



WINTER-SPRING PROGRAM CATALOG 2020

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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: Dan Reed
Executive Director
651-698-4096

To learn more about us visit:

GET SOCIAL WITH HFC!



WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB



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



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

MONDAYS (DAYTIME)

MONDAY MORNING MOVIE

TIME/LOCATION: 10 AM-12 PM at St. Luke's Church

FEE: \$12

DATES: 1/6-2/24, 3/13

From classics to recent releases, come join your friends for an entertaining time!

FUN DAY MONDAY

TIME/LOCATION: 12-1 PM at St. Luke's Church

FEE: \$12

DATES: 1/6, 2/3, 3/9, 4/6, 4/13, 5/4

Gather with friends to learn new games or revisit the classics such as Bingo, Jenga, and Trash. Or, simply hang out and join in on one of the many conversations. There's something for everyone!

PICKLEBALL

TIME/LOCATION: 2-3 PM at JCC

FEE: \$12

DATES: 1/6, 1/20, 2/3, 2/17, 3/9, 3/23, 4/6, 4/20, 5/4, 5/18

Join in the fun! Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Come see what is all the craze with this fast-growing sport. Sessions will be held indoors.

GET UP & GET HEALTHY

TIME/LOCATION 3:30-5 PM at JCC

FEE: \$17

DATES: 1/13, 1/27, 2/10, 2/24, 3/16, 3/30, 4/6, 4/27, 5/11

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!

DODGE NATURE CENTER

LOCATION: Dodge Nature Center

FEE: \$12

TIMES/DATES: 4/20 from 12:15-1:30 PM, 5/11 from 10:45 AM-12 PM

110-acres buzzing with nature programs including a working farm, raptor mews, and bee apiary. Learn about nature in your backyard!

ADVENTURE DAY

TIMES/LOCATIONS: See below

FEE: \$17

Explore the Twin Cities community alongside your HFC friends!

MARCH 2: *Sphinx Virtuosi* from 9:30-11:30 AM at the Ordway (bus meets at St. Luke's)

MONDAYS (EVENING)

Get Fit Like Rocky

TIME/LOCATION: 6:30-8 PM at St. Luke's Church

FEE: \$17

DATES: 1/13, 1/27, 2/3, 2/24, 3/9, 3/23, 4/13, 4/27, 5/11

As you read this, we hope the Rocky theme song is playing in your head! At a "Get Fit Like Rocky" class, each member puts on a pair of boxing gloves (you can bring your own or a pair will be provided) and practices hitting the mitts 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.

HFC + CDH + UST = A-BLAST

Come live it up with students from Cretin-Derham Hall and the University of St. Thomas. Don't forget to put your dancing (or bowling) shoes on! Activities vary monthly. FEE: \$15

FEB 10: Valentine's Day Dance from 6:30-8 PM at Anderson Athletic Recreation Center

APRIL 20: Spring Fling Dance from 6:30-8:30 PM at Anderson Athletic Recreation Center

MAY 4: Bowling from 6:30-8 pm at Anderson Athletic Recreation Center

TUESDAYS (DAYTIME)

NOT YOUR ORDINARY BOOK CLUB

Not just for readers! Everyone is welcome!

Fee: \$12

TIME/LOCATION: 10:30-11:30 AM at St. Luke's Church

DATES: 1/7 - 5/19 EXCEPT 1/14, 3/3

Weekly meetings begin with general sharing, welcoming and settling in. Sara Conley, HFC Volunteer Extraordinaire, guides the discussion and helps with words if someone gets stuck. Some members are echo readers. They repeat the words of a helper who quietly reads the text first word by word. Some members simply enjoy listening while others feel more comfortable moving around.

So...there's room for YOU! The 2020 Winter/Spring book list TBD.

NORTHERN STAR SCOUTING/BASE CAMP

TIME/LOCATION: 2-4 PM at Base Camp

Fee: \$17

DATES: 1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 4/7, 4/21, 5/5, 5/19

Our program is a partnership with Northern Star Scouting and Nick Wilkie from the MN Center for Independent Living. HFC staff will work together with their experts to deliver a fun and exciting hands-on curriculum that focuses on leadership, character education, communication skills, and team building. Activities include a rock climbing wall, archery, and more—which are all fully adaptable to our members' abilities.

