

Little Canada has  
joined our Inclusion  
Support Cities.

Help us raise \$25,000  
for Give to the Max Day  
on November 21.

Get ready to celebrate 40  
years of Reach for Resources  
in 2025!

Empowering people of all-abilities to reach their full potential.

Winter 2025

# Reach Reader



## A Journey Towards Healthier Coping



To learn more about Reach's Mental Health Services visit:  
[reachforresources.org/mh](https://reachforresources.org/mh)

Alex had always been known for his strength and resilience, but life had recently presented him with a series of daunting challenges. Work pressures, family responsibilities, and personal doubts all seemed to collide, leading to a noticeable increase in his anxiety and stress levels. For a while, Alex turned to unhealthy coping mechanisms like: substance abuse, unexcused absences from work, and withdrawing from friends and family. These behaviors provided temporary distraction but left him feeling more isolated and disconnected.

Realizing he needed a change, Alex sought professional help. He began working with an ARMHS practitioner at Reach, to develop a plan to replace his unhealthy habits with healthier ones. The journey was not easy, but Alex was committed to improving his mental well-being.

The first step was identifying the triggers that led him to unhealthy coping mechanisms. With guidance from his ARMHS practitioner, Alex started keeping a journal, documenting situations, thoughts, and feelings that triggered his stress and anxiety. This practice helped him gain insight into his emotional patterns and recognize the moments when he was most vulnerable.

Next, Alex and his ARMHS practitioner focused on building a toolbox of healthy coping strategies. He began by incorporating regular physical activity into his routine. Alex joined a biking group, which met every Friday evening to mountain bike. The combination of exercise, fresh air, and social interaction provided a welcome break from his daily stressors and boosted his mood.

# A Journey Towards Healthier Coping (continued from page 1)

In addition to physical activity, Alex explored meditation. Reach's ARMHS practitioner introduced him to guided meditation techniques, which Alex found helpful in managing his stress. He set aside time each day for meditation, gradually finding it easier to focus and stay calm during challenging moments.

Alex also rediscovered his passion for playing guitar, which he had neglected over the years. Playing music became a therapeutic outlet, allowing him to express his emotions and unwind. This creative expression was not only enjoyable but also a valuable part of his self-care routine.

As Alex continued to implement these changes, he noticed a positive shift in his overall well-being. The urge to resort to unhealthy behaviors diminished, replaced by a growing sense of control and self-awareness. He felt more connected to himself and others, more attuned to his needs and boundaries.

Of course, the journey was not without its challenges. There were times when old habits resurfaced, especially during periods of intense stress. But Alex had learned to be compassionate towards himself, understanding that setbacks were part of the process. He leaned on his support system, including his ARMHS practitioner, friends, and his mountain biking community, who provided encouragement and reminded him of his progress.

Over time, Alex reflected on how far he had come. The unhealthy coping mechanisms that once dominated his life were no longer his go-to responses. Instead, he had a toolbox of healthier behaviors that not only managed his mental health but also enriched his life.

Alex's journey will be ongoing, but he feels equipped to face future challenges with the skills he had developed with the help of Reach's ARMHS Services. For the first time in a long while, Alex felt hopeful and optimistic about the future.



## Share Your Time & Talent

Volunteers are at the heart of what we do at Reach, helping us support children, teens, and adults with disabilities. Whether you've got time on weekends, evenings, or during the day, there's plenty of ways to get involved. You can work directly with people we support through our adaptive recreation programs, assist with inclusion services, or share your skills in areas like art, sports, or education. We also need folks behind the scenes to help plan events or serve on our board to keep Reach moving forward.



Every bit of time you give has a big impact. By volunteering, you're helping us offer more services and create inclusive opportunities where people with disabilities can connect with their community, build confidence, and gain independence. Whether you're teaching something new, offering support, or helping out with an event, your support really makes a difference.

We'd love to have you join us! Together, we can keep making a positive impact in the lives of those we serve and our community.

Learn More:  
[reachforresources.org/volunteer](https://reachforresources.org/volunteer)



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# Annual Golf Tournament Raises Nearly \$33,000!

A huge THANK YOU to everyone who joined and supported the Reach Golf Tournament, presented by Hoffman Weber Construction, on July 15 at The Wilds Golf Club. Your kindness, enthusiasm, and generosity helped us raise nearly \$33,000! We want to give a special shoutout to our amazing sponsors, dedicated volunteers, and our photographer, Leroy Haflund. Your hard work helped to make this tournament a success. Thank you again for your incredible support, and be sure to mark your calendar for next year's tournament on July 21, 2025.

Thank you to our sponsors!



Thompson Family



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## Give To The Max

November 1 marks the start of Give to the Max in Minnesota, leading up to the biggest day of giving on November 21. This year, we're aiming to raise \$25,000 for our Inclusion Services. Give to the Max Day is a powerful statewide event and your opportunity to support Reach's transformative work.

Your donation helps us continue providing essential inclusion services, ensuring that children, teens, and adults with disabilities can fully participate in local park and recreation programs alongside their peers. Together, we're building independence, confidence, and lasting social connections. Every dollar makes a difference and directly impacts inclusion in your community.

Join us on Give to the Max Day and help create a lasting impact! If you're interested in being a matching donor, please contact our Executive Director, Kate Bottiger, at [kbottiger@reachforresources.org](mailto:kbottiger@reachforresources.org) or 952-200-5746.

Learn More & Give:

[reachforresources.org/GTM](https://reachforresources.org/GTM)



## Bingo & Brews

Friday, November 15

5:00 – 9:00 p.m. | Bingo 6:00 – 8:00 p.m.

Hackamore Brewing Co. | 18651 Lake Dr. E, Chanhassen  
FREE to attend | \$5 per Bingo game



Get ready for a night of luck and laughter at our Bingo and Brews event! Join us for a fun twist on the classic game, paired with craft brews and nonalcoholic drinks. Enjoy the chance to win awesome prizes while having a great time with your friends. 10% of all sales will go to supporting Reach. Mark your calendar & let the fun begin!

