

AR & LE

Winter 2015



Saturday ■ May 16, 2015 ■ 1:30 pm to 4 pm

AR&LE Spring Retreat

Save the Date! Details in AR&LE Spring/Summer 2015 Catalog

Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 30 years, the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation “AR” and Learning Exchange “LE”.

- *Adaptive Recreation:* The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, basketball, as well as a number of social programs for both youth and adults.
- *Learning Exchange:* The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a quarterly program catalog with descriptions of all programs to be offered for the upcoming season. This is sent out quarterly to all the participants and professionals who are on our mailing list.

Electronic copies of the current AR&LE program catalog are available via the Internet at: www.BloomingtonMN.gov, and enter keywords “Adaptive Recreation” in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.BloomingtonMN.gov return the completed profile to the address below or scan and email to parkserv@BloomingtonMN.gov.

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Non-resident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Non-residents are considered to be those living outside of these cities. If a non-resident fee is charged, the difference is very minimal.

REFUND POLICY

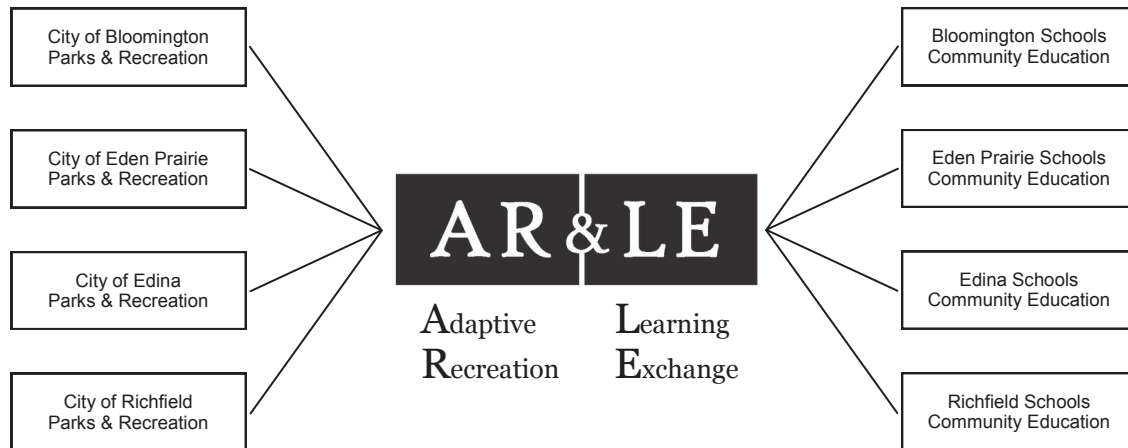
Each city reserves the right to implement their own refund policy.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. This information can be available in alternate formats, upon request.

THE STAFF

The supervisory responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.



CONTACT INFORMATION

Bloomington Adaptive Recreation

- Jackie Doncavage - Recreation Supervisor: 952-563-8877 (tty: 952-563-8740)
jdoncavage@bloomingtonMN.gov

Eden Prairie Adaptive Recreation

- Nicole Minton - Recreation Supervisor: 952-949-8457 (tty: 952-949-8399)
nminton@edenprairie.org

Edina Adaptive Recreation

- Kristin Aarsvold - Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
kaarsvold@EdinaMN.gov

Richfield Adaptive Recreation

- Ann Jindra - Recreation Supervisor: 612-861-9361 (MN Relay Service at 711)
ajindra@cityofrichfield.org

Learning Exchange

- Gina Carpenter - Coordinator of Alternative Educational Services: 952-681-6122 (MN Relay Service at 711) - gcarpenter@bloomington.k12.mn.us
- Janet Clarke - Community Liaison: 952-681-6121 (MN Relay Service at 711)
jclarke@bloomington.k12.mn.us



TRAIL (Transportation Resource to Aid Independent Living) provides transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield, allowing them to attend customized recreation and leisure programs offered by the Adaptive Recreation and Learning Exchange (AR&LE). Through donations and fundraising TRAIL subsidizes the cost of transportation; as a result, riders pay a nominal fee for their rides. Programs with this bus symbol have TRAIL available. To learn more or to make a donation, go to www.ridetrail.org, call Michelle at 952-828-0983, or email ridetrail@msn.com. ***The current AR&LE catalog is available at www.ridetrail.org under "Resources".***

PERSONAL PROGRAM CHART

Use the chart below to keep track of your registered programs! If you don't want to cut out the registration forms, **an electronic copy of the current AR&LE program catalog is available via the Internet at: www.BloomingtonMN.gov and enter keywords "Adaptive Recreation" in the search engine.**

Day	Date/Time	Program	Location
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Jackie Doncavage - Recreation Supervisor
 Phone: 952-563-8877
 TTY: 952-563-8740
 Email: jdoncavage@bloomingtonMN.gov
 Address: 1800 W. Old Shakopee Road
 Bloomington 55431
 Website: www.bloomingtonMN.gov



**DANCE ALONG MOVIE - ADULTS 18+
MOVIES & MUNCHIES COMBINED WITH DANCE YOUR SOCKS OFF!**

Sing and dance along to the music of *The Wiz!* Michael Jackson and Dianna Ross star in this adaptation of *The Wizard of Oz*. Feel free to dress as your favorite character!

Date: January 9, 2015

Time: 7:00 - 9:00 pm

Location: Bloomington Civic Plaza, Center for the Arts Lobby
 (just outside the Black Box Theater)
 1800 West Old Shakopee Road, Bloomington, MN 55431
 Enter through Art Center doors (on north end of building)

Cost: \$6 per participant (includes 1 can of soda or water and snack)
 Additional soda/water available for purchase for \$1.
 Support staff are free of charge.

Register by: **SPACE IS LIMITED! You MUST pre-register to reserve your spot by January 5, 2015 by calling 952-563-8877.**

TRAIL: **TRAIL is available!** TRAIL riders must request TRAIL by January 5, 2015 by calling 952-563-8877.



DANCE YOUR SOCKS OFF! - ADULTS 18+

Put on your dancing shoes and get ready to boogie! No pre-registration required, but you must have an AR&LE Participant Profile on file. Participants who require assistance should bring their own support person. Door prizes will be given out near the end of each dance. **MUST BE PRESENT TO WIN!** Music by Generations A to Z. Don't miss out on these fun events!

