



WINTER/SPRING 2021 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

A MESSAGE FROM HIGHLAND FRIENDSHIP CLUB ABOUT OUR VIRTUAL CLASSES

Highland Friendship Club's virtual programs, classes and events are designed for teenagers and adults with disabilities who have a wide range of interests, skills, and ability levels. It can take time for HFC members to get used to an online format, so we encourage members to try a class a few times before deciding it's not a good fit for them. If an HFC member tries a virtual program, class, or event and decides it doesn't work for them, they can contact the program manager who will help them switch to a different class or can issue a credit to their account.

If you are interested in hearing from parents and members firsthand on how HFC's virtual programming has impacted their lives, please take a few moments to watch [THIS](#) short video and read the comments below from individuals in the HFC community!

"Drew was a regular at a lot of my in-person classes and when we switched to the online platform Drew, like many others, was a little unsure of how things were going to go, so he was hanging out in the background, listening and taking things in that way. As time went on, he began to get closer and closer to the computer screen. He began to participate in more of the physical aspects of the class, doing movements and exercises that he hasn't done a lot of. One of the things I like to do in class is call on the members and have them demonstrate and lead the group, and now Drew is one of those people. He went from being in the background, to moving closer to the computer screen, to doing the exercises on his own, to now leading the group." -Nick B., HFC Fitness Instructor

"I want to thank HFC for such an incredible transition to enjoying our favorite activities in a new way! From my observations, all are having a great time and actively participate through this new medium! Jack wanted to sign up for every activity this week. I have been encouraging him to do book club for months. He loved it. He wanted to do Glee, having rarely sung a word ever! He has enjoyed seeing everyone through the computer screen! What a great reconnection to our routine and normalcy that is comforting for all. We have all popped in and out of the room enjoying the activities, music, stories, hello and responses. A bright spot & smile throughout the day. Most especially impressed and appreciative of how all the instructors and HFC Staff have included, welcomed, encouraged and had fun with the members with their special friendships, inside jokes and playful banter. A fun activity for all. Many, many thanks!" - Polly, HFC Parent

"My favorite thing about HFC is hanging out with friends. When I am in the classes, I get to meet new people and it's a way to get together. My favorite class is Fit With Friends. It gets my body stronger and I get to lead exercises. HFC is a club for people with disabilities to spend time with friends."

- Meghan Z., HFC Member

MONDAYS (DAYTIME)

MINDFUL MOVEMENT

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/4 through 5/31

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: Weekly 1/4 through 5/31

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.

ARTS & CRAFTS ONLINE

TIME: 2:00 PM - 3:00 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/11, 1/25, 2/8, 2/22, 3/8,
3/22, 4/5, 4/19, 5/3, 5/17, 5/31

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! Supplies can be found in advance of each class on our website under the heading "Programs".

SCAVENGER HUNT ONLINE

TIME: 2:00 PM - 3:00 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/4, 1/18, 2/1, 2/15, 3/1,
3/15, 3/29, 4/12, 4/26, 5/10, 5/24

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: Weekly 1/4 through 5/31

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: Weekly 1/5 through 5/25

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. We invite members of all reading levels to join us!

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12 :30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5 through 5/25

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.

MOVIE DAY ONLINE

TIME: 2 PM-4 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5 through 5/25, except for 1/26, 2/23, and 4/13

Grab your favorite snack and a comfy seat and join us for a movie! We will be watching a collection of old favorites as well as new releases!

VIRTUAL ORDWAY PERFORMANCES

TIME: 2 PM-3:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/26, 2/23, 4/13

Join your HFC friends for a virtual performance with the Ordway! We will be watching the performance together and then we will talk about the experience at the end!

1/26: Step Afrika! Percussive dance styles blended with songs, storytelling, humor, and audience participation.

2/23: San Jose Taiko: Inspired by traditional Japanese drumming, the members of San Jose Taiko express the beauty and harmony of the human spirit as they create new dimensions in Asian American movement and music. Together, the company composes, choreographs, and handcrafts each drum you see—through this singleness of mind and spirit, harmony is achieved and the music rings with unity and clarity.