RSVP Today:

[reachforresources.org/bingo](https://reachforresources.org/bingo)



# Bowling for Buses Was A Striking Success!

Thank you to everyone who came out to support our Bowling for Buses fundraiser on Saturday, September 7. It was a great day filled with lots of laughs, bowling, strikes, yummy food, and prizes. We had over 40 bowlers and 15 spectators. Big thank you our sponsors and volunteers. We deeply appreciate your kindness, generosity and commitment to making a positive impact on TRAIL by Reach.

Thank you to our sponsors!

**Kate & Dan  
Bottiger**

**Michelle & Ron  
Veith**

**Heidi & Don  
Haberman**

**Kristine  
Kohman**

**Baratz Family  
Foundation**



To view the event photos:  
[reachforresources.org/b4b](https://reachforresources.org/b4b)



## Reach Bowl-A-Thon

Join us for our annual bowling FUNdraiser! Collect pledges and enjoy two games of bowling, pizza, music, and awesome prizes. It's a fantastic way to have fun with friends while supporting Reach. Don't miss out on our biggest bowling event of the year!

New  
Location!

Saturday, March 29 | 1:00 - 4:00 p.m.

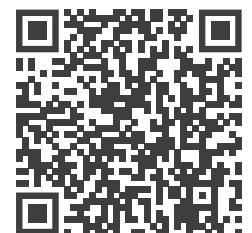
AMF Southtown Lanes | 7941 Southtown Dr., Bloomington

Fee: \$40 by March 1 | \$50 after March 1 | \$20 Lunch only

Learn more: [reachforresources.org/BAT](https://reachforresources.org/BAT)



Register Today



# ADAPTIVE RECREATION PROGRAMS

## AM I A "RESIDENT"?

Our adaptive recreation program is a cooperative effort with these cities:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Edina
- Golden Valley
- Inver Grove Heights
- Maple Grove
- Plymouth
- St. Louis Park

If you live in another city, please pay the non-resident fee upon registration.

For more information, call 952-393-5880 or visit: [reachforresources.org](http://reachforresources.org).

All programs are pre-registration only. Registration for a program is required at least 3 days before the start date unless otherwise noted.

## EASY ONLINE REGISTRATION!

We have an online sign-up software that makes it easier than ever to find and register for programs. This software allows you to create an account, view your invoices and download a calendar with all your upcoming programs.

Sign-up for an account:  
[reach.recdesk.com](http://reach.recdesk.com)

## PROGRAM DETAILS

For 2025, we will be offering a variety of programs including different billable options.

### T TRAIL RIDES

- TRAIL transportation available for program

### VIRTUAL PROGRAMS

- Virtual via: Teams or Zoom

### IN-PERSON PROGRAMS

- Variety of locations
- Masks are welcome but not required for indoor programs

### W WAIVER ELIGIBLE\* PROGRAM

- Program billable via ILS Therapies on DD or CADI waivers
- Contact Sally Krull to learn more

\* Almost all of our programs can be billed through CDCS waivers. Contact Sally Krull to learn more.

## INCLUSION SUPPORT

Reach provides inclusion support to children and adults with disabilities who would like to participate in their city's park and recreation programs. Registration for these programs is done through your local park & rec department.

Inclusion support through Reach is offered in the cities of:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Chaska
- Crystal
- Edina
- Golden Valley
- Inver Grove Heights
- Little Canada
- New Hope
- Plymouth
- Robbinsdale
- Roseville
- Shoreview
- St. Louis Park
- Three Rivers Park District
- Woodbury

To learn more, visit: [reachforresources.org/inclusion](http://reachforresources.org/inclusion).

After registering for a city park program, contact Reach to discuss the needs/accommodations for yourself or your child via: [inclusion@reachforresources.org](mailto:inclusion@reachforresources.org).

Please allow a minimum of two weeks notice for a successful inclusion.

## CONTACT INFORMATION

Have a question or concern about a program or need additional information? Please reach out to our Adaptive Recreation & Inclusion Department.



**Sally Krull, MA, CTRS**  
Director of Adaptive Recreation & Inclusion

Email:  
[skrull@reachforresources.org](mailto:skrull@reachforresources.org)

Call or Text:  
952-393-5880



**Brienna Max**  
Assistant Director of Adaptive Recreation & Inclusion

Email:  
[bmax@reachforresources.org](mailto:bmax@reachforresources.org)

Call or Text:  
952-393-4277

# PROGRAM POLICIES & PROCEDURES

## REGISTRATION

- All participants must be registered for a program to attend. Friends, housemates, etc. cannot attend with a registered participant without obtaining special permission from the Reach Recreation Department. If the activities are held at a community center, there are often common spaces where others can wait.
- Registrations are accepted online, in person, or by mail. Registrations are not taken at programs or over the phone.
- Register at least two weeks before the beginning of a program. Some programs do fill up, and you may be placed on a waiting list if the program is full.
- If you register for a recurring program after it has started, Reach will welcome you to join and prorate the registration fee as long as there is space in the program.
- Online registration closes three days before each program.

## REGISTRATION CONFIRMATION

- Registration confirmations will be sent to the email used during registration or the email provided on the email form.

## PAYMENT METHODS

- Reach accepts all major credit cards, cash, checks and money orders.
- CDCS waivers can be billed with guardian approval and proper paperwork.
- Traditional waivers are only accepted for ILS therapy programs (Art Therapy and Rec Therapy).

## PROGRAM & CLASS CANCELLATIONS

- While rare, Reach reserves the right to cancel a program due to circumstances beyond our control including severe weather or due to a lack of staff and/or participants.