Valentine's Dance ▪ February 20, 2015

Join us for a red hot Valentine's Dance! Bring your sweetheart or come on your own.

St. Patrick's Dance ▪ March 13, 2015

Everyone's Irish for this dance! Put on something green and celebrate St. Patrick's Day with us!

80's Music Video Night ▪ April 10, 2015

Moon Walk the night away to music videos from Michael Jackson, Madonna and more of your 80's favorites! Don't forget to wear a totally awesome 80's outfit!

Time: 7:00 - 9:00 pm

Location: Valley View Middle School
 8900 Portland Avenue South, Bloomington.
 Parking is available on the west side (back) of the building.
 Enter through door E on the north end.

Cost: \$6 per participant (includes 1 can of soda or water)
 Additional soda/water available for purchase for \$1.
 Support staff are free of charge.

TRAIL: TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877.



Looking for registration forms or want to pre-register/pay for our programs? Go online to www.BloomingtonMN.gov (keyword "Dance") or contact us at 952-563-8877.



Nicole Minton - Recreation Supervisor
Eden Prairie Parks and Recreation
Phone: 952-949-8457
TTY: 952-949-8399
Email: nminton@edenprairie.org
Address: 8080 Mitchell Road, Eden Prairie 55344
Website: www.edenprairie.org

ACCESS FOR ALL

Adaptive recreation programs are designed for individuals with disabilities. Staff to participant ratio is 1:3. Participants should independently demonstrate the following skills:

- Ability to follow the program schedule
- Willingness to try new things
- Communicate needs and wants
- Ability to dress oneself and use the restroom

If support is needed with one of these skills, then a personal support staff (PSS) must accompany the participant. If a PSS will be attending the program, please inform Nicole Minton, therapeutic recreation supervisor, at nminton@edenprairie.org or 952-949-8457.



CLUB 204 - AGES 13-22

Hang out with friends after school while playing gym games, art or sensory projects and more! Transportation is provided for participants from the Eden Prairie High School. No program March 27; April 2, 3.

Dates/Time: Thursdays and Fridays ▪ February 5-May 8 ▪ 2:30 - 5:00 pm
Location: Eden Prairie Community Center Room 203 and 204
Cost/Registrar: \$305 ▪ Registration deadline is January 23; maximum 10

ADAPTIVE ICE SKATING - AGES 10-22

Using personalized instruction, this program encourages skaters of all abilities, at an individual pace, within a group setting. Start by becoming familiar with the ice and learn to stand and fall correctly, then progress to improving balance, coordination, flexibility and strength while learning a number of fundamental skating skills. No previous skating experience is required. Skate rental is available. Protective head gear (such as a bike helmet) is required.

Dates/Time: Wednesdays ▪ February 4-March 11 ▪ 7:10 - 7:40 pm
Location: Eden Prairie Community Center
Cost/Registrar: \$75 ▪ Registration deadline is January 21; maximum 6



FUN WITH FITNESS - AGES 13-22

A low-impact fitness class designed to enhance range of motion, strength and endurance. Register and bring a parent, sibling, or PSS for no additional cost and workout together.

Dates/Time: Saturdays ▪ February 28-March 21 ▪ 10:45 - 11:30 am
Location: Eden Prairie Community Center, Room 201
Cost/Registrar: \$41 ▪ Registration deadline is February 20; maximum 8

GET YOUR GLEE ON! - AGES 13-22

Sing familiar songs and play a variety of instruments in a fun and sensory friendly environment. Friends and family are invited to attend a performance on the last day of the program.

Dates/Time: Saturdays ▪ January 24-February 21 ▪ 9:30 - 11:00 am
Location: Eden Prairie Senior Center
Cost/Registrar: \$110 ▪ Registration deadline is January 9; maximum 8



MACPHAIL CENTER FOR MUSIC - PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

Students are assessed before a treatment plan is implemented to meet individual needs and strengths. To register for music therapy, a placement interview is necessary to gather information that will aid in placing the student with an appropriate music therapist.

A board-certified music therapist will assess the students' strengths and needs and then create a treatment plan that will outline the goals and objectives to guide the course of services. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy. Financial assistance may be available to families and individuals who meet the eligibility guidelines.

Cost: \$76.25 for 1 hour ▪ \$57.19 for 45 minutes ▪ \$38.13 for 30 minutes

Contact Marian Santucci, MacPhail music therapy manager at 612-767-5596 or santucci.marian@macphail.org for more information or to set up a placement interview.



OUTINGS

Staff to participant ratio is 1:3

SUPER BOWL PRE-GAME PARTY - AGES 13-22

Hang out with friends before the big championship game. Wear your sports apparel and bring your appetite. Registration deadline is January 23; maximum 12

Date: Sunday, February 1 Time: 2:00–4:00 pm Location: Senior Center Cost: \$34

NO-BAKE HEALTHY SNACKS - AGES 13-22

Learn a few quick and easy snacks you can make to satisfy your sweet and salty cravings. We will make a grocery list and shop for items on our recipes, then make and taste sample snacks. Registration deadline is February 6; maximum 8

Date: Sunday, February 15 Time: 3:30–6:30 pm Location: Senior Center Cost: \$43

SWIMMING AT CHASKA COMMUNITY CENTER - AGES 13-22

Splash away the winter blues. No swimming experience necessary; must be willing to get wet. Fee includes admission for open swim. Registration deadline is February 20; maximum 8

Date: Sunday, March 1 Time: 1:00–4:00 pm Location: Drop off/pick up at Senior Center Cost: \$35

MOVIE AT HOPKINS CINEMA 6 - AGES 18-30

There is nothing like watching a good movie while munching on popcorn. Bring money for snacks and beverages. The program time may be adjusted due to the show time. Registration deadline is March 13; maximum 8

Date: Sunday, March 22 Time: 1:30–4:30 pm Location: Drop off/pick up at Senior Center Cost: \$28

BOWLING AT BRUNSWICK - AGES 18-30

Lace up your bowling shoes and grab a ball. You are welcome to bring your own equipment. Time permitting, bowl two games. Fee includes bowling; bring money for a snack. Registration deadline is April 3; maximum 8

Date: Sunday, April 12 Time: 2:00–4:00 pm Location: Drop off/pick up Brunswick Zone Cost: \$24

ONE-DOG CANOE AT STAGES THEATRE - AGES 13-22

Sit back and enjoy a story about an adventurous canoe trip taken by a young girl and her dog. Fee includes theater ticket. Registration deadline is April 10; maximum 8

