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.

ONLINE PROGRAMMING
All of our programs, classes, and events are currently running online only. Once registered for a program, class, or event, you will be sent a link to be used to access the class the morning of the class.

GET SOCIAL WITH HFC!

WWW.FACEBOOK.COM/HIGHLANDFRIENDSHIPCLUB
@HIGHLANDFRIENDSHIPCLUB
@HFCUPDATES

To learn more about us, visit: www.highlandfriendshipclub.org
MONDAYS (DAYTIME)

FIT WITH FRIENDS ONLINE
TIME: 11:30 AM-12:30 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/1, 6/8, 6/15, 6/22
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.

ARTS & CRAFTS ONLINE
TIME: 2:00 PM - 3:00 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/1, 6/15
We have so many items around our house that we can use creatively to make arts and crafts. Join HFC for an hour of arts and crafts fun using items we all have in our homes!

SCAVENGER HUNT ONLINE
TIME: 2:00 PM - 3:00 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/8, 6/22
Search for a list of items in your homes to share with your friends at HFC during our Scavenger Hunt! This is a chance to have fun and get to know one another as you search for and share your items together!

MONDAYS (EVENING)

Get Fit Like Rocky ONLINE
TIME: 6:30 PM - 7:30 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 06/1, 6/8, 6/15, 6/22
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.
**NOT YOUR ORDINARY BOOK CLUB: NOT JUST FOR READERS, EVERYONE IS WELCOME**

**TIME:** 10 AM-11 AM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/2, 6/9, 6/16, 6/23

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.

**FIT WITH FRIENDS ONLINE**

**TIME:** 11:30 AM-12:30 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/2, 6/9, 6/16, 6/23

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.

**MINDFUL MOVEMENT**

**TIME:** 2 PM-3 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/2, 6/9, 6/16, 6/23

A yoga class for all levels and abilities. 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. Members can participate on the floor or by using a chair.

**STORY BUILDING ONLINE**

**TIME:** 5:30 PM-6:30 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/2, 6/9, 6/16, 6/23

Calling storytellers of all imaginations and abilities! Join this fun class to build and tell original stories made by you: the HFC members! We will work as a team to create group and individual stories via writing, typing, drawing, speaking, signing, or any communication mode of your preference. Topics may include anything- including animals, princesses, superheroes, current events, history, and many more!

**GLEE CLUB ONLINE**

**TIME:** 7 PM-8 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/9, 6/16, 6/23

Join us as Madelyn Herbrand- Music Therapist Extraordinaire from MacPhail Center for Music — leads us through vocal warm-ups, exercises, and sign-a-longs during our Glee Club Online. Come and sing your heart out with your friends!
WEDNESDAYS (DAYTIME)

MUSIC EXPLORATION ONLINE
TIME: 10 AM-11 AM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/3, 6/10, 6/17, 6/24
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!

FIT WITH FRIENDS ONLINE
TIME: 11:30 AM-12:30 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/3, 6/10, 6/17, 6/24
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.

GET UP GET HEALTHY ONLINE
TIME: 4 PM-5 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/3, 6/10, 6/17, 6/24
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.

WEDNESDAYS (EVENING)

BINGO ONLINE
TIME: 6 PM-7 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/3, 6/10, 6/17, 6/24
Please join your HFC friends for a fun and exciting Bingo game from the comfort of your home! simply enjoy listening while others feel more comfortable moving around.

KARAOKE ONLINE
TIME: 7 PM-8 PM
ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/3, 6/10, 6/17, 6/24
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 alongside their friends, and will have plenty of opportunities for dance parties during the class!
### THURSDAYS (DAYTIME)

#### FIT WITH FRIENDS ONLINE

**TIME:** 11:30 AM-12:30 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/4, 6/11, 6/18, 6/25

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.

#### SCOUTING AT HOME

**TIME:** 2 PM-3 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/11, 6/25

Our program is a partnership with Northern Star Scouting and the Metropolitan Center for Independent Living. HFC staff will work together with these organizations to deliver a fun and exciting hands-on curriculum that focuses on leadership, character education, communication skills, and team building. This program is open to all members, you do not need previous scouting experience to participate!

#### MOSAIC ONLINE

**TIME:** 4 PM-5 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** NO COST  
**DATES:** Thursdays 6/4 to 8/27

Each week we will work with a different medium to create a mosaic to share or keep while engaging with our HFC friends. The art materials we will use will include: watercolor mosaic, acrylic mosaic, edible art mosaic, fimo clay mosaic, air dry clay, paper mosaics, glass mosaics, fabric mosaics, edible art mosaic, and the art of storytelling - telling your story using mosaic. The last day of the session will be a celebration show allowing each artist to showcase their art pieces and allowing a larger community participation.

- Registration will **NOT** be done through Active Net for this class. Please contact Katie Markquart directly to register at katie@highlandfriendshipclub.org by Monday, June 1st.
- Registration is currently only open to members who did not participate in Mosaic during the 2019 Fall semester. If spots remain open after June 1st registration will open up to members who have previously participated in Mosaic.
- This class has 12 sessions and we ask that members participate in all 12 sessions.
- You do not need any of your own supplies. All supplies needed will be delivered to you prior to each class.