## PROGRAM WITHDRAWAL

- Participants who call or email to withdraw from an activity at least two weeks before the activity are eligible to receive a refund. A \$5 cancellation fee will be charged per class. Refunds are not awarded with less than 2 weeks' notice or for ticketed events.
- There are no refunds for a missed program or class.
- ILS therapy classes abide by a separate cancellation policy.

## STAFF RATIOS / SUPPORT STAFF / CAREGIVERS

- Caregivers, family & support staff can attend any programs except for Independent Adult Programs.
- Staff ratios are different for each program. If a participant requires more assistance than a program offers, please provide that support by sending along a caregiver.
- Reach staff is unable to spend a lot of 1:1 time with participants. Individuals who need 1:1 support should always have support staff with them at programs.

## ARRIVING EARLY OR LATE

- Reach cannot be responsible for participants who arrive early or depart late from the scheduled program times. All participants who arrive early to a program must wait in the lobby or near the front entrance until the scheduled program time.

## LATE PICKUP FEE

- If a participant is not picked up immediately after the end of a program, a \$10 fee will be billed for every 15 minutes after the scheduled program ending time.

## ATTIRE

- Participants in art and cooking classes should dress in old clothing and/or bring a paint shirt or apron. Reach will not be responsible for clothing that is damaged.

## MEDICATIONS

- Medications, prescription, and non-prescription drugs are the sole responsibility of the participant. At no time can a Reach staff assume responsibility for or administer medications in any form.
- Reach staff can assist with lifesaving procedures (ex: EpiPen®) as long as staff are made aware of the potential need for this procedure & provided with the necessary supplies.

## ILLNESS / INJURY

- If a participant becomes ill or injured, staff will contact the emergency contact immediately. If the emergency contact can't be reached, staff will contact medical personnel.

## INFECTION CONTROL

- To minimize exposure to other participants and staff, participants are requested to stay home if they have the following symptoms/diagnoses:
- Covid-19. If you are diagnosed with Covid-19 or suspect you may have Covid-19 please follow CDC guidelines for quarantine and isolation.
- An upper respiratory infection such as bronchiolitis or influenza.
- Fever of 100 degrees Fahrenheit or over within the past 24 hours. Individuals must be fever-free WITHOUT the use of Tylenol or other fever-reducers for at least 24 hours.
- Vomiting or diarrhea within the past 24 hours.
- Head lice or pink-eye (must be on eye-drops for at least 24 hours before attending).
- Strep-throat or any other illness that requires antibiotics. Individuals must be on antibiotics for at least 24 hours before attending a program.



## **ALL PROGRAM & PROCEDURES**

To read all of our Adaptive Recreation & Inclusion procedures, please visit: [bit.ly/RecPolicies](https://bit.ly/RecPolicies).

# COOKING & CRAFTS

## COOKING NIGHT: WILD RICE BAKE



Learn step-by-step how to make this hearty and flavorful dish while enjoying great company. Whether you're a kitchen pro or just starting out, everyone is welcome. Don't miss out on the chance to cook, socialize, and taste something new!

DAYS	DATE	TIME
Tue.	1/21	6:00-7:30 p.m.
Location	Sandburg Middle School: Room 226 (enter through door 1); 2400 Sandburg Ln., Golden Valley, MN 55427	
Age	16+	
<b>FEE</b>	\$20 resident / \$21 non-resident	



## CRAFT: VALENTINE'S DAY CRAFT SAMPLER



Whether you're looking to create special gifts or simply enjoy a creative afternoon, this sampler offers fun and festive options for everyone.

DAYS	DATE	TIME
Tue.	2/11	6:30-7:45 p.m.
Location	Chanhassen Community Center: Community Room; 2310 Coulter Blvd., Chanhassen, MN 55317	
Age	14+	
<b>FEE</b>	\$16 resident / \$18 non-resident / \$10 companion	



## COOKING NIGHT: GRILLED CHEESE & TOMATO SOUP



Learn to make the perfect pairing of rich, creamy soup and crispy, gooey grilled cheese. It's a cozy and delicious way to spend time with friends!

DAYS	DATE	TIME
Thu.	3/20	6:00-7:30 p.m.
Location	Sandburg Middle School: Room 226 (enter through door 1); 2400 Sandburg Ln., Golden Valley, MN 55427	
Age	14+	
<b>FEE</b>	\$20 resident / \$21 non-resident	



## CRAFT: AIR DRY CLAY MOSAICS



Perfect for beginners and seasoned crafters, this fun and relaxing activity lets you experiment with colors and patterns to create a one-of-a-kind piece of art to take home to display.

DAYS	DATE	TIME
Tue.	1/28	6:30-7:45 p.m.
Location	Veterans Memorial Community Center: Craft Room; 8055 Barbara Ave., Inver Grove Heights, MN 55077	
Age	14+	
<b>FEE</b>	\$16 resident / \$18 non-resident / \$10 companion	

## CRAFT: ST. PATRICK'S DAY CRAFT SAMPLER



Explore a variety of festive projects, from shamrock decorations to lucky charms. Add a touch of green to your celebrations.

DAYS	DATE	TIME
Fri.	3/14	6:30-7:45 p.m.
Location	Brooklyn Center Community Center: Craft Room; 6301 Shingle Creek Pkwy., Brooklyn Center, MN 55430	
Age	14+	
<b>FEE</b>	\$16 resident / \$18 non-resident / \$10 companion	



# SPORTS & RECREATION

## NON-COMPETITIVE BASKETBALL



Whether you're new to the game or want to play in a relaxed, friendly environment, this league is perfect for all skill levels. Help design your team jersey and celebrate with a party at the end of the season.

DAYS	DATE	TIME
Fri.	2/28-4/4	6:30-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Gym; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	16+	
<b>FEE</b>	\$48 resident / \$54 non-resident	



## FOREST FRIENDS: SNOWSHOEING



This guided snowshoeing event is perfect for all skill levels, offering a fun, relaxing way to connect with the outdoors and meet new friends. Snowshoes will be provided.