4/13: Las Cafeteras: Las Cafeteras combines the vibrant energy of Son Jarocho music with an edgy LA sound. Their pounding Afro-Mexican rhythms, stomping zapateado dancing and uplifting verses tell stories of everyday people fighting for justice and respect. A re-mix of traditional music styles, Las Cafeteras adds Afro-Caribbean marimbol, spoken word, lyrics in English and Spanglish, to Jarocho instruments like jarana and requinto guitars, donkey jaw-bone and the tarima (stomp box).

NEW CLASS!

TUESDAYS (EVENING)

STORY BUILDING ONLINE

TIME: 5:30 PM– 6:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/5 through 5/25

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: Weekly 2/2 through 5/25, except
no class on 3/30th

Join us as we work through vocal warm-ups, exercises, and sing-alongs during our Glee Club Online. Come and sing your heart out with your friends!

WEDNESDAYS (DAYTIME)

MUSIC EXPLORATION ONLINE

TIME: 10:15 AM-11:15 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/6 through 5/26

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: Weekly 1/6 through 5/26

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: Weekly 1/6 through 5/26

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: Weekly 1/6 through 5/26

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: Weekly 1/6 through 5/26

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)

BINGO ONLINE

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/7, 1/21, 2/4, 2/18, 3/4, 3/25, 4/1, 4/15, 5/6, 5/20

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

SCIENCE EXPERIMENTS ONLINE

NEW CLASS!

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/14, 2/11, 3/11, 4/8, 5/13

Take part as HFC staff member Paula Keys leads us through at-home science experiments! This class will be both educational and fun! We will be using many common household supplies, and you will be able to access our supply list in advance of each class on our website under the header of "Programs".

MUSIC TRIVIA ONLINE

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/28, 3/18, 4/22, 5/27

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

PICTURE TRIVIA ONLINE

TIME: 10 AM-11 AM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 2/25, 4/29

Join HFC for a trivia game that uses pictures as part of the trivia questions. Each week will have a theme, such as television shows, movies, and more!

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: Weekly 1/7 through 5/27

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.

THURSDAYS (DAYTIME CONTINUED)

NO-BAKE HOME COOKING ONLINE: LUNCH RECIPES

TIME: 12:45 PM-1:30 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** 1/7, 2/4, 3/4, 4/1, 5/6

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 listed on our website under the heading "Programs" in advance of the class to ensure you have all the supplies you need!

SCOUTING AT HOME

TIME: 12:45 PM - 1:30 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 5/13, 5/27

Join Northern Star Scouting to experience 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,

INDEPENDENT LIVING & SELF-ADVOCACY SKILLS

TIME: 2 PM-2:45 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 5/13, 5/27

Nick Wilkie from the Metropolitan Center for Independent Living and HFC staff will work together to help

HFC EXPEDITIONS: A VIRTUAL FIELD TRIP EXPERIENCE

NEW CLASS!

TIME: 4 PM-5PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** 1/14, 2/11, 3/11, 4/15, 5/13

Join your HFC friends as we "virtually" visit locations around the USA! This class will introduce HFC members to the culture, music, food, and history of interesting places across America!

MIXED MEDIA ART & MEANINGFUL CONVERSATIONS

NEW CLASS!

TIME: 4 PM-5PM

ONLINE LOCATION: Zoom Meeting **FEE:** Free **DATES:** 2/4, 2/18, 3/4, 3/18, 4/1, 4/22

Members of all art abilities are welcome to take part in this mixed media art class! Join artist and life coach Tracy May as she facilitates discussion about topics that matter to HFC members and leads the class through art activities using basic art supplies: Paper, a writing tool, and anything else you have on hand at home.

- **We received a generous grant from MSAB to be able to offer this class at no charge for HFC members!**

THURSDAYS (EVENING)

MOVIE NIGHT ONLINE

TIME: 5 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/7, 1/28, 4/1, 5/20

Grab dinner or your favorite snack and join us for a movie! We will be watching a collection of old favorites as well as new releases!

NO-BAKE HOME COOKING ONLINE: DESSERT RECIPE

TIME: 6 PM-6:45 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/21, 2/18, 3/18, 4/15, 5/20

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 posted on our website under the heading "Programs" in advance of the class to ensure you have all the supplies you need!