Date: Sunday, April 19 Time: 1:30–4:30 pm Location: Drop off/pick up at Senior Center Cost: \$36



Eden Prairie Registration Form

Participant Name		Home Phone		E-mail		Age	
Address/City				Apt. #	Zip Code	Birth Date	
Special Information:							
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog.							
Parent/Guardian			Home Phone		Work Phone		E-mail
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>							
Participant or Parent/Guardian Signature _____						Date _____	
<p>Code</p> <p>Registration begins November 25th</p> <p>41380 Club 204*, Feb 5-May 8 ----- <input type="checkbox"/> \$305</p> <p>41381 Adaptive Ice Skating*, Feb 4-Mar 11 ----- <input type="checkbox"/> \$75</p> <p>41382 Fun with Fitness*, Feb 28-Mar 21 ----- <input type="checkbox"/> \$41</p> <p>Parent/Sibling Fun with Fitness, Feb 28-Mar 21 ----- <input type="checkbox"/> Free</p> <p>41385 Get Your Glee On!*, Jan 24-Feb 21 ----- <input type="checkbox"/> \$110</p> <p>*Staff to participant ratio 1:3</p>				<p>Outings</p> <p>41386 Super Bowl Pre-Game Party*, Feb 1 ----- <input type="checkbox"/> \$34</p> <p>41387 No-Bake Healthy Snacks*, Feb 15 ----- <input type="checkbox"/> \$43</p> <p>41388 Swimming at Chaska Community Center*, Mar 1 ----- <input type="checkbox"/> \$35</p> <p>41389 Movie at Hopkins Cinema 6*, Mar 22 ----- <input type="checkbox"/> \$28</p> <p>41390 Bowling at Brunswick*, Apr 12 ----- <input type="checkbox"/> \$24</p> <p>41391 One-Dog Canoe at Stages Theatre*, Apr 19 ----- <input type="checkbox"/> \$36</p> <p>*Staff to participant ratio 1:3</p>			
<p>Mail completed form and check payable to the City of Eden Prairie to:</p> <p style="text-align: right;">Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346</p>							



Kristin Aarsvold - Recreation Supervisor
Edina Parks and Recreation
Phone: 952-826-0433
TTY: 952-826-0379
Email: kaarsvold@EdinaMN.gov
Address: 4801 W. 50th Street, Edina 55424
Website: www.EdinaParks.com

WINTER BOWLING CLUB - AGES 7-18

Bowling is fun! Come learn to bowl or enhance your skills. Have fun being part of the team, making new friends and meeting up with your club. Teams will be arranged by age. VOLUNTEER support is welcome!

Date: Saturdays
January 24-March 21
Time: 12 noon - 1:30 pm
Location: Brunswick Eden Prairie Lanes
12200 Singletree Lane
Cost: \$100/session for residents
\$105/session for nonresidents
Register by: January 10;
minimum 6, maximum 12



WINTER GOLF LESSIONS

Head over to Braemar Golf Dome to get ready for golf. This program will review golf etiquette, basic skills and rules. Have fun in a laid back atmosphere with other golfers. Ages 11 and up welcome.

Dates: Tuesdays
January 20-February 24
Time: 6:45 - 7:45 pm
Location: Braemar Golf Dome, 7420 Braemar Blvd
Cost: \$70/session for residents
\$80/session for nonresidents
Register by: January 8; minimum 6, maximum 15



CONGRATULATIONS TO ANDY TANGHE!

Andy Tanghe, long-time AR&LE participant, was selected for the 2014 Edina Athletic Hall of Fame. Earning varsity letters as a member of the Edina High School soccer, floor hockey and softball adapted athletic teams, Andy's 1994 floor hockey team won the state championship. Andy continues his involvement with sports as an AR&LE participant in softball, bowling, and snowboarding, as well as competing with Special Olympics basketball and track and field. Congratulations Andy on your induction to the Hall of Fame!



GET FIT VALUE PASS

AR&LE participants can use the indoor track at Edinborough Park at a reduced price. Purchase a Get Fit Value Pass for \$25.00 for 10 admissions to the walking track (only). Edinborough is located at 7700 York Avenue South. Bring your pass when you walk.

One family member or personal support staff can attend for free. Participants must provide their own supervision while using the track.

Purchase passes in person at the Edinborough Park office at 7700 York Avenue South, Edina. Telephone 952-833-9540.



ADAPTIVE SWIM LESSONS

Adaptive Swim Lessons are available upon request. Please contact Kristin at kaarsvold@edinamn.gov.



Edina Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age
Address/City			Apt. #	Zip Code	Birth Date
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No			Dietary needs/allergies:		
<p>In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog</p>					
Parent/Guardian		Home Phone	Cell Phone	E-mail	
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____			Date _____		
<p>R= Resident, NR=Nonresident</p> <p style="text-align: center;"><u>R</u> <u>NR</u> <u>TRAIL</u></p> <p>Winter Bowling Club ----- <input type="checkbox"/> \$100 <input type="checkbox"/> \$105</p> <p>Winter Golf Lesson----- <input type="checkbox"/> \$70 <input type="checkbox"/> 80 <input type="checkbox"/></p>			<p>Mail completed form and check payable to the City of Edina to:</p> <p>Edina Parks and Recreation 4801 W 50th Street Edina MN 55424</p>		
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____			Exp. Date _____		



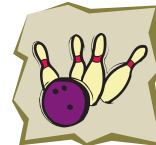
Ann Jindra
 Recreation Supervisor
 Richfield Recreation Services
 Phone: 612-861-9361
 TTY: 711 (Minnesota Relay Service)
 Email: ajindra@cityofrichfield.org
 Address: 7000 Nicollet Avenue South
 Richfield 55423
 Website: www.cityofrichfield.org



ADULT LEAGUE BOWLING

Only a handful of spots are open. Call Ann to check availability.

Who: Adults 18 and older
Dates: Saturdays ▪ January 24-March 21, 2015 (March 28 make-up)
Time: 9:20 - 11:45 am
Location: Brunswick Zone, Eden Prairie Lanes, 12200 Singletree Lane



DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

This six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. Ski Club members must be referred by ski lesson staff and be able to ski independently. Students with mobility impairments are referred to Courage Alpine Skiers. **We will have a different night and new location for the 2015 season!** We will return to the newly renovated Hyland Ski Area in 2016. Experienced skiers & snowboarders are needed as volunteers!