DAYS	DATE	TIME
Thu.	2/28	1:30-3:30 p.m.
Location	Historic Eidem Farm; 4345 101st Ave. N, Brooklyn Park, MN 55443	
Age	14+	
<b>FEE</b>	\$15 resident / \$16 non-resident	



## FOREST FRIENDS: MAPLE SYRUPING



Learn about the significance this product of nature has held through time. Experience the process of making maple syrup: tap a maple tree, collect sap, visit the boiling-down cauldron, and finishing station. At each stage of the process, compare and evaluate the tools of today and of long ago. Travel back in time with a traditional story about the sweet discovery of maple sap while watching maple sugar form before your eyes. Taste the final products!

DAYS	DATE	TIME
TBD	TBD	TBD
Location	TBD	
Age	14+	
<b>FEE</b>	\$25 resident / \$26 non-resident	

## BOWLING LEAGUE



Join our non-competitive bowling league, which provides a fun and inclusive environment. Registration includes two games of bowling per week and shoes.

### NEW HOPE

DAYS	DATE	TIME
Sat.	1/18-3/8	12:00-2:00 p.m.
Location	New Hope Bowl; 7107 N 42nd Ave., New Hope, MN 55427	
Age	All Ages	
<b>FEE</b>	\$84 resident / \$93 non-resident	

### PARK TAVERN



DAYS	DATE	TIME
Sat.	1/18-3/8	10:00 a.m.-12:00 p.m.
Location	Park Tavern; 3401 Louisiana Ave. S, St. Louis Park, MN 55426	
Age	All Ages	
<b>FEE</b>	\$84 resident / \$93 non-resident	





# GAMES & MOVIES

## BINGO



Join us for a fun and exciting event where players can test their luck and compete for prizes while enjoying great company. We strive to ensure everyone is a winner. Light snacks will be provided.

DAYS	DATE	TIME
Thu.	1/30	6:30-8:00 p.m.
Location	Brookview Community Center: Valley Rooms North & South; 316 Brookview Pkwy. S, Golden Valley, MN 55426	
Age	All Ages	
<b>FEE</b>	\$8 resident / \$9 non-resident	

DAYS	DATE	TIME
Mon.	3/3	6:30-8:00 p.m.
Location	SLP Rec Center: Banquet Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	All Ages	
<b>FEE</b>	\$8 resident / \$9 non-resident	

## BOOKWORMS BOOK & FILM CLUB



Read the book, listen to the audiobook or watch the movie and join us for a lively discussion! We'll vote on the next book/movie at each meeting.

DAYS	DATE	TIME
Thu.	1/23, 2/21 & 3/20	10:00-11:00 a.m.
Location	Microsoft Teams (virtual)	
Age	16+	
<b>FEE</b>	\$15 resident / \$16 non-resident	

## SNACKS & CINEMA



Relax with some friends and enjoy a movie night complete with snacks.

### MEN IN BLACK (PG-13)

Join us for an out-of-this-world movie night! Enjoy some extraterrestrial-themed snacks while watching this iconic late '90s sci-fi adventure. Runtime: 1hr 38mins

DAYS	DATE	TIME
Mon.	1/9	6:15-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	13+	
<b>FEE</b>	\$8 resident / \$10 non-resident	

### JURASSIC WORLD (PG-13)

Join us for a roaring evening of adventure! Enjoy a variety of dino-sized snacks as you immerse yourself in the excitement of this blockbuster hit. Runtime: 2hr 4mins

DAYS	DATE	TIME
Tue.	2/18	6:15-8:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	13+	
<b>FEE</b>	\$8 resident / \$10 non-resident	



## BINGO & PIZZA



Join us for a fun and casual event that brings together two beloved pastimes. Enjoy delicious pizza while playing various Bingo games for a chance to win prizes and engage in friendly competition with friends. **Companions only need to register if they plan to eat pizza.**

DAYS	DATE	TIME
Fri.	1/17	5:45-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Gardenview Room; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	14+	
<b>FEE</b>	\$18 resident / \$20 non-resident / \$9 companions	

DAYS	DATE	TIME
Fri.	2/21	5:45-7:30 p.m.
Location	Brooklyn Center Community Center: Constitution Hall; 6301 Shingle Creek Pkwy., Brooklyn Center, MN 55430	
Age	14+	
<b>FEE</b>	\$18 resident / \$20 non-resident / \$9 companions	



# SOCIAL ACTIVITIES

## DANCE: VALENTINE'S DAY

Whether you're celebrating with a partner, friends or looking to meet someone new, this is the perfect occasion to revel in the spirit of Valentine's Day.

DAYS	DATE	TIME
Fri.	2/14	6:30-8:30 p.m.
Location	SLP Rec Center: Banquet Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	13+	
<b>FEE</b>	<b>\$10 pre-registration required</b>	

## DANCE: ST. PADDY'S DAY

Wear green and step into a world of Irish merriment as we celebrate with spirited jigs, lively reels, and modern beats that will have you dancing the night away.

DAYS	DATE	TIME
Mon.	3/17	6:30-8:30 p.m.
Location	Plymouth Community Center: Banquet Room; 14800 34th Ave. N, Plymouth, MN 55447	
Age	13+	
<b>FEE</b>	<b>\$10 pre-registration required</b>	



## SINGLES MINGLE: VALENTINE'S COOKIE DECORATING

Celebrate Valentine's Day with sweet treats and new connections! Enjoy a fun and casual atmosphere as you decorate delicious cookies and mingle with other singles.