TUESDAYS (DAYTIME)

ADVENTURE DAY

TIMES/LOCATIONS: See below

FEE: \$17

Explore the Twin Cities community alongside your HFC friends!

JAN 14: *Sensory Friendly Concert: Violin and Bass Duo* from 10-11:45 AM at the MN Orchestra Hall (bus meets at St. Luke's)

MAY 26: *Cirque Mechanics* from 9:30-11:30 AM at the Ordway (bus meets at St. Luke's)

SIMPLY ARTABLE

TIME/LOCATION: 1-2:30 PM at Simply Jane Studio

FEE: \$17

DATES: 1/28, 2/25, 3/31, 4/28,

Adaptive Painting Class facilitated by Simply ArtAble, an organization formed to create art programming for people with disabilities. The staff is experienced in working with all types of disabilities, and the studio is completely wheelchair accessible and has a quiet area for those with who may become overwhelmed by sensory stimulation. People of all abilities are able to express themselves here!

Each artist will receive their own canvas to paint and a folder with customized coloring sheets.

DODGE NATURE CENTER

LOCATION: Dodge Nature Center

FEE: \$17

TIMES/DATES: 3/3 from 10:15-11:30 AM

110-acres buzzing with nature programs including a working farm, raptor mews, and bee apiary. Learn about nature in your backyard!

TUESDAYS (EVENING)

GLEE CLUB - An HFC Member Favorite!

TIME/LOCATION: 7-8 PM at St. Luke's Church

FEE: \$17

DATES: 1/28 - 5/26 EXCEPT 3/3

Amanda Verstegen (Mandy) — Music Therapist Extraordinaire from MacPhail Center for Music — is back for yet another season of Glee Club. Come and sing your heart out with your friends. You, as a member of HFC Glee Club, get to decide which old favorites and new hits you will sing! Glee is led by Amanda Verstegen, a Board Certified Music Therapist.

SOCIAL MEDIA / TECHNOLOGY TOOLBOX

TIME/LOCATION: 6-7 PM at St. Luke's Church

FEE: FREE

OPEN HOUSE ON JANUARY 21ST!

Help us spread the word of Highland Friendship Club through social media. Learn **SAFE** ways to navigate social media with Social Media Expert Erin Erickson as the instructor. We encourage members to share photos of classes and social events for posting on HFC sites—Facebook, Instagram, and Twitter.

TUESDAYS (EVENING)

CRETIN-DERHAM HALL BASKETBALL GAME

TIME/LOCATION: 6:30-9 PM at CDH

FEE: \$17

DATE: 1/7

SPRING FAMILY DOCUMENTARY

TIME/LOCATION: 6:30-8 PM at St. Luke's Church

FEE: **FREE**

DATE: 1/14

The Spring Family (HFC members) have traveled the world, adopting children with Down Syndrome. Come and see their amazing story.

WEDNESDAYS (DAYTIME)

MUSIC EXPLORATION

TIME/LOCATION: 10-11 AM at St. Luke's Church

Fee: \$17

DATES: 1/8 - 5/27

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

WATER AEROBICS

TIME/LOCATION: 1-2 PM at JCC

FEE: \$17

DATES: 1/8, 1/22, 2/5, 2/26, 3/11, 3/18, 4/1, 4/8, 4/22, 5/6, 5/20

Jump in the beautiful new pool at the JCC for light exercise and stretching. Nick Boyer, a Certified Personal Trainer and Seth Tersteeg, HFC Super Staff, will lead you through this fun hour of exercise. The pool is shallow, warm, and has a wheelchair lift. This class is **FULLY INCLUSIVE** and adaptable to individual needs. An all gender locker room, complete with showers and complimentary towels, is also available. Extra optional bonus: a hot tub visit.

WEDNESDAYS (DAYTIME)

MARKET-TO-TABLE with Paula Keys

TIME/LOCATION: 11:30 AM-1PM at St. Luke's Church/ALDI

FEE: \$5

DATES: 1/15, 1/29, 2/12, 2/19, 3/25, 4/15, 4/29, 5/13, 5/27

HFC invites members to join us in a comprehensive kitchen experience. The focus is on skill development with opportunities to plan menus, prepare grocery lists, purchase food at a grocery store, cook, enjoy "fine dining" and friendly conversations with friends, and help clean up! This is an adaptive experience with modifications made so that members can participate to the best of their abilities!