### THURSDAYS (EVENING)

#### DANCE CLUB ONLINE

**TIME:** 6:30 PM-7:30 PM  
**ONLINE LOCATION:** Zoom Meeting  
**FEE:** $10  
**DATES:** 6/11, 6/25

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 alongside their friends, and will have plenty of opportunities for dance parties during the class!
THURSDAYS (EVENING CONTINUED)

VIRTUAL DANCE PARTY WITH UST

TIME: 7 PM-8 PM
ONLINE LOCATION: Zoom Meeting     FEE: $10     DATES: 6/4

Come dance the night away with our friends from St. Thomas Special Olympics! They will be hosting a virtual dance party for any HFC members that wish to join!

NO-BAKE HOME COOKING ONLINE: DESSERT RECIPE

TIME: 6:30 PM-7:15 PM
ONLINE LOCATION: Zoom Meeting     FEE: $10     DATES: 6/18

Join HFC staff member Paula Keys to learn how to make simple and creative recipes at home that do not require a stove or an oven! A list of ingredients needed for the recipes will be sent in advance of the class to ensure you have all the supplies you need!

FRIDAYS (DAYTIME)

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM
ONLINE LOCATION: Zoom Meeting     FEE: $10     DATES: 6/5, 6/12, 6/19, 6/26

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.

NO-BAKE HOME COOKING ONLINE: LUNCH RECIPES

TIME: 12:45 PM-1:30 PM
ONLINE LOCATION: Zoom Meeting     FEE: $10     DATES: 6/12

Join HFC staff member Paula Keys to learn how to make simple and creative recipes at home that do not require a stove or an oven! A list of ingredients needed for the recipes will be sent in advance of the class to ensure you have all the supplies you need!
**FRIDAYS (EVENING)**

**FRIDAY NIGHT FUN: TALENT SHOW**

**TIME:** 6 PM-7 PM  
**ONLINE LOCATION:** Zoom  Meeting  
**FEE:** $10  
**DATES:** 6/5

Gear up for the weekend starting with your HFC friends! Each month’s activity varies. Our activity for June is a Talent Show! You can showcase your talent in real time, or if you feel more comfortable you can record a video that can be played at the event!

**MUSIC TRIVIA**

**TIME:** 6 PM-7 PM  
**ONLINE LOCATION:** Zoom  Meeting  
**FEE:** $10  
**DATES:** 6/12

Come play Music Trivia with your HFC friends! Each week will feature songs from different genres of music. Members will guess the name of the song from a multiple-choice list.

**BIRTHDAY BASH - Celebrating You!**

**TIME:** 6 PM-7 PM  
**ONLINE LOCATION:** Zoom  Meeting  
**FEE:** $10  
**DATES:** 6/19

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, your HFC friends! It’s a party every month, and we invite ALL to join us! Your birth month is free!

**GIRLS’ NIGHT ONLINE: DESSERT & CHAT**

**TIME:** 6 PM-7 PM  
**ONLINE LOCATION:** Zoom  Meeting  
**FEE:** $10  
**DATES:** 6/26

We all need quality time with our friends, and Girls’ Night Online is a chance to catch up and have fun with other HFC ladies! This month, please bring your own dessert and join your friends for some good conversation!

**GUYS’ NIGHT ONLINE: PICTURE TRIVIA**

**TIME:** 6 PM-7 PM  
**ONLINE LOCATION:** Zoom  Meeting  
**FEE:** $10  
**DATES:** 6/26

A chance for HFC guys to get together to experience fun activities and good conversation! This month, join us for a game of picture trivia!
SATURDAYS (DAYTIME)

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/6, 6/13, 6/20, 6/27

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.

SATURDAYS (EVENING)

KARAOKE ONLINE

TIME: 6 PM–7 PM

ONLINE LOCATION: Zoom Meeting  FEE: $10  DATES: 6/6, 6/13, 6/20, 6/27

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 alongside their friends, and will have plenty of opportunities for dance parties during the class!
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 info@highlandfriendshipclub.org

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: katie@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
NEW MEMBER INFORMATION
Welcome to Highland Friendship Club! We are so glad that you are considering becoming a member! Below is some information you may find helpful.

- Connect with HFC on social media! We use: Facebook, Instagram, Twitter, YouTube
- 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!
- Billing questions? Contact accounting@highlandfriendshipclub.org

ONLINE CLASS INFORMATION

- You will receive an email with class information by 9 AM the day of a class. If it is past 9 AM and you have not received an email with class information, please contact or Program Manager Katie Markquart at katie@highlandfriendshipclub.org.
- We have an HFC staff person on each call to help with any tech issues you may have, and that person’s phone number is also in the email you will get the morning of a class. You can call them directly if you have any issues at all with the technology, and they can help problem solve it.
- The site we use to hold our online classes is called Zoom. You will have to create a free Zoom account and download the Zoom app before your first class.
- You can use any device, but it is easiest if you have a computer or tablet rather than a phone so you can see better.