Date/Time: Wednesdays ▪ January 21-February 25, 2015 (make-up March 4) ▪ 6:30 pm - 8:45 pm
Location: NEW - Buck Hill, 15400 Buck Hill Road, Burnsville
Cost: If you have your own equipment: \$140 resident, \$150 nonresident
 If you need to rent equipment: \$160 resident, \$170 nonresident
Register by: Residents only until October 6, open to nonresidents beginning October 7. Deadline December 1.
 Maximum 40 students for ski lessons; maximum 20 students for snowboard lessons;
 Maximum 15 participants in ski club



CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level. Please wear workout shoes and clothes.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.
Dates/Time: Mondays and Wednesdays ▪ January 5-March 9, 2015
 7:00 - 8:00 pm
 No class on Wednesday, January 14 and
 Mondays, January 19 and February 16
Location: Richfield Community Center, 7000 Nicollet Avenue South
Cost: 2 days per week: \$48 resident, \$52 nonresident
 1 day per week: \$24 resident, \$26 nonresident
 *Please indicate Mon and/or Wed on registration form.



TRAIL is available on Monday and Wednesday this session!
Minimum of five riders each night and maximum of ten riders for Mondays and twenty riders on Wednesdays.

Register by: December 29; minimum 10, maximum 25 per night



MOVIES & MUNCHIES

Meet new people, visit with friends, and enjoy a movie on the big screen!

Who: Adults 18 and older. Support staff are asked to assist clients as needed.
Dates/Time: Fridays ▪ 7:00 - 9:00 pm
Jan 9 *The Wiz* (Joined with *Dance Your Socks Off*, must register with Bloomington, page 5.) *\$6/participant for January program*
Feb 6 *Dolphin Tale 2*
Mar 6 *Alexander and the Terrible, Horrible, No Good, Very Bad Day*



Location: Richfield Community Center, 7000 Nicollet Avenue South
Cost: \$5 per movie **payable at the door.** This is to cover the cost of your munchies. Support Staff are invited to attend free of charge.

*\$6/participant for January program
Register by: Movies & Munchies is a drop-in program but prior registration is appreciated by calling 612-861-9385. January participants must register ahead of time with Bloomington! TRAIL riders: Call by 12:00 pm the Tuesday before each movie to request a ride or check the box on the registration form. maximum 50.



GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

New Year's Party – Ring in the New Year early with your GH friends! We will have a dinner and dance before a countdown and toast to the New Year! Registration deadline: December 23; maximum 40

Date: Tues, Dec 30 Time: 6:45-8:45 pm Location: Richfield Community Center Cost: \$17
Staff cost: \$8 (for dinner)

Spaghetti Dinner & Show – Dine on a delicious spaghetti dinner and watch the JHS Show Choirs, Connection & Jive, perform two shows. The dancers will be on hand to meet and help serve your meal. *Alternative meal for food allergies is not available for this program.* Registration deadline: January 5; maximum 30

Date: Sat, Jan 10 Time: 6:15-8:15 pm Location: Jefferson High School Cafeteria Cost: \$15
Staff cost: \$8 (for dinner)

Super Bowl XLIX – Watch the 49th Super Bowl on the BIG SCREEN with your friends! There will be game day treats to munch on while watching the biggest game of the year! Registration deadline: January 27; maximum 40

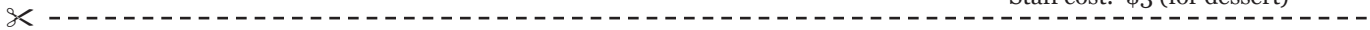
Date: Sun, Feb 1 Time: 5:15-8:45 pm Location: Richfield Community Center Cost: \$15
Staff cost: \$7 (for food)

Hard Rock Café at MOA – Dine like a rock star at one of the newest restaurants in town! Enjoy dinner with dessert and check out one of the world's greatest rock and roll memorabilia collections. Registration deadline: February 19; minimum 15, maximum 40

Date: Tues, Feb 24 Time: 6:45-8:30 pm Location: MOA East Entrance, First Level Cost: \$23
Staff cost: \$19 (for dinner)

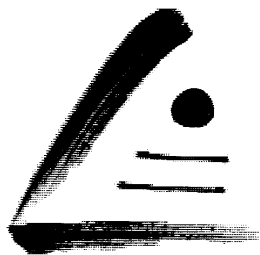
Bingo Palooza! – Calling all Bingo lovers! Join us for an exciting night of playing Bingo and winning cool prizes! Who knows, you may even win the Grand Prize! Desserts served, please eat dinner before coming. Registration deadline: March 6; minimum 15, maximum 40

Date: Thur, Mar 12 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$10
Staff cost: \$3 (for dessert)