DAYS	DATE	TIME
Fri.	2/7	5:30-7:30 p.m.
Location	Edina Senior Center: Classroom 2; 5280 Grandview Square # 101, Edina, MN 55436	
Age	18+	
<b>FEE</b>	<b>\$11 resident / \$12 non-resident</b>	

## SOCIAL SEEKERS

This program is for teens and adults on the Autism spectrum. We meet once a week for fun and social interaction. We play games, solve riddles, and enjoy working through our weekly highs and lows together. Call 952-393-4277 for more information or to schedule an intake.

DAYS	DATE	TIME
Wed.	1/15-3/19	5:00-6:30 p.m.
Location	Ridgedale Library; 12601 Ridgedale Dr., Minnetonka, MN 55305	
Age	15+	
<b>FEE</b>	<b>\$140 resident / \$150 non-resident</b>	



## CONSENT & BOUNDARIES WORKSHOP

Students will learn about the definitions of consent and boundaries. We will talk about how to communicate our own boundaries to others, how to ask for consent, and what healthy consent looks like. This workshop will be taught by Lutheran Social Service of MN's SELF team. Due to generous funding, there is no cost to attend this program.

DAYS	DATE	TIME
Tue.	1/14	4:30-6:00 p.m.
Location	Zoom (virtual)	
Age	18+	
<b>FEE</b>	<b>FREE</b>	

## ONLINE DATING SAFETY WORKSHOP

Learn the ins and outs of online dating and how to safely connect with other singles. We will talk about everything from different online dating platforms, relationship styles, and dating. This workshop will be taught by Lutheran Social Service of MN's SELF team. Due to generous funding sources, there is no cost to attend this workshop.

DAYS	DATE	TIME
Thu.	3/6	4:30-6:00 p.m.
Location	Zoom (virtual)	
Age	18+	
<b>FEE</b>	<b>FREE</b>	

# TEEN EXPLORERS

Our Teen Explorers group aims to build social skills, as well as engagement in our community and the natural world. This program is open to individuals of all abilities and participants can bring a staff or caregiver if additional support is needed.

**Age:** 13-21

## TE1: MN HISTORY CENTER

Dive into Minnesota's rich history where fascinating exhibits and interactive displays offer a captivating journey through time. **Please bring money if you would like to purchase any snacks or gift shop items.**

DAYS	DATE	TIME
Thu.	1/16	4:30-6:00 p.m.
Location	MN History Center; 345 W Kellogg Blvd., St. Paul, MN 55102	
Age	13-22	
<b>FEE</b>	\$22 resident / \$23 non-resident	

## TE2: DINNER AT PIZZA LUCÉ

Enjoy a variety of mouthwatering pizzas, a relaxing night, and good conversation with friends. Gluten free and vegetarian options available. **Please bring \$25-\$30 to order off the menu.**

DAYS	DATE	TIME
Tue.	2/4	4:45-6:15 p.m.
Location	Pizza Lucé; 210 Blake Rd. N, Hopkins, MN 55343	
Age	13-22	
<b>FEE</b>	\$10 resident / \$11 non-resident	

## TE3: BOWLING

Show off your skills, have some laughs, and aim for a strike with friends. Whether you're a pro or a beginner, it's all about having fun together! **Please bring \$10-\$20 if you would like to purchase snacks.**

DAYS	DATE	TIME
Thu.	2/27	5:00-6:30 p.m.
Location	AMF Southtown Lanes; 7941 Southtown Ctr., Bloomington, MN 55431	
Age	13-22	
<b>FEE</b>	\$16 resident / \$18 non-resident	

# INDEPENDENT ADULT PROGRAMS

This independent social program is for adults and young adults who want to explore their community with minimal support. This program is offered at a 1:15 staff ratio and companions cannot attend the programs. **A brief intake is required. If you have not had an intake in the last five years, you must schedule one before registering.** To schedule an intake, please email [bmax@reachforresources.org](mailto:bmax@reachforresources.org) or call 952-393-4277.

**Age:** 18+

## IAP1: DAVE & BUSTER'S

Enjoy a variety of exciting arcade games and great food while socializing with friends. It's the perfect chance to unwind, play, and win some prizes! **Please bring \$25-\$45 for games and dinner.**

DAYS	DATE	TIME
Mon.	1/7	6:30-8:00 p.m.
Location	Dave & Buster's; 500 Southdale Ctr., Edina, MN 55435	
Age	18+	
<b>FEE</b>	\$10 resident / \$11 non-resident	

## IAP2: PWHL FREEZE GAME

Experience the thrill of pro women's hockey while spending time with friends. **Please bring \$10-\$20 if you would like to purchase snacks.** Please register to be the first to hear the dates!

DAYS	DATE	TIME
TBD	TBD	TBD
Location	Xcel Energy Center; 199 W Kellogg Blvd., St. Paul, MN 55102	
Age	18+	
<b>FEE</b>	TBD	

## IAP3: NIGHT AT THE MOVIES

Catch the latest blockbuster on the big screen at Emagine Willow Creek Theater. Your movie ticket is included in the fee. **Please bring \$10-\$20 if you would like to purchase snacks.**

DAYS	DATE	TIME
Mon.	3/10	Approx. 6:00-8:00 p.m.
Location	Emagine Willow Creek Theater; 9900 Shelard Pkwy., Plymouth, MN 55441	
Age	18+	
<b>FEE</b>	\$18 resident / \$20 non-resident	

# THERAPEUTIC PROGRAMS

Reach is approved to bill ILS therapies for Recreation, Music and Art Therapy. Please contact us if you'd like to bill your waiver. Out-of-pocket payments are also accepted.

## RT: DANCE WORKOUT

Get ready to move, groove and sweat with our dynamic dance workout program! Follow along with our energetic instructor in a series of fun and engaging dance routines that will help you burn calories, boost your fitness, and unleash your inner dancer. You can join in person or virtually via Teams.

