18, 11/22, 12/13

FEE: \$15

Bowl to your heart's content during HFC's very own open bowling session! This is an adaptive bowling exercise for all abilities with ramps and bumpers available. Come see what HFC's very own bowling crew is all about!



HEALTH & WELLNESS

GET UP & GET PERSONAL

6-8PM AT HALLIE Q. BROWN COMMUNITY CENTER

WEDNESDAYS WEEKLY FROM 11/7—12/5

EXCEPT 11/21

FEE: \$40 FOR ALL 4 SESSION DATES

Get Up and Get Personal is a 4-part workshop series designed to learn about healthy relationships, safety, peer pressure and appropriate touch. Each workshop will include check-in and yoga, instruction and discussion on the topic, and final relaxation. Parents and caregivers are welcome to participate, but it is not required.

HFC is proud to offer this unique wellness program to our membership with the goals of developing healthy relationships and reducing the rates of sexual assault for people with disabilities. The rate of sexual assault for those with disabilities is significantly higher than for those without. We know that the key to combating this epidemic is through education.



COOKING

6-7:30PM AT ST. LUKE'S CHURCH

COOKING I: 9/13, 10/11, 11/8, 12/13

COOKING II: 9/20, 10/18, 11/15, 12/20

FEE: \$20

HFC invites members to join us in the kitchen for this exciting cooking experience! Members will participate in the planning and preparation of each week's meal, which will include an appetizer, main dish and dessert. The focus of each meal will be on learning how to prepare nutritious AND delicious meals step-by-step. Learning about portion control and good decision making surrounding food choices will also be covered weekly.



HFC SPECIAL OLYMPICS TEAMS

The Highland Friendship Club's Special Olympics team's unified flag football season is underway. In addition to unified flag football, the team offers seasonal basketball, bocce and golf teams, too. Athletes and volunteer coaches commit to weekly practices and participate in two seasonal tournaments.

For more information about playing or volunteering, contact Julie Anderson at anderjs@mninter.net or 651-628-9631

ARTISTIC EXPRESSION

NEW

PHONE PHOTOGRAPHY 101

BEGINS IN AUGUST—REGISTER NOW!

8 total meeting dates with 5 in-studio at Film North and 3 Field Trips

In-Studio at Film North from 6-8pm: 8/15, 8/29, 9/12, 9/26, 10/3

Field Trips (bussing provided) from 6-9pm: 8/22 at Sculpture Garden, 9/5 at Guthrie and Gold Medal Park,
9/19 at Union Depot

FEE: \$80 FOR ALL 8 SESSION MEETING DATES

Become the master of your smartphone camera— No experience necessary!

In this new program, HFC members will develop an eye for photography and visual storytelling by learning how to use their smartphone cameras in creative ways. Lessons will be lead by professional photographers Eric Mueller and Caroline Yang, and will cover both the personal and documentary point-of-view. HFC members can expect to learn how to take beautiful photos through selecting great composition, editing and framing. The ultimate goal of this one-of-a-kind program will be learning to express oneself creatively using phone photography!

metro
regional
arts
council

**This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.*

ACT SIDE-BY-SIDE CHORUS

6-8:15PM AT MACALESTER PLYMOUTH CHURCH

FRIDAYS 9/7, 10/5, 11/2, 12/7

FREE TO ATTEND

WITH REQUIRED MONTHLY COMMITMENT

Advocating Change Together (ACT) invites you to join a fun and powerful singing group: The Side-by-Side People's Chorus. The group is open to people with and without disabilities—anyone who wants to commit to being there once a month is welcome. All voices welcome for this singing group led by Bret Hesla and Larry Dittberner!

OPEN MIC

6:30-7:30PM AT CDH

FRIDAYS 9/21, 11/16

FEE: \$10

If you love to sing and perform then this is the program for you! Led by certified music therapists Beth and Jen, HFC members sing their hearts out at this casual get together... Karaoke machine included!

GLEE CLUB

7-8PM AT ST. LUKE'S CHURCH

FEE: \$15

TUESDAYS WEEKLY FROM 9/11—12/18 EXCEPT 10/23, 11/6

HFC partners with MacPhail Center for Music to bring you Glee Club! HFC members will exercise their vocal chords using a variety of singing techniques. Classes will focus on providing tools for self-expression, self-empowerment, improved communication skills and executive functioning skills through the use of neurologic music therapy techniques, music playing, song writing and improvisation. A variety of techniques will be used to provide opportunities to learn to identify and express emotions in an appropriate way, give and receive support, and develop self-confidence and leadership skills.



COMMUNITY ENGAGEMENT



FRIDAY FUN

VARYING LOCATIONS & FEES DEPENDANT ON ACTIVITY

6-8PM

FRIDAYS 9/14, 10/12, 11/9, 12/7

Gear up for the weekend starting with your HFC friends! Each month's activity varies.