Richfield Registration Form

Participant Name		Home Phone		E-mail		Age																																	
Address/City				Apt #	Zip Code		Birth Date																																
Special Information:				Food Allergies:																																			
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog.																																							
Emergency Contact			Home Phone		Cell Phone																																		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>																																							
Participant or Parent/Guardian Signature _____						Date _____																																	
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. <table style="width:100%; border: none;"> <tr> <td style="width: 50%; text-align: center;">R</td> <td style="width: 50%; text-align: center;">NR</td> </tr> <tr> <td>Downhill Ski Lessons..... <input type="checkbox"/> \$140/160</td> <td><input type="checkbox"/> \$150/170</td> </tr> <tr> <td>Snowboard Lessons..... <input type="checkbox"/> \$140/160</td> <td><input type="checkbox"/> \$150/170</td> </tr> <tr> <td>Ski Club..... <input type="checkbox"/> \$140/160</td> <td><input type="checkbox"/> \$150/170</td> </tr> </table> Cardio Fitness* Winter Session: Mon. & Wed. <input type="checkbox"/> \$48 <input type="checkbox"/> \$52 <input type="checkbox"/> TRAIL Winter Session: Mon. or Wed (circle one)..... <input type="checkbox"/> \$24 <input type="checkbox"/> \$26 <input type="checkbox"/> TRAIL *Note: TRAIL is available Monday & Wednesday nights				R	NR	Downhill Ski Lessons..... <input type="checkbox"/> \$140/160	<input type="checkbox"/> \$150/170	Snowboard Lessons..... <input type="checkbox"/> \$140/160	<input type="checkbox"/> \$150/170	Ski Club..... <input type="checkbox"/> \$140/160	<input type="checkbox"/> \$150/170	<u>Movies & Munchies</u> The Wiz combined with Dance Your Socks Off (Jan 9)..... Page 5 Dolphin Tale 2 (Feb 6) <input type="checkbox"/> TRAIL Alexander and the Terrible, Horrible..(Mar 6) <input type="checkbox"/> TRAIL <u>Good Happenings</u> <table style="width:100%; border: none;"> <thead> <tr> <th></th> <th style="text-align: center;">Participant</th> <th style="text-align: center;">Staff</th> <th style="text-align: center;">TRAIL</th> </tr> </thead> <tbody> <tr> <td>New Year's Party (Dec 30).....</td> <td style="text-align: center;"><input type="checkbox"/> \$17</td> <td style="text-align: center;"><input type="checkbox"/> \$8</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Spaghetti Dinner & Show (Jan 10).....</td> <td style="text-align: center;"><input type="checkbox"/> \$15</td> <td style="text-align: center;"><input type="checkbox"/> \$8</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Super Bowl XLIX (Feb 1)</td> <td style="text-align: center;"><input type="checkbox"/> \$15</td> <td style="text-align: center;"><input type="checkbox"/> \$7</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Hard Rock Café at MOA (Feb 24).....</td> <td style="text-align: center;"><input type="checkbox"/> \$23</td> <td style="text-align: center;"><input type="checkbox"/> \$19</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Bingo Palooza! (Mar 12)</td> <td style="text-align: center;"><input type="checkbox"/> \$10</td> <td style="text-align: center;"><input type="checkbox"/> \$3</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table>					Participant	Staff	TRAIL	New Year's Party (Dec 30).....	<input type="checkbox"/> \$17	<input type="checkbox"/> \$8	<input type="checkbox"/>	Spaghetti Dinner & Show (Jan 10).....	<input type="checkbox"/> \$15	<input type="checkbox"/> \$8	<input type="checkbox"/>	Super Bowl XLIX (Feb 1)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$7	<input type="checkbox"/>	Hard Rock Café at MOA (Feb 24).....	<input type="checkbox"/> \$23	<input type="checkbox"/> \$19	<input type="checkbox"/>	Bingo Palooza! (Mar 12)	<input type="checkbox"/> \$10	<input type="checkbox"/> \$3	<input type="checkbox"/>
R	NR																																						
Downhill Ski Lessons..... <input type="checkbox"/> \$140/160	<input type="checkbox"/> \$150/170																																						
Snowboard Lessons..... <input type="checkbox"/> \$140/160	<input type="checkbox"/> \$150/170																																						
Ski Club..... <input type="checkbox"/> \$140/160	<input type="checkbox"/> \$150/170																																						
	Participant	Staff	TRAIL																																				
New Year's Party (Dec 30).....	<input type="checkbox"/> \$17	<input type="checkbox"/> \$8	<input type="checkbox"/>																																				
Spaghetti Dinner & Show (Jan 10).....	<input type="checkbox"/> \$15	<input type="checkbox"/> \$8	<input type="checkbox"/>																																				
Super Bowl XLIX (Feb 1)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$7	<input type="checkbox"/>																																				
Hard Rock Café at MOA (Feb 24).....	<input type="checkbox"/> \$23	<input type="checkbox"/> \$19	<input type="checkbox"/>																																				
Bingo Palooza! (Mar 12)	<input type="checkbox"/> \$10	<input type="checkbox"/> \$3	<input type="checkbox"/>																																				
Mail completed form and check, payable to the City of Richfield to: Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423																																							
Comments:																																							
TOTAL FEE(S) PAID: \$ _____																																							
Credit Card Information _____				Exp. Date _____																																			



THE LEARNING EXCHANGE

Gina Carpenter - Coordinator of Alternative Educational Services
 Phone: 952-681-6122
 TTY: 711 (Minnesota Relay Service)
 Email: gcarpenter@bloomington.k12.mn.us
 Janet Clarke - Community Liaison
 Phone: 952-681-6121
 Email: jclarke@bloomington.k12.mn.us
 Address: 2575 West 88th Street, Bloomington 55431
 Website: www.bloomington.k12.mn.us

Learning Exchange classes are for adults, 18 years and older.

On-line Registration Site and Web Site : For on-line registration, go to br.thatscommunityed.com and create an account. Or link from our web page at bloomington.k12.mn.us and click on *Community Services*, then *Adults with Disabilities*, then *Register for Classes*.

Personal Leisure and Healthy Lifestyles

NEW: MAKE A PUPPET/TELL A STORY MINI-RETREAT

Join your friends in transforming everyday objects into fun and exciting puppets for storytelling. Create people, animals, aliens or other imaginary moveable puppets using socks, foam, fabric, cardboard, and arts supplies. Take a snack break and then make up stories to tell with your puppet. What a great way to beat the winter blahs! You could also take the sculpture class (*see pg. 13 under Arts & Crafts*) and make a puppet to go with your sculpture! Led by Bloomington Art Center Staff.



Date/Time: Sunday ▪ February 22 ▪ 2:00 - 4:30 pm
Location: Bloomington Civic Plaza; 1800 West Old Shakopee Road, Bloomington
Cost: \$20, includes snack; Checks payable to **ISD 271**
Register by: February 9; minimum 6, maximum 16

CULTURE CLUB: SCANDINAVIA

Spend an evening with our own Michelle Veith learning about the countries that make up Scandinavia, including Sweden, Norway, Denmark and parts of Northern Europe. Snack on a traditional Scandinavian food while making a mini Swedish Maypole. Janet will be there to do a short interview with a Learning Exchange participant about Viking warrior history. What a fun night to experience the ethnic past of some of your friends' families and maybe yours!

Date/Time: Tuesday ▪ February 3 ▪ 7:00 - 8:15 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$12, Checks payable to **ISD 271**
Register by: January 20; minimum 6, maximum 16

SHOOTING POOL

Have a blast learning the basics of shooting pool or practicing what you already know! This class shows you the basics and will give you time to play several games with other class members and volunteers from the Pool Room.



Date/Time: Monday ▪ January 26 ▪ 7:00 - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$8, Checks payable to **ISD 271**
Register by: January 12; minimum 6, maximum 12

SING YOUR HEART OUT!

