



AUGUST 2020 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.

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



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

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

MONDAYS (DAYTIME)

MINDFUL MOVEMENT

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/3, 8/10, 8/17, 8/24, 8/31

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.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/3, 8/10, 8/17, 8/24, 8/31

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.

SCAVENGER HUNT ONLINE

TIME: 2:00 PM - 3:00 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/3, 8/17, 8/31

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!

ARTS & CRAFTS ONLINE

TIME: 2:00 PM - 3:00 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/10, 8/24

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!

MONDAYS (EVENING)

Get Fit Like Rocky ONLINE

TIME: 6:30 PM - 7:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/3, 8/10, 8/17, 8/24, 8/31

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.

TUESDAYS (DAYTIME)

NOT YOUR ORDINARY BOOK CLUB: NOT JUST FOR READERS, EVERYONE IS WELCOME

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/4, 8/11, 8/18, 8/25

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: 8/4, 8/11, 8/18, 8/25

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.

TUESDAYS (EVENING)

STORY BUILDING ONLINE

TIME: 5:30 PM– 6:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/4, 8/11, 8/18, 8/25

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: 8/4, 8/11, 8/18

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

Please note that August 18th at 7 PM is our HFC Summer Semester Glee Club Performance! We would love for members and their families to join us virtually for this special event! Details on the performance will be sent closer to 8/18.

WEDNESDAYS (DAYTIME)

MUSIC EXPLORATION ONLINE

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/5, 8/12, 8/19, 8/26

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: 8/12, 8/19, 8/26

Join us online for Fit with Friends! During this class we will complete a warm-up, stretch, strengthen our muscles using small hand weights (or water bottles, soup cans or any similar item you have at home) and boxing! All exercises can be done standing or seated in a chair and Nick welcomes participants of all ability levels.

GET UP GET HEALTHY ONLINE

TIME: 4 PM-5 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/5, 8/12, 8/19, 8/26

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: 8/5, 8/12, 8/19, 8/26

Please join your HFC friends for a fun and exciting Bingo game from the comfort of your home!

KARAOKE ONLINE

TIME: 7:15 PM- 8:15 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/5, 8/12, 8/19, 8/26

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!

THURSDAYS (DAYTIME)

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM - 9 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/6, 8/13, 8/20, 8/27

This class is meant to refresh, relax and clear the mind. When time is taken for self-care it allows you to become a better version of yourself and as a result a better caretaker, partner, parent, and friend. The program will introduce stretching, light yoga and low impact body movement exercises. CHINSUP is led by Tami Carlson, a Certified Personal Trainer who specializes in functional fitness.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/13, 8/20, 8/27

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.

SCOUTING AT HOME

TIME: 2 PM-3 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/13, 8/27

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!

THURSDAYS (EVENING)

DANCE CLUB ONLINE

TIME: 6:30 PM-7:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/6, 8/20

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!

NO-BAKE HOME COOKING ONLINE: DESSERT RECIPE

TIME: 5:30 PM-6:15 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/6

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!

HFC TALENT SHOW

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/13

Join your HFC friends for our July 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!

VIRTUAL DANCE PARTY WITH UST

TIME: 7 PM-8 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/27

Come dance the night away with our friends from St. Thomas Special Olympics!

FRIDAYS (DAYTIME)

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/14, 8/21, 8/28

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: 8/28

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: MEMBER TRIVIA NIGHT

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/7

Gear up for the weekend starting with your HFC friends! Each month's activity varies. Our activity for August is Member Trivia! Get to know other HFC members by learning fun facts about them during a trivia game made just for you!

MUSIC TRIVIA

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/14

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 - ALPHABET CHALLENGE

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/21



Every month HFC throws a birthday party for our members! This is a chance to celebrate all members whose birthday lands in that month. For August's celebration, we will be playing the game Alphabet Challenge. This game is played as a team where we choose a topic, and then have to come up with words using each letter of the alphabet that fit the topic. An example for "Fruits/Vegetables" is A: Apple, B: Broccoli, C: Cucumber and so on. **Your birth month is free, and it does not need to be your birth month to attend!**

FRIDAYS (EVENING CONTINUED)

GUYS' NIGHT ONLINE: MUSIC TRIVIA

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/28

We all need quality time with our friends, and Guys' Night Online is a chance to catch up and have fun with other HFC members! This month, we will be playing Music Trivia together!

GIRLS' NIGHT ONLINE: ARTS & CRAFTS

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/28

Girls' Night Online is chance for HFC members to get together to experience fun activities and good conversation! This month, we will be making a craft together!

SATURDAYS (DAYTIME)

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM - 9 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/1, 8/8, 8/15, 8/22, 8/29

This class is meant to refresh, relax and clear the mind. When time is taken for self-care it allows you to become a better version of yourself and as a result a better caretaker, partner, parent, and friend. The program will introduce stretching, light yoga and low impact body movement exercises. CHINSUP is led by Tami Carlson, a Certified Personal Trainer who specializes in functional fitness.

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 8/1, 8/15, 8/22, 8/29

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: 8/1, 8/8, 8/15, 8/22, 8/29

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!

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 including the Zoom link at least one hour before class begins. If it is less than an hour before class begins and you have not received an email with class information, please contact our 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.