DANCE CLUB

TIME: 6:30 PM-7:30 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 2/4, 2/11, 2/25, 3/4, 3/11,
3/25, 4/8, 4/22, 4/29, 5/6

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!

EVENTS WITH UST

TIME: 7 PM-8 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/14, 2/18, 3/18, 4/15, 5/13

Join our friends from St. Thomas Special Olympics for a fun experience each month!

1/14: Bingo

2/18: Virtual Dance Party

3/18: Spring Craft

4/15: Game Show

5/13: Virtual Dance Party

VIRTUAL DANCE PARTY

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 5/27

Come dance the night away with your HFC friends!

FRIDAYS (DAYTIME)

FIT WITH FRIENDS ONLINE

TIME: 11:30 AM-12:30 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** Weekly 1/8 through 5/28

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.

NEW CLASS!

THEATERPALOOZA

TIME: 3:30 PM - 4:30 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 4/23, 4/30,
5/7, 5/14, 5/21, 5/28

Come join your HFC colleagues in an energetic exploration of theater! Play games, create characters, write skits, practice improv and even do a little mime! No previous theater experience is necessary.

INTRODUCTION TO ASL

TIME: 4:45 PM - 5:45 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10/class **DATES:** 1/8, 1/15, 1/22, 1/29

This 4-week long class is instructed by HFC member, Maeve McDevitt! Join Maeve to learn basic American Sign Language vocabulary that will be tailored to the interests of participating members!

- **Registration for this class is for all 4 sessions.**
- **This class will be limited to 5 members, so please be sure to register right away if you are interested in participating!**

FRIDAYS (EVENING)

FRIDAY FUN: TALENT SHOW

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/8, 2/5, 3/5, 4/2, 5/7

Gear up for the weekend starting with your HFC friends! 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!

BIRTHDAY BASH



TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/15, 2/12, 3/12, 4/9, 5/14

Every month HFC throws a birthday party for our members! This is a chance to celebrate all members whose birthday lands in that month. **It does not need to be your birth month to attend!**

GUYS' NIGHT ONLINE

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/22, 2/19, 3/19, 4/16, 5/21

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!

- **1/22:** Comedy Show
- **2/19:** Show & Tell
- **3/19:** Trivia
- **4/16:** Virtual Zoo Field Trip
- **5/21:** Sports Night

GIRLS' NIGHT ONLINE

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/22, 2/19, 3/19, 4/16, 5/21

Girls' Night Online is a chance for HFC members to get together to experience fun activities and good conversation!

- **1/22:** Game Night
- **2/19:** Comedy Show
- **3/19:** Virtual Zoo Field Trip
- **4/16:** Arts & Crafts
- **5/21:** Trivia

MUSIC TRIVIA

TIME: 6 PM-7 PM

ONLINE LOCATION: Zoom Meeting

FEE: \$10

DATES: 1/29, 2/26, 3/26, 4/23, 4/30, 5/28

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

SATURDAYS (DAYTIME)

CHINSUP ONLINE: SELF-CARE FOR PARENTS & CAREGIVERS

TIME: 8 AM - 9 AM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** Weekly 1/9 through 5/29

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:** Weekly 1/9 through 5/29

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.

THE ART STUDIO

TIME: 1 PM - 2 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10/session **DATES:** Session 1: 2/6, 2/13, 2/20, 2/27
Session 2: 4/3, 4/10, 4/17, 4/24

Join teaching artist Simone Needles for this month long class where artists will create collages, paintings, cardboard sculptures, and more! Artists of all abilities are welcome to join us in The Art Studio! Let's create!

- **Registration for this class is for all 4 classes per session.**
- **We received a generous grant from MSAB to keep the cost of this class low for HFC members! It is only \$10 total for each 4-class session, which includes supplies!**

SATURDAYS (EVENING)

KARAOKE ONLINE

TIME: 6 PM – 7 PM

ONLINE LOCATION: Zoom Meeting **FEE:** \$10 **DATES:** Weekly 1/9 through 5/29

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.