Let's sing songs about friendship and love: everything from classic to modern from 'Call Me Maybe,' to Elvis' 'Love Me Tender' to the classic 'Lean on Me.' We'll sing the best parts of songs from the heart. Led by Emily Anderson with Leslie Fidler on piano, and guests on electric guitar and drums! Join your friends for a musical night to remember!

Date/Time: Tuesday ▪ February 10 ▪ 7:00 - 8:15 pm
Location: Edina Senior Center, 5280 Grandview Square, Edina
Cost: \$10, Checks payable to **ISD 271**
Register by: January 27; minimum 6, maximum 30



NEW! UNDERSTANDING GRIEF AND LOSS

We all will experience the death of a pet, a friend or a relative during our lives. Understanding the feelings that come up when we grieve someone who has died can help us to grow emotionally. We also can be helpful when others experience loss. Come be part of a discussion led by Tom Colbert, a licensed psychologist. You'll discover how to feel more comfortable about preparing for loss, ways to cope with feelings after a loss, and what to say or not say to someone else who has experienced a loss.



Date/Time: Thursday ▪ February 12 ▪ 7:00 - 8:15 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$8, Checks payable to **ISD 271**
Register by: January 29; minimum 6, maximum 16



MINUTE TO WIN IT: FOOD SHELF COLLECTION - 3RD ANNUAL

Let's have fun and provide food for hungry people! Bring at least one can of food or new grocery item to class – see list below for suggestions. We'll create mazes with the cans and boxes then see who is able to move ping-pong balls along them the fastest, along with other games. We'll have team and individual events, and everyone gets prizes! The cans and boxes of groceries will be donated to the VEAP Food Shelf. Last year we collected 70 pounds of food to donate – can we top that this year?



Most needed items: Canned Tuna, Canned Chicken, Canned Beef Stew, Canned Chili, Toothpaste, Cereal, Canned Fruit, Canned Soups; plus paper grocery bags (call Janet if you have questions, 952-681-6121)

Date/Time: Thursday ▪ March 5 ▪ 7:00 - 8:15 pm

Location: Washburn Elementary School Lunchroom, 8401 Xerxes Avenue South, Bloomington

Cost: \$5, Checks payable to **ISD 271**

Register by: February 19; minimum 6, maximum 25



CREATIVE DANCE & MOVEMENT

Experience the joy of dancing with streamers, making your own dance rhythms, and moving as a group and individually. We'll finish the night with some relaxation breathing and remembering how good it felt to move! All ability levels encouraged to attend. Led by Janet Clarke.

Date/Time: Wednesday ▪ March 18 ▪ 7:00 - 8:15 pm (No Cardio Fitness that Wednesday - come dance with us!)

Location: Washburn Elementary School Lunchroom, 8401 Xerxes Avenue South, Bloomington

Cost: \$8, Checks payable to **ISD 271**

Register by: February 25; minimum 6, maximum 30



NEW! SOCIAL NETWORKING SAFETY ON-LINE

Do you use any social networking sites such as Facebook, Twitter, Pinterest, Tumblr, Flickr or others? Do you download apps onto your smartphone or tablet? Then this class is for you! Hear from a Bloomington police officer about how sites you access on your computer, smart phone or tablet use your information and how scams can happen. Discover how to protect your personal information and what to do if you are being bullied on-line. Take home a handout of tips to help you remember safety. Staff and caregivers welcome with a paid learner. Have questions about whether this class is for you? Call Janet at 952-681-6121.

Date/Time: Tuesday ▪ March 31 ▪ 7:00 - 8:15 pm

Location: Metro South/Bloomington Community Ed; Computer Lab 328
2575 W. 88th Street, Bloomington

Cost: \$8, Checks payable to **ISD 271**

Register by: March 17; minimum 6, maximum 15



CHAIR YOGA AND RELAXATION

Come stretch, breathe, feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair – no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first.

Dates: Tuesdays ▪ January 20 ▪ February 17 ▪ March 17

Time: 7:00 - 8:00 pm

Location: Fraser Sheridan Court Commons Room, 2500 W. 66th Street, Richfield

Cost: All three classes for only \$14, Checks payable to **ISD 271**

Register by: January 6; minimum 6, maximum 12



Arts & Crafts

NEW! This winter join us at the Bloomington Art Center, located in the Bloomington Civic Plaza, for classes exploring different art forms. Instructors leading classes are professional artists. These will fill fast - sign up soon!



BUILD YOUR OWN SCULPTURE

What do you want to make? A castle, an animal, a monster? Join the Bloomington Art Center staff for a fabulous night of discovering sculpture and your creativity. Students will use "found" materials including wood shapes, wire, cardboard, plastic, and other objects to create imaginative sculptures. Projects will be collaged and possibly painted for finishing. (Consider registering for 'Make a Puppet/Tell a Story' on page 12, to make a puppet to go with your sculpture!)

Date/Time: Thursday ▪ January 22 ▪ 7:00 - 8:30 pm

Location: Bloomington Civic Plaza; 1800 West Old Shakopee Road, Bloomington

Cost: \$15 (includes all materials), Checks payable to **ISD 271**

Register by: January 8; minimum 6, maximum 16



MULTI-MEDIA COMICS

Who are your favorite comic book heroes? Do you like anime? Explore how modern comics are created and experiment with scratchboard, printmaking and other arts materials to find your own comic drawing style. Demonstrations and discussions will reveal how using different materials changes the mood within the stories. Led by Bloomington Art Center staff.

Date/Time: Monday ▪ March 23 ▪ 7:00 - 8:30 pm

Location: Bloomington Civic Plaza; 1800 West Old Shakopee Road, Bloomington

Cost: \$15, Checks payable to **ISD 271**

Register by: March 9; minimum 6, maximum 16



Cooking Classes

Dining Club: for everyone ▪ **Chef's Club:** for independent learners ages 20 to 39 - see below under Specific Group Programs.

DINING CLUB

Do you love to help make food then eat it?! Dining Club is for all ability levels of learners who can follow safety instructions. Staff/volunteer to participant ratio is approximately 1:3; group home staff are expected to stay and assist. The focus is preparing food together and socializing while eating and washing dishes together. Bring containers for potential leftovers and take home the written recipe!



TRAIL riders: Only ONE Thursday cooking class has TRAIL. Usually it is the second Thursday class of a pair of classes. See registration form to verify that your choice offers TRAIL.