This fall's activities are as follows:

SEPTEMBER 14TH: Afton Apple Orchard Visit

OCTOBER 12TH: Bowling & Pizza Party at Church of St. Francis Bowling Alley

NOVEMBER 9TH: Disney Trivia Party

DECEMBER 7TH: Rock Wall Climb & Archery at Base Camp

BOY'S NIGHT OUT

THURSDAYS 9/6, 10/4, 11/1, 12/6

VARYING LOCATIONS, TIMES AND FEES DEPENDANT ON ACTIVITY

Finally a chance for the guys to get together and spend a night out! Join your best guy friends from HFC for a fun evening of letting loose!

SEPTEMBER 6TH: Tie Dye Night

OCTOBER 4TH: Dinner at Shamrock's Grill

NOVEMBER 1ST: Game Night

DECEMBER 6TH: Can Can Wonderland Mini Golf

CDH/HFC ACTIVITIES

FEE: \$15

HFC loves when the school year is in session because it means we get to hang with our besties at CDH! Take part in the fun of this 13 year partnership with the following activities...

SATURDAY 9/15 FROM 12-1:30PM:

Kickball Tournament

FRIDAY 10/26 FROM 7-8:30PM:

Halloween Dance



COMMUNITY ENGAGEMENT

GIRL'S NIGHT OUT

THURSDAYS 9/6, 10/4, 11/1, 12/6

VARYING LOCATIONS, TIMES AND
FEES DEPENDANT ON ACTIVITY

HFC gals rejoice! Enjoy this evening activity for you to let loose and hang with your best gal pals.

SEPTEMBER 6TH: Sip & Paint Party

OCTOBER 4TH: Tie Dye Night

NOVEMBER 1ST: Dinner at Shamrock's
Grill

DECEMBER 6TH: Holiday Craft Night

BIRTHDAY BASH

6-8PM AT HALLIE Q. BROWN COMMUNITY
CENTER

FRIDAYS 9/28, 10/19, 11/20, 12/14

FEE: \$15

Every month HFC throws a birthday party for our members! This is a chance to celebrate all members whose birthday land in that month. There will be games, music, crafts, and most importantly, dessert!

It's a party every month, and we invite YOU to join us!

HOLY SPIRIT GAME NIGHT

6:30-8PM AT HOLY SPIRIT CHURCH

WEDNESDAY 10/17

FEE: \$10

Join your friends for this HFC longtime favorite! We will play games, eat yummy Skinner's pizza, and enjoy one another's company!



UST / HFC COLLABORATION

6:30-8PM AT VARYING LOCATIONS

FEE: \$15

MONDAYS 9/17, 10/15, 11/19, 12/10

HFC partners with students from University of St. Thomas for a special community engagement activity that varies monthly...

SEPTEMBER 17TH: Yard Games at CDH

OCTOBER 15TH: Pumpkin Painting at CDH

NOVEMBER 19TH: Bowling at UST

DECEMBER 10TH: Holiday Dance at UST

COMMUNITY CLUB

ALL NEW: WELLNESS WEDNESDAYS!

FIT WITH FRIENDS

NEW

10-11:30AM AT LOCATION TBD

WEDNESDAYS WEEKLY FROM 9/5—12/12 EXCEPT 11/21

FEE: \$15

Introducing another weekly opportunity to get fit alongside your besties! Join HFC's favorite personal trainer Nick in the gym as we explore various ways of working out for all abilities. Activities will include stretching, weight lifting, use of cardio equipment, mat exercises, relays and more!



WATER AEROBICS—BACK BY POPULAR DEMAND!

NEW

1-2PM AT LOCATION TBD

WEDNESDAYS 9/12, 9/26, 10/10, 10/24, 11/7, 11/28, 12/12

Join your HFC Community Club friends in the pool for light exercise and stretching! Led by Nick Boyer, HFC members will enjoy this small group, water-based exercise class! The pool includes a wheelchair lift and shallow, warm water for comfortability and adaptability.



MINDFUL MOVEMENT

1-2PM AT TULA YOGA & WELLNESS STUDIO

WEDNESDAYS 9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 12/5

FEE: \$15

In this class, we will pay attention to how we are breathing and how we are moving. Come explore different types of mindful movement together with us: yoga, gentle stretching, walking meditation, moving meditation and more!

COMMUNITY CLUB



BOOK CLUB

1-2PM AT ST. LUKE'S CHURCH

TUESDAYS WEEKLY FROM 9/4—12/18

EXCEPT 10/23, 11/16

FEE: \$10

Book Club is an adaptive reading and learning experience for people of all abilities whether you can read or not! Participants meet weekly for one hour to read aloud and discuss a book which will be provided by HFC.

COMMUNITY CLUB CLASSICS!



MUSICAL EXPLORATION

10:30-11:30AM AT ST. LUKE'S CHURCH

TUESDAYS WEEKLY FROM 9/4—12/18

EXCEPT 10/23, 11/6

FEE: \$10

Participants in this new music class will have all sorts of opportunities to develop or enhance their enjoyment of music! Community building and personal exploration will be the focus of a curriculum filled with singing and imagination. No matter what kind of music you prefer, there's something for everyone in this program!