This class has 2 sessions, and it is recommended (but not required) that members register for both sessions each week:

Wednesdays (11:30 AM-1 PM): Meet at St. Luke's to plan our grocery list and then travel to Aldi on W. 7th to shop (weather permitting). Members are encouraged to travel back to St. Luke's to help put groceries away.

Thursdays (12-2 PM): Meal preparation and set-up, dining and clean-up, planning for the next session (see Thursday activities for more details).

BOWLING

TIME/LOCATION: 3:15-4:45 PM at Sun Ray Lanes

FEE: \$17

DATES: 1/8 - 5/27

Come join HFC's community of friendly bowlers and bowl to your heart's content! All abilities are welcome! Adaptive bowling is available with ramps and bumpers provided as needed.

WEDNESDAYS (EVENING)

PIZZA AND GAMES

TIME: 6:00-7:30 PM at Holy Spirit School (in the Commons)

FEE: \$12

DATE: 2/5, 4/8

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

THURSDAYS (DAYTIME)

CREATING HFC GREETING CARDS

TIME/LOCATION: 1:30-3 PM at St. Luke's Church

Fee: \$12

DATES: 1/9

We have over 100 different styles of greeting cards you can create. Since 2012, Lunds and Byerlys in Highland Park has been selling HFC greeting cards as well as many local businesses. Great conversation, music and great creativity you won't want to miss. Bonus: Each member will take home a box of 6 cards.

MINDFUL MOVEMENT

LOCATION: Tula Yoga & Wellness

FEE: \$17

DATES/TIMES:

1/23, 2/6, 4/2, 4/23, 5/7, and 5/21 from 1-2 PM

Join this must requested yoga class for all levels. Yoga instructor Sarah Pritzker will guide you and help you explore the mindful art of yoga. In addition to the physical benefits of yoga, the class will focus on breathing techniques, stretching, and relaxation.

ADVENTURE DAY

TIMES/LOCATIONS: See below

FEE: \$17

Explore the Twin Cities community alongside your HFC friends!

JAN 9: Walker Art Museum Tour from 10 AM-12 PM

JAN 16: Weisman Art Museum Tour from 10-11 AM

FEB 6: *Bob Marley's Three Little Birds* from 10:00-11:15 AM at the Children's Theatre

FEB 13: *The Real Life Adventures of Jimmy DeLas Rosas* from 9:30-11:30 AM at the SteppingStone Theater

FEB 27: *HERbeat: Taiko Women All-Stars* from 11 AM-1:30 PM at the Ordway (bus meets at St. Luke's)

MARCH 5: *Spamtown* from 10 AM-12:30 PM at the Children's Theatre*

*note: this performance depicts hard language, bullying, and some instances of physical violence

MARCH 12: *The Rainbow Fish* from 10:30-11:30 AM at the Children's Theatre

MARCH 19: *Danu (Irish Music)* from 11 AM-1:30 PM at the Ordway (bus meets at St. Luke's)

APRIL 23: *ENCORE! 2020: Party in the USA* from 3-5 PM at Eagan High School

MAY 14: Walker Art Museum Tour from 10:30 AM-12 PM

THURSDAYS (DAYTIME)

MARKET-TO-TABLE with Paula Keys

TIME/LOCATION: 12:00 - 2 PM at St. Luke's Church

FEE: \$20

DATES: 1/16, 1/30, 2/13, 2/20, 3/26, 4/16, 4/30, 5/14, 5/28

HFC invites members to join us in a comprehensive kitchen experience. The focus is on skill development with opportunities to plan menus, prepare grocery lists, purchase food at a grocery store, cook, enjoy "fine dining" and friendly conversations with friends, and help clean up! This is an adaptive experience with modifications made so that members can participate to the best of their abilities!

This class has 2 sessions, and it is recommended (but not required) that members sign up for both sessions each week:

Wednesdays (11:30 AM-1PM): Meet at St. Luke's to plan our grocery list and then travel to Aldi on W. 7th to shop (weather permitting). Members are encouraged to travel back to St. Luke's to help put groceries away.