Time: Dining Club classes meet from 7:00 pm - 8:30 pm
Location: Jefferson High School, Cooking Lab A100, 4001 W. 102nd St., Bloomington
Cost: \$15 per class, Checks payable to **ISD 271**
Register by: Two weeks before class; minimum 6, maximum 15 (Hurry, these fill fast!)

Classic Chili **Thursday, January 29 or Thursday, February 5 (TRAIL)**

It's Super Bowl time! Let's make a big pot of chili with crunchy chips to go on top. Pair it with a time-honored side of homemade cornbread. You'll score a touchdown at your next party when you serve this crowd-pleaser.

Marvelous Meatloaf **Thursday, February 19 or Thursday, February 26 (TRAIL)**

You guys asked and we answered! The most frequently requested dish is here. We'll make a classic meatloaf that will become a family tradition. Green beans with lemon-butter round out this traditional meal.

Zesty Baked Ziti **Thursday, March 19 or Thursday, March 26 (TRAIL)**

It's Italian comfort food at its best! Baked Ziti, tube-shaped pasta and tomato sauce, is as comforting as it is satisfying. We'll pair it with a Caesar Salad to round out the meal. Viva Italia!

Specific Group Programs for Young Adults ages 20 to 39

The class below is appropriate for learners with learning disabilities or social disabilities who are independent learners, ages 20 to 39. Learners should be comfortable reading and understanding basic written information. Wonder if this is a good match for you? Call Janet to discuss: 952-681-6121

CHEF'S CLUB - AGES 20 TO 39

Do you love to eat? Want to cook REAL food and get the food-making skills to live independently? Chef's Club is for learners who can work independently, with a minimum of direction. Learners should be able to safely use knives, oven and stove top without direct supervision. Staff to participant ratio is approximately 1:5. You will make the same food as listed above in the Dining Club monthly menus, while here the focus is learning to read a recipe; learning basic food preparation techniques like cutting and chopping, roasting and sautéing, etc. and food-related tips and tricks. And, of course, having fun together! Bring containers for potential leftovers and take home the written recipe!



Dates/Time: Mondays ▪ February 2, March 2, March 16 ▪ 7:00 - 8:30 pm
Location: Jefferson High School, Cooking Lab A100, 4001 W. 102nd St., Bloomington
Cost: \$45 for 3-class session, Checks payable to **ISD 271**
Register by: January 20; minimum 6, maximum 12

Looking for other classes with people who share your interests? You might like:

- **Social Networking Safety On-line** ▪ Tuesday, March 31 ▪ page 13
- **Make a Puppet/Tell a Story: Mini Retreat** ▪ Sunday, February 22 ▪ page 12
- **Culture Club: Scandinavia!** ▪ Tuesday, February 3 ▪ page 12
- **Multi Media Comics** ▪ Monday, March 23 ▪ page 13



SAVE THE DATE!!

AR&LE Retreat at Woodlake Nature Center

Saturday, May 16, 2015

1:30 to 4:00 pm

Register on-line with a credit card or link to your checking account:
 br.thatscommunityed.com Or mail in this form with payment to:
 ISD 271 - Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431

Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!

Learning Exchange Registration Form

Participant Name		Home Phone	E-mail		Age
Address			Apt. #	City	Zip Code
Staff will attend: Yes ___ No ___ Allergies/Medical Concerns: _____					
Parent/Guardian		Home Phone	Cell/Work Phone	E-mail	
Emergency Contact		Phone/s		Relationship	

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

WAIVER: I understand and agree that Adaptive Recreation and Learning Exchange may use my photo image for publicity purposes.