DAYS	DATE	TIME
Thu.	1/9-1/30	10:30-11:30 a.m.
Location	Plymouth Community Center: Studio 2A; 14800 34th Ave. N, Plymouth, MN 55447 OR Microsoft Teams (virtual)	
Age	18+	
<b>FEE</b>	\$163.12	

DAYS	DATE	TIME
Thu.	2/27-3/19	10:30-11:30 a.m.
Location	Plymouth Community Center: Studio 2A; 14800 34th Ave. N, Plymouth, MN 55447 OR Microsoft Teams (virtual)	
Age	18+	
<b>FEE</b>	\$163.12	



## RT: MONDAY FUNDAY

This daytime program offers opportunities for social connection and exercise with peers. We'll do a new activity each week including Bingo, Charades, crafts, workouts, and nature-based activities.

DAYS	DATE	TIME
Mon.	1/6-2/3	2:00-3:30 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$244.68	

DAYS	DATE	TIME
Mon.	2/24-3/17	2:00-3:30 p.m.
Location	Reach for Resources; 5900 Green Oak Dr., Suite 303, Minnetonka, MN 55343	
Age	18+	
<b>FEE</b>	\$244.68	



## RT: MUSIC THERAPY

Led by a certified music therapist, this group is open to all skill levels and offers a safe space to express yourself, improve social connections, and boost your mood.

DAYS	DATE	TIME
Wed.	1/8-1/29	4:30-5:30 p.m.
Location	Reach for Resources; 5900 Green Oak Dr., Suite 303, Minnetonka, MN 55343	
Age	18+	
<b>FEE</b>	\$244.68	

DAYS	DATE	TIME
Tue.	2/11-3/4	4:30-5:30 p.m.
Location	Reach for Resources; 5900 Green Oak Dr., Suite 303, Minnetonka, MN 55343	
Age	18+	
<b>FEE</b>	\$244.68	



# THERAPEUTIC PROGRAMS

Reach is approved to bill ILS therapies for Recreation, Music and Art Therapy. Please contact us if you'd like to bill your waiver. Out-of-pocket payments are also accepted.

## RT: LUNCH BRUNCH



Enjoy a delightful lunch break from the comfort of your home! This interactive virtual session combines social connection with engaging activities, providing a relaxed and enjoyable environment to share a meal, chat, and participate in fun, therapeutic exercises. Bring your lunch, join the conversation, and make the most of your midday break.

DAYS	DATE	TIME
Tue.	3/4-3/18	12:00-1:00 p.m.
Location	Microsoft Teams (virtual)	
Age	18+	
<b>FEE</b>	\$122.39	

## RT: SENSORY FUN



This interactive session is perfect for enhancing sensory exploration and connection in a supportive and inclusive environment. Come and discover the therapeutic benefits of sensory play!

DAYS	DATE	TIME
Fri.	1/31-2/21	2:00-3:30 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$244.68	

## RT: SMALL GROUP PAINTING



This small group class is designed to provide a safe and supportive space for adults with disabilities to express themselves through painting. Participants can explore their emotions, build self-esteem, and develop new coping skills in a therapeutic setting while creating a new project each week.

DAYS	DATE	TIME
Thu.	2/5-2/26	2:00-3:30 p.m.
Location	Reach for Resources; 5900 Green Oak Dr., Suite 303, Minnetonka, MN 55343	
Age	18+	
<b>FEE</b>	\$244.68	

# TRAIL Transportation

TRAIL by Reach provides transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina, St. Louis Park, and Richfield. We transport our riders to recreation, leisure, and educational programs offered by Adaptive Recreation & Learning Exchange (AR&LE) and Reach, if a program is hosted in one of these designated cities.

To qualify to be a TRAIL rider, an individual must be age 22 and older living independently/semi-independently in Bloomington, Eden Prairie, Edina, Richfield, or St. Louis Park.

**Learn More & Register!**  
[reachforresources.org/trail](https://reachforresources.org/trail)

**Questions?**  
 Jill Squires, TRAIL Manager  
 612-401-6395  
[TRAIL@reachforresources.org](mailto:TRAIL@reachforresources.org)



# ON THE TOWN: ALL ABILITIES

This community-based social program is for adults and young adults who want to explore their community. Companions are welcomed and an intake meeting is not required.



Age: 18+

## OTTA1: OUTDOOR SKATING T

Lace up your skates for a fun-filled evening of skating. Glide across the ice, enjoy the fresh air, and spend time with friends. **Please bring \$10-\$20 to purchase snacks.**

DAYS	DATE	TIME
Fri.	1/10	6:00-7:00 p.m.
Location	SLP Rec Center: ROC; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$13 resident / \$14 non-resident	

## OTTA2: SPA NIGHT T

Enjoy calming activities like facials, manicures, and more while socializing in a peaceful environment. You deserve a night of pampering and self-care!

DAYS	DATE	TIME
Mon.	1/27	6:45-8:15 p.m.
Location	Edina Senior Center: Room 2; 5280 Grandview Square # 101, Edina, MN 55436	
Age	18+	
<b>FEE</b>	\$11 resident / \$12 non-resident	



## OTTA3: SUPER BOWL PARTY T

Enjoy snacks, games, and pre-game fun with your friends as you gear up for the ultimate football showdown. Whether you're a fan of the game or just love to party, it's going to be a blast.

DAYS	DATE	TIME
Sun.	2/9	1:00-2:30 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$13 resident / \$14 non-resident	



## OTTA4: VALENTINE'S CARDS T

Celebrate the season of love with a fun card making and games night. Get creative with DIY cards and enjoy playful group activities with friends. It's the perfect way to spread love and laughter.