Thursdays (12-2 PM): Meal preparation and set-up, dining and clean-up, planning for the next session (see Thursday activities for more details).

WILDER DAYS

TIME/LOCATION: 10:30-11:30 AM at Wilder

FEE: \$17

DATES: 1/9, 1/23, 2/20, 3/26, 4/2, 4/16, 4/30, 5/7, 5/21

Having fun with our friends at Wilder. Our monthly visits over the past 8 years to our long-time friends at the Wilder Center for Aging have been simply beautiful. We have so much to share and Wilder folks have so much to give. Besides great conversation, you will enjoy activities such as sing-alongs, arts and crafts, gardening, games (such as Jeopardy), carpet bowling, and much more!

THURSDAY (EVENING)

COOKING

TIME/LOCATION: 6-7:30 PM at St. Luke's Church

FEE: \$22

DATES: Pick a session that works for you:

Cooking I: 1/16, 2/13, 3/19, 4/9, 5/14

Cooking II: 1/30, 2/20, 3/26, 4/16, 5/28

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 main and side dishes. 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. And....conversation over dinner is the best part. All are expected to do their part to leave the kitchen in the same condition we found it!

THURSDAY (EVENING)

CREATING HFC GREETING CARDS

TIME/LOCATION: 6-7:30 PM at St. Luke's Church

FEE: \$12

DATES: 1/23

We have over 100 different styles of greeting cards you can create. Since 2012, Lunds and Byerlys in Highland Park has been selling HFC greeting cards as well as many local businesses. Great conversation, music and great creativity you won't want to miss. Bonus: Each member will take home a box of 6 cards.

DANCE CLUB - Get your dance on!!!!

TIME/LOCATION: 6:30-7:30 PM at UST Anderson Athletic Recreation Center

FEE: \$12

DATES: 2/13 - 4/30 EXCEPT 2/20, 3/5, 3/26, 4/2, 4/9

Open to ALL members! No age or ability limits. This program teaches dance with the help from student volunteers at University of St. Thomas. Each meeting, participants will learn basic dance skills and work on a dance routine that will be performed at the end of the year for friends and family to see!

Longtime Darby's Dance instructor, Hannelie Hawes will provide instruction for the dance routine.

When you visit their website, please keep in mind that they will be adapting their program for the age group of HFC members. <http://www.darbysdancers.com/>

BOYS' NIGHT OUT

TIME/LOCATION: 6-8 PM (Locations vary monthly)

FEE: \$17

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!

JAN 9: TBD

FEB 6: CDH Hockey from 6:45-9 PM at Charles Schultz Arena

MARCH 5: TBD

APRIL 2: TBD

MAY 7: TBD

GIRLS' NIGHT OUT

TIME/LOCATION: 6-8 PM (Locations vary monthly)

FEE: \$17

HFC gals rejoice! Enjoy this evening activity for you and your best gal pals.

JAN 9: TBD

FEB 6: CDH Hockey from 6:45-9 PM at Charles Schultz Arena

MARCH 5: TBD

APRIL 2: TBD

MAY 7: TBD

FRIDAYS (DAYTIME)

FIT WITH FRIENDS

TIME/LOCATION: 10:30-11:30 AM at St. Luke's Church

FEE: \$17

DATES: 1/10 - 5/22 EXCEPT 1/31, 2/14, 2/21, 4/3, 4/10, 5/1

Back by popular demand, your weekly opportunity to get fit along-side your besties! Join HFC's favorite personal trainer as we explore various ways of working out. Activities will include stretching, resistance training, bands and medicine ball, boxing, and mat exercise. The class is FULLY INCLUSIVE and adaptable to each individual's needs and abilities. If you haven't tried one of Nick's fitness classes, come join in the fun. The class is led by Nick Boyer, a Certified Personal Trainer.

COMO PLANETARIUM with Sarah Weaver

LOCATION: Como Elementary School

Fee: \$17

DATES/TIMES:

JAN 17: 12:30-1:30 PM

JAN 31: 12-1 PM

FEB 7: 12:15-1:15 PM

FEB 28: 1-2 PM

MARCH 6: 1-2 PM

MARCH 20: 1-2 PM

APRIL 17: 12-1 PM

MAY 22: 1-2 PM

All new topics and experiences planned just for HFC! Astronomy is fascinating at every age. Come join us and take a virtual tour of the solar system on a 30-ft. diameter screen!