_____ Date _____
 Participant or Parent/Guardian Signature

TRAIL Riders please check TRAIL Box <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Class ID</u></th> <th style="text-align: left;"><u>Cost</u></th> <th style="text-align: left;"><u>TRAIL</u></th> </tr> </thead> <tbody> <tr> <td colspan="3"><u>Personal Leisure & Healthy Lifestyles</u></td> </tr> <tr> <td>LE102W 'Make a Puppet/Tell a Story' Mini-Retreat, Feb 22.....</td> <td>\$20</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE93W Culture Club: Scandinavia, Feb 3.....</td> <td>\$12</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE16W Shooting Pool, Jan 26</td> <td>\$ 8</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE94W Sing Your Heart Out, Feb 10</td> <td>\$10</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE95W NEW! Understanding Grief & Loss, Feb 12</td> <td>\$ 8</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE96W Minute to Win It: Food Shelf Collection, Mar 5.....</td> <td>\$ 5</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE97W Creative Dance and Movement, Mar 18</td> <td>\$ 8</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE98W Social Networking Safety On-line, Mar 31</td> <td>\$ 8</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE11W Chair Yoga and Relaxation Tuesdays: Jan 20, Feb 17, Mar 17</td> <td>\$14</td> <td><input type="checkbox"/></td> </tr> <tr> <td colspan="3"><u>Arts & Crafts</u></td> </tr> <tr> <td>LE100W Build your Own Sculpture, Jan 22</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE101W Multi-Media Comics, Mar 23.....</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>	<u>Personal Leisure & Healthy Lifestyles</u>			LE102W 'Make a Puppet/Tell a Story' Mini-Retreat, Feb 22.....	\$20	<input type="checkbox"/>	LE93W Culture Club: Scandinavia, Feb 3.....	\$12	<input type="checkbox"/>	LE16W Shooting Pool, Jan 26	\$ 8	<input type="checkbox"/>	LE94W Sing Your Heart Out, Feb 10	\$10	<input type="checkbox"/>	LE95W NEW! Understanding Grief & Loss, Feb 12	\$ 8	<input type="checkbox"/>	LE96W Minute to Win It: Food Shelf Collection, Mar 5.....	\$ 5	<input type="checkbox"/>	LE97W Creative Dance and Movement, Mar 18	\$ 8	<input type="checkbox"/>	LE98W Social Networking Safety On-line, Mar 31	\$ 8	<input type="checkbox"/>	LE11W Chair Yoga and Relaxation Tuesdays: Jan 20, Feb 17, Mar 17	\$14	<input type="checkbox"/>	<u>Arts & Crafts</u>			LE100W Build your Own Sculpture, Jan 22	\$15	<input type="checkbox"/>	LE101W Multi-Media Comics, Mar 23.....	\$15	<input type="checkbox"/>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Class ID</u></th> <th style="text-align: left;"><u>Cost</u></th> <th style="text-align: left;"><u>TRAIL</u></th> </tr> </thead> <tbody> <tr> <td colspan="3"><u>Cooking Classes</u></td> </tr> <tr> <td colspan="3"><u>New Dining Club</u> Note: TRAIL only available on some Thursdays. TRAIL Riders should make sure the class you select has TRAIL available.</td> </tr> <tr> <td colspan="3">Classic Chili</td> </tr> <tr> <td>LE90W-A Thurs, Jan 29</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE90W-B Thurs, Feb 5.....</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td colspan="3">Marvelous Meatloaf</td> </tr> <tr> <td>LE91W-A Thurs, Feb 19.....</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE91W-B Thurs, Feb 26.....</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td colspan="3">Zesty Baked Ziti</td> </tr> <tr> <td>LE92W-A Thurs, Mar 19.....</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td>LE92W-B Thurs, Mar 26.....</td> <td>\$15</td> <td><input type="checkbox"/></td> </tr> <tr> <td colspan="3"><u>Specific Group Programs - ages 20 to 39</u></td> </tr> <tr> <td>LE89W Chef's Club: Mondays: Feb 2, Mar 2, Mar 16</td> <td>\$45</td> <td><input type="checkbox"/></td> </tr> </tbody> </table>	<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>	<u>Cooking Classes</u>			<u>New Dining Club</u> Note: TRAIL only available on some Thursdays. TRAIL Riders should make sure the class you select has TRAIL available.			Classic Chili			LE90W-A Thurs, Jan 29	\$15	<input type="checkbox"/>	LE90W-B Thurs, Feb 5.....	\$15	<input type="checkbox"/>	Marvelous Meatloaf			LE91W-A Thurs, Feb 19.....	\$15	<input type="checkbox"/>	LE91W-B Thurs, Feb 26.....	\$15	<input type="checkbox"/>	Zesty Baked Ziti			LE92W-A Thurs, Mar 19.....	\$15	<input type="checkbox"/>	LE92W-B Thurs, Mar 26.....	\$15	<input type="checkbox"/>	<u>Specific Group Programs - ages 20 to 39</u>			LE89W Chef's Club: Mondays: Feb 2, Mar 2, Mar 16	\$45	<input type="checkbox"/>
<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>																																																																																				
<u>Personal Leisure & Healthy Lifestyles</u>																																																																																						
LE102W 'Make a Puppet/Tell a Story' Mini-Retreat, Feb 22.....	\$20	<input type="checkbox"/>																																																																																				
LE93W Culture Club: Scandinavia, Feb 3.....	\$12	<input type="checkbox"/>																																																																																				
LE16W Shooting Pool, Jan 26	\$ 8	<input type="checkbox"/>																																																																																				
LE94W Sing Your Heart Out, Feb 10	\$10	<input type="checkbox"/>																																																																																				
LE95W NEW! Understanding Grief & Loss, Feb 12	\$ 8	<input type="checkbox"/>																																																																																				
LE96W Minute to Win It: Food Shelf Collection, Mar 5.....	\$ 5	<input type="checkbox"/>																																																																																				
LE97W Creative Dance and Movement, Mar 18	\$ 8	<input type="checkbox"/>																																																																																				
LE98W Social Networking Safety On-line, Mar 31	\$ 8	<input type="checkbox"/>																																																																																				
LE11W Chair Yoga and Relaxation Tuesdays: Jan 20, Feb 17, Mar 17	\$14	<input type="checkbox"/>																																																																																				
<u>Arts & Crafts</u>																																																																																						
LE100W Build your Own Sculpture, Jan 22	\$15	<input type="checkbox"/>																																																																																				
LE101W Multi-Media Comics, Mar 23.....	\$15	<input type="checkbox"/>																																																																																				
<u>Class ID</u>	<u>Cost</u>	<u>TRAIL</u>																																																																																				
<u>Cooking Classes</u>																																																																																						
<u>New Dining Club</u> Note: TRAIL only available on some Thursdays. TRAIL Riders should make sure the class you select has TRAIL available.																																																																																						
Classic Chili																																																																																						
LE90W-A Thurs, Jan 29	\$15	<input type="checkbox"/>																																																																																				
LE90W-B Thurs, Feb 5.....	\$15	<input type="checkbox"/>																																																																																				
Marvelous Meatloaf																																																																																						
LE91W-A Thurs, Feb 19.....	\$15	<input type="checkbox"/>																																																																																				
LE91W-B Thurs, Feb 26.....	\$15	<input type="checkbox"/>																																																																																				
Zesty Baked Ziti																																																																																						
LE92W-A Thurs, Mar 19.....	\$15	<input type="checkbox"/>																																																																																				
LE92W-B Thurs, Mar 26.....	\$15	<input type="checkbox"/>																																																																																				
<u>Specific Group Programs - ages 20 to 39</u>																																																																																						
LE89W Chef's Club: Mondays: Feb 2, Mar 2, Mar 16	\$45	<input type="checkbox"/>																																																																																				

Mail complete form to: ISD 271/Learning Exchange
 2575 W 88th Street
 Bloomington, MN 55431

Checks MUST be made payable to ISD 271 or they will be returned.

TOTAL FEE(S) PAID: \$ _____ Check/Money Order Payable to: **ISD 271**

Credit Card: Visa MasterCard Discover

Number _____ Exp. Date _____

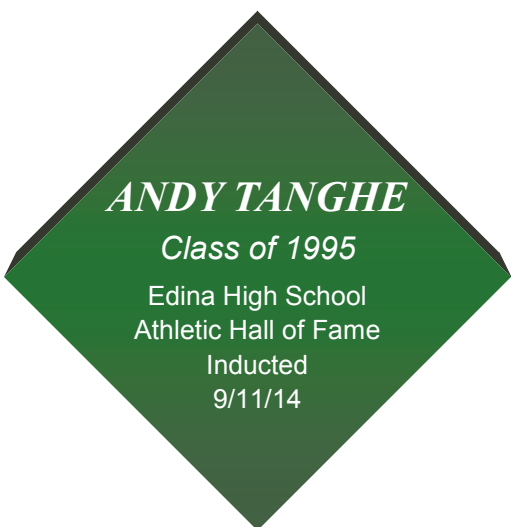
By signing above, I authorize my Credit Card to be charged _____ Date _____



The Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096

CONGRATULATIONS TO EDINA AR&LE PARTICIPANT ANDY TANGHE

For details, see page 8!



Watch for the AR&LE Spring/Summer 2015 Catalog the week of February 23rd!