DAYS	DATE	TIME
Thu.	2/13	6:30-8:00 p.m.
Location	Edina Senior Center: Room 2; 5280 Grandview Square # 101, Edina, MN 55436	
Age	18+	
<b>FEE</b>	\$11 resident / \$12 non-resident	

## OTTA5: DINNER AT DAVANNI'S

Enjoy a delicious supper of pizza or hoagies with friends. **Please bring \$10-\$20 to order off the menu.**

DAYS	DATE	TIME
Fri.	3/4	5:30-7:00 p.m.
Location	Davanni's Pizza & Hot Hoagies; 663 Winnetka Ave. N, Golden Valley, MN 55427	
Age	18+	
<b>FEE</b>	\$10 resident / \$11 non-resident	

## OTTA6: ST. PADDY'S CRAFTS T

Get into the festive spirit with our St. Patrick's Day Crafts. Create fun, themed decorations while celebrating the luck of the Irish with friends. It's a great way to get crafty and enjoy holiday cheer.

DAYS	DATE	TIME
Fri.	3/18	6:30-8:00 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$16 resident / \$18 non-resident	



# WEDNESDAY NIGHT SOCIAL

The goal of this program is to become more engaged in our communities and to build social skills, coping skills, and practice flexibility. Activities include cooking classes, craft nights, going out to eat, and so much more! Open to individuals of all abilities, participants can bring a staff member or caregiver if extra support is needed. You can sign up for the full series or choose individual activities.



**Age:** 18+

**Date:** Wednesdays, January 15 - March 12

**Time:** 6:30 - 8:00 p.m. *(unless noted)*

**Fee for ALL the events:** \$102 resident / \$110 non-resident

## WNS1: BINGO



BINGO! PRIZES! BINGO! PRIZES! You get the idea. Join us for a fun filled evening.

DAYS	DATE	TIME
Wed.	1/15	6:30-8:00 p.m.
Location	SLP Rec Center: Banquet Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$13 resident / \$14 non-resident	

## WNS2: COOKING NIGHT

Create easy dips for your sports parties or family & friends gatherings. We'll make a yummy cheeseball, ranch dip, and fruit dip.

DAYS	DATE	TIME
Wed.	1/22	6:30-8:30 p.m.
Location	Sandburg Middle School: Room 226 (enter through door 1); 2400 Sandburg Ln., Golden Valley, MN 55427	
Age	18+	
<b>FEE</b>	\$20 resident / \$21 non-resident	

## WNS3: TUBING AT ELM CREEK

Join us for a crisp winter night of tubing fun with your friends.

DAYS	DATE	TIME
Wed.	1/29	6:30-8:00 p.m.
Location	Elm Creek Winter Rec Area; 12400 James Deane Pkwy., Maple Grove, MN 55369	
Age	18+	
<b>FEE</b>	\$13 resident / \$14 non-resident	

## WNS4: DINNER AT DUKES ON 7

Enjoy a cozy dinner with friends. **Please bring \$20-\$30 to purchase dinner.**

DAYS	DATE	TIME
Wed.	2/5	6:30-8:00 p.m.
Location	Dukes on 7; 15600 MN-7, Minnetonka, MN 55345	
Age	18+	
<b>FEE</b>	\$10 resident / \$11 non-resident	

## WNS5: CRAFT NIGHT

Create your own personalized playing card holder, perfect for game night!

DAYS	DATE	TIME
Wed.	2/12	6:30-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 1; 5600 85th Ave. N, Brooklyn Park, MN 55443	
Age	18+	
<b>FEE</b>	\$15 resident / \$16 non-resident	

## WNS6: MINUTE TO WIN IT!



Test your skills in a series of fast-paced, hilarious challenges where you'll race against the clock to complete quirky tasks. Perfect for all ages and abilities.

DAYS	DATE	TIME
Wed.	2/19	6:30-8:00 p.m.
Location	SLP Rec Center: Gallery Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$14 resident / \$16 non-resident	

## WNS7: JEOPARDY & SNACKS



Test your knowledge and have a blast at our Jeopardy & Snacks event! Gather with friends for a fun-filled game of Jeopardy, featuring exciting categories and challenges for everyone.

DAYS	DATE	TIME
Wed.	2/26	6:30-8:00 p.m.
Location	SLP Rec Center: Banquet Room; 3700 Monterey Dr., St. Louis Park, MN 55416	
Age	18+	
<b>FEE</b>	\$10 resident / \$11 non-resident	

## WNS8: STEP-BY-STEP PAINTING

Perfect for beginners & experienced painters, this guided session will walk you through each stage of creating your own masterpiece.

DAYS	DATE	TIME
Wed.	3/12	5:30-7:30 p.m.
Location	Brookview Community Center: Valley Rooms North & South; 316 Brookview Pkwy. S, Golden Valley, MN 55426	
Age	18+	
<b>FEE</b>	\$16 resident / \$18 non-resident	





5900 Green Oak Drive, Suite 303  
Minnetonka, MN 55343  
Office: 952-200-3030  
Fax: 952-229-4468  
info@reachforresources.org  
reachforresources.org



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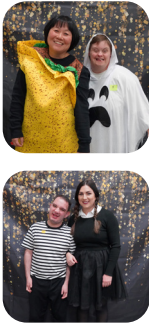
# GHOSTLY GALA



Friday, October 25 • 5:30 - 8:00 p.m.  
\$10 pre-registration *(ends 10/21)* • \$15 at door  
All Ages & Abilities Welcome



Join us for a hauntingly good time at our annual Ghostly Gala! It's where ghouls and goblins gather for a spooktacular Halloween party featuring a costume contest, thrilling games, tantalizing prizes, an epic dance party and a pizza dinner, ensuring a night of frightful fun!





# REGISTRATION FORM — WINTER 2025



Name: \_\_\_\_\_ Pronouns: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Allergies/Diet/Accessibility: \_\_\_\_\_

Race/Ethnicity:  American Indian/Alaska Native  Asian  Black/African American  Hispanic/Latino/a  Middle Eastern/North African  Native Hawaiian/Pacific Islander  White/Caucasian  Other

## Am I a "Resident"?

Our adaptive recreation program is a cooperative effort with the below cities. If you live in another city, please pay the non-resident fee.