ADVENTURE DAY

TIMES/LOCATIONS: See below

FEE: \$17

Explore the Twin Cities community alongside your HFC friends!

JAN 10: *Superpower Dogs* from 1-3:30 PM at the Omnitheater

FEB 14: *Ruby: The Story of Ruby Bridges* at 12:30 PM at the Howard Conn Fine Arts Center

FEB 21: *Cabaret: Gotta Dance* from 10:30 AM - 12 PM at the Ordway (bus meets at St. Luke's)

MAY 1: *Joseph and the Amazing Technicolor Dreamcoat* from 12:30-1:30 PM at the Howard Conn Fine Arts Center

MAY 29: *Cabaret: Polkadots* from 10:30 AM-1 PM at the Ordway (bus meets at St. Luke's)

MINDFUL MOVEMENT

LOCATION: Tula Yoga & Wellness

FEE: \$17

DATES/TIMES: **2/21** from 2:30-3:30 PM

Join this must requested yoga class for all levels. Yoga instructor Sarah Pritzker will guide you and help you explore the mindful art of yoga. In addition to the physical benefits of yoga, the class will focus on breathing techniques, stretching, and relaxation.

FRIDAYS (EVENING)

MOVIE NIGHT

TIME/LOCATION: 6-8 PM at Hallie Q. Brown Center

FEE: \$15

DATES: 1/10, 3/6, 4/3

Watching a newly released DVD movie and eating awesome popcorn is a great start to your weekend. It doesn't get better than that!

OPEN MIC

TIME/LOCATION: 6:30-7:30 PM at Holy Spirit School (Howley Hall)

FEE: \$15

DATES: 1/31, 2/14, 3/13, 5/1

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

BIRTHDAY BASH - Celebrating You!



TIME/LOCATION: 6-8 PM at Hallie Q. Brown

FEE: \$17

DATES: 1/17, 2/21, 3/20, 4/24, 5/15

Every month HFC throws 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 ALL to join us! **Your birth month is free!**

FRIDAY FUN

TIME/LOCATION: 6-8 PM at Varying Locations

FEE: \$17

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

JAN 24: CDH Basketball from 6:30-9 PM at Cretin-Derham Hall

FEB 28: TBD

MARCH 27: TBD

APRIL 17: TBD

May 29: TBD

HFC + CDH + UST = A-BLAST

FEE: \$17

Come live it up with students from Cretin-Derham Hall and the University of St. Thomas. Don't forget to put your dancing (or bowling) shoes on! Activities vary monthly.

FEB 7: CDH Basketball Pizza Party from 6-9 PM at Cretin-Derham Hall

MAY 8: Spring Fling Dance from 6:30-8 PM at Cretin-Derham Hall

SATURDAYS (DAYTIME)

MOVE AND GROOVE - Extremely popular and rewarding!

TIME/LOCATION: 10-11:30 AM at CDH Fitness Center

FEE: \$17.00

DATES: 1/11 - 5/30 EXCEPT 4/11, 5/23

Being healthy takes work but that doesn't mean it can't be fun! HFC members enjoy this weekly fitness class led by Nick Boyer, a Certified Personal Trainer. 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! This class is FULLY INCLUSIVE. Nick makes it fun for all — check out a class!

BEATBOXING WITH TERRELL (aka CARNAGE) - Back by Popular Demand!

TIME/LOCATION: 12-1:15 PM at CDH Art Room (Hamline Ave. Doors)

FEE: \$80 (4 sessions)

DATES: 1/11, 1/25, 2/8, 2/15

Be prepared for fun-filled action produced with rhythmic self-expression - made possible by use of our bodies as instruments. A community vibe will be felt as we snap, clap, dance, sing and make mouth sounds and welcome whatever else comes up! Your name will be used in conversation and beat/music form...what?? Hand percussion instruments will be available. Plus, Terrell will invite us to join him on his amplified microphone and pedalboard to alter your voices and bring the mini-festival to unfathomable heights!