OUT AND ABOUT

TIMES, FEES AND LOCATIONS VARY DEPENDANT ON ACTIVITY

Explore the beautiful Twin Cities community alongside your HFC pals in this weekly adventure!

9/20—Applewood Orchard

10/4—Ordway Theatre for "Nobuntu"

10/18—Omnitheatre at Science Museum

10/23—Film North Photography Gallery

11/1—Minnesota History Center

11/6—Packaging Baskets with Jack's Basket Org

11/15—Ramsey County Courthouse Tour

11/29—Ordway Theatre for "Nachito Herrera"

12/13—Walking and Holiday Shopping at Mall of America

12/19—Steppingstone Theatre for "A Charlie Brown Christmas"

COMMUNITY CLUB

ART OF THE SEASONS

10-11:30AM AT ST. LUKE'S CHURCH

THURSDAYS 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/13

FEE: \$15

Join HFC and our favorite artist Corilyn as we create art inspired by the changing seasons! In this class, we will paint and use mixed-media to create art for the fall and winter seasons. This will include projects featuring landscapes with colorful leaves and sparkling snowflake sculptures. Let's get creative and spend time with friends!



WILDER

10-11:30AM AT WILDER CENTER
FOR AGING

THURSDAYS 9/13, 9/27, 10/11, 10/25,
11/8, 12/6

FEE: \$15

We LOVE our friends at Wilder Center for Aging! From arts and crafts to snacks, singing, and yoga... each month is a new fun and wild activity!

NOODLES & COMPANY

12:30-2:30PM AT NOODLES & COMPANY IN
HIGHLAND PARK

THURSDAYS 9/13, 9/27, 10/11, 10/25, 11/8, 12/6

FEE: \$10

HFC members gain real-world job experience as they work together to wrap napkins and utensils for the Highland Park Noodles and Company. This is an invaluable learning experience for people of all abilities. While they work hard at wrapping, members enjoy one another's company, and have a snack together. It's a great opportunity to gain experience working for a large, nationally renowned company!

HIGHLAND FRIENDSHIP CLUB POLICIES

- Members who make a cancellation 48 hours in advance or more will receive a credit that may be used at a later date. This credit can be carried over to the next semester. Late cancellations and no-shows will not be given a credit.
- 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.
- If you register for a program, you are responsible for the payment of the registration fee.
- Program payment should occur: online via credit/debit card or 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 and Personal Care

- HFC employees and volunteers are prohibited from providing hands-on assistance with the activities of eating, toileting, and lifting.
- HFC employees are also prohibited from administering any medication to HFC members.

Please note that **scholarships have been made available** through the generosity of our granters and donors.

For consideration, please contact Dan Reed @ 612-363-5308

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:

Email: info@highlandfriendshipclub.org

Phone: 651-698-4096

If you are experiencing technical problems when registering, please contact Active Network customer service at:

Phone: 1-877-228-4881 (7am -5pm PST Monday through Friday)

Live chat: <http://activesupport.force.com/usersupport/UScontact>

Email: support@active.com

COMMUNITY-BASED SITE INFORMATION

ST. LUKE'S CHURCH

1807 Field Avenue, St. Paul, MN 55116

HFC Activities are held in the Great Room, the kitchen, or classrooms at St. Luke's Church. Plentiful parking is available in the lot on the north side of the building.

HALLIE Q. BROWN COMMUNITY CENTER

270 N Kent Street, St. Paul, MN 55102

HFC Activities are held in the Canteen or Clubrooms. HFC staff will meet you at the main entrance to guide you to the correct room. Plentiful parking is available in the lot on the west side of the building.

CRETIN-DERHAM HALL (CDH)

550 Albert St S, St. Paul, MN 55116

Please note: Each HFC program uses a different space at CDH. Specific rooms are listed on the HFC registration page and in your confirmation email.

OTHER ADDRESSES

Church of St. Francis	426 Osceola Avenue, St. Paul MN 55102
Noodles and Company	2110 Ford Parkway, St. Paul, MN 55116
Tula Yoga and Wellness	99 Snelling Ave N, St. Paul MN 55104
The Show Gallery	346 N Sibley St, St. Paul MN 55101
Wilder Center for Aging	650 Mars hall Ave, St. Paul MN 55104
St. Paul Jewish Community Center	1375 St. Paul Ave, St. Paul MN 55116
Holy Spirit Church	515 South Albert St, St. Paul MN 55116
Film North Studio	550 Vandalia St, Suite #120, St. Paul MN 55114
Macalester Plymouth Church	1658 Lincoln Avenue, St Paul MN 55105
HFC Office	161 St. Anthony Ave, Suite #944, St. Paul MN 55103

HFC NEWSLETTER

Sign up for the weekly HFC e-newsletter to get **up-to-date information** on programs, special events and everything happening within the HFC community!

Contact Ashley at Ashley@highlandfriendshipclub.org to get on the HFC newsletter list!