Limited to 18 HFC members. \$80.00 for all 4 sessions. Members cannot sign up for less than all 4 sessions, we apologize for any inconvenience.

SATURDAYS (EVENING)

NICOLE'S TRIVIA NIGHT

TIME/LOCATION: 6-8 PM at Hallie Q. Brown

FEE: \$12

DATES: 1/18, 2/15, 3/14, 4/18, 5/16

Do you LOVE trivia? Join your HFC friends and Nicole for an evening of FUN! Test your trivia knowledge — sports, music, pop culture, current events. Fun for all!

SUNDAYS (DAYTIME)

YOGA CALM

TIME/LOCATION: 2 PM-3 PM at the JCC

FEE: \$5

DATES: 1/12, 1/26, 2/9, 2/23, 3/8, 3/22, 4/12 (Easter Sunday), 4/26, 5/10, 5/24

Come join your friends for some JCC-sponsored yoga! This event is not hosted or staffed by HFC, but all HFC members are more than welcome to join in the relaxation and fun!

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 now 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 send checks via mail.

Sign-in Policy: Member safety is our highest priority

- HFC members must be signed in at every program. Parents/caregivers must sign their member in on the sign-in sheet and leave a phone number that they can be reached at during the program.
- After the program, parents/caregivers must come into the building to pick up their member.

Medication Administration 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

Aamodt's Apple Orchard	6428 Manning Ave., Stillwater, MN 55082
Buca di Beppo Italian Restaurant	2728 Gannon Road, St. Paul, MN 55116
Burger Moe's	242 7th St. W., Saint Paul, MN 55102
Charles Schultz Arena	800 S Snelling Ave, Saint Paul, MN 55116
Como Elementary	780 West Wheelock Parkway, Door #6, St. Paul, MN 55117
Conn Theater	1900 Nicollet Ave., Minneapolis, MN
Crefin-Derham Hall (CDH)	550 S. Albert St., St. Paul, MN 55116 (use Hamline entrance)
Dodge Nature Center	1701 Charlton St, West St. Paul, MN 55118
Eagan High School	4185 Braddock Trail, Eagan, MN 55123
Feed My Starving Children	990 Lone Oak Rd #136, Eagan, MN 55121
Film North Studio	550 Vandalia Street #120, Saint Paul, MN
Hallie Q. Brown Community Center	270 Kent Street, St. Paul, MN 55102
Highland Theater	760 Cleveland Ave. S, Saint Paul, MN 55116
Holy Spirit Catholic School	515 S. Albert St. Saint Paul, MN 55116
Landscape Arboretum	3675 Arboretum Drive, Chaska, MN 55318
Lions United Fitness Center	2535 Pilot Knob Road Suite 126, Mendota Hats, MN 55120
Macalester Plymouth Church	1658 Lincoln Avenue, Saint Paul, MN 55105
MacPhail Center for Music	501 South 2nd Street, Minneapolis, MN 55401
Minneapolis Institute of Art	2400 3rd Ave. S., Minneapolis, MN 55404
Minnesota History Center	345 W Kellogg Blvd., St. Paul, MN 55102
Orchestra Hall	1111 Nicollet Mall, Minneapolis, MN 55403
Ordway Center for Arts	345 Washington Street, Saint Paul, MN 55102
Simply Jane Studio	5411 Nicollet Ave, Minneapolis, MN 55419
St. Luke's Church	1807 Field Ave., Saint Paul, MN 55116
St. Paul Jewish Community Center	1375 St. Paul Ave, St. Paul, MN 55116
Science Museum of MN	120 W. Kellogg Blvd., Saint Paul, MN 55102
Shamrocks	995 7th St. W., Saint Paul, MN 55102
Sun Ray Lanes	2245 Hudson Road, St Paul, MN 55119
The Show Gallery	346 N Sibley St, St. Paul, MN 55101
Tiffany's	2051 Ford Pkwy #1932, Saint Paul, MN 55116
Tula Yoga and Wellness Studio	99 Snelling Ave N, Saint Paul, MN 55104
University of St. Thomas	2115 Summit Avenue, Saint Paul, MN 55105
Wilder Center for Aging	650 Marshall Ave, St. Paul, MN 55104