- Brooklyn Center
- Chanhassen
- Golden Valley
- Maple Grove
- St. Louis Park
- Brooklyn Park
- Edina
- Inver Grove Heights
- Plymouth

Cooking & Crafts (page 7)		Resident/Non-Resident
<input type="checkbox"/>	Cooking Night - Grilled Cheese: 3/20	\$20 / \$21
<input type="checkbox"/>	Cooking Night - Wild Rice Bake: 1/21	\$20 / \$21
<input type="checkbox"/>	Craft - Air Dry Clay Mosaics: 1/28	\$16 / \$18 / \$10 companion # of Companions _____
<input type="checkbox"/>	Craft - St. Paddy's Day Sampler: 3/14	\$16 / \$18 / \$10 companion # of Companions _____
<input type="checkbox"/>	Craft - Valentine's Day Sampler: 2/11	\$16 / \$18 / \$10 companion # of Companions _____

Games & Movies (page 9)		Resident/Non-Resident
<input type="checkbox"/>	Bingo (1): 1/30	\$8 / \$9
<input type="checkbox"/>	Bingo (2): 3/3	\$8 / \$9 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	Bingo & Pizza (1): 1/17	\$18 / \$20 / \$9 companion # of Companions _____
<input type="checkbox"/>	Bingo & Pizza (2): 2/21	\$18 / \$20 / \$9 companion # of Companions _____
<input type="checkbox"/>	Bookworms Book & Film Club: Starts 1/23	\$15 / \$16
<input type="checkbox"/>	Snacks & Cinema - Men in Black: 1/9	\$8 / \$10
<input type="checkbox"/>	Snacks & Cinema - Jurassic World: 2/18	\$8 / \$10

Sports & Recreation (page 8)		Resident/Non-Resident
<input type="checkbox"/>	Bowl-A-Thon: 3/29	\$40 (before 3-1)/\$50 (after 3-1) / \$20 (lunch only) <input type="checkbox"/> Payment Included <input type="checkbox"/> Pay At Event # of Bowlers _____ Shirt Size _____ # of Lunch Only _____ <input type="checkbox"/> Need TRAIL Ride <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp
<input type="checkbox"/>	Bowling - New Hope: Starts 1/18	\$84 / \$93 <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp
<input type="checkbox"/>	Bowling - Park Tavern: Starts 1/18	\$84 / \$93 <input type="checkbox"/> Lane Bumpers <input type="checkbox"/> Bowling Ramp <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	Forest Friends - Maple Syruping: TBD	\$25 / \$26
<input type="checkbox"/>	Forest Friends - Snowshoeing: 2/28	\$15 / \$16
<input type="checkbox"/>	Non-Competitive Basketball: Starts 2/28	\$48 / \$54 Shirt Size _____

Social Activities (page 10)		Resident/Non-Resident
<input type="checkbox"/>	Consent & Boundaries Workshop: 1/14	FREE
<input type="checkbox"/>	Dance: St. Paddy's Day: 3/17	\$10 pre-registration required
<input type="checkbox"/>	Dance: Valentine's Day: 2/14	\$10 pre-registration required <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	Ghostly Gala: 10/25	\$10 # of Attendees _____
<input type="checkbox"/>	Online Dating Safety Workshop: 3/6	FREE
<input type="checkbox"/>	Singles Mingle: Cookie Decorating: 2/7	\$11 / \$12 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	Social Seekers: Starts 1/15	\$140 / \$150

Teen Explorers (page 11)		Resident/Non-Resident
<input type="checkbox"/>	TE1 - MN History Center: 1/16	\$22 / \$23
<input type="checkbox"/>	TE2 - Dinner at Pizza Lucé: 2/4	\$10 / \$11
<input type="checkbox"/>	TE3 - Bowling: 2/27	\$16 / \$18 <input type="checkbox"/> Need TRAIL Ride

	Wednesday Night Social (WNS) - Age 18+	Resident/Non-Resident
<input type="checkbox"/>	Wednesday Night Social - ALL Programs	\$102 / \$110
<input type="checkbox"/>	WNS1 - Bingo: 1/15	\$13 / \$14 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	WNS2 - Cooking Night: 1/22	\$20 / \$21
<input type="checkbox"/>	WNS3 - Tubing at Elm Creek: 1/29	\$13 / \$14
<input type="checkbox"/>	WNS4 - Dinner at Dukes on 7: 2/5	\$10 / \$11
<input type="checkbox"/>	WNS5 - Craft Night: 2/12	\$15 / \$16
<input type="checkbox"/>	WNS6 - Minute To Win It!: 2/19	\$14 / \$16 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	WNS7 - Jeopardy & Snacks: 2/26	\$10 / \$11 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	WNS8 - Step-by-Step Painting: 3/12	\$16 / \$18

## PHOTO WAIVER

To photograph this participant for use in the agency's publicity by using printed material, photographs, videos, website images, photo displays, newsletters, TV, radio, Internet, brochures and social networking media.

Can be photographed: Yes  No

First name can be used: Yes  No

<b>Program Total:</b>	\$
<b>Donation to Reach (Optional):</b>	\$
<b>Total Enclosed:</b>	\$
<input type="checkbox"/> Cash <input type="checkbox"/> Waiver <input type="checkbox"/> Check # _____	
<input type="checkbox"/> Credit Card # _____	
Expiration Date: _____ Security Code: _____	
Name on Card: _____	
Billing Address (if different than registration address): _____	
_____	
<p><b>Sign here to acknowledge that you have read and understood the Program Policies and you agree to be bound by them. Participants and/or caregivers or guardians can sign.</b></p>	
Participant Signature: _____	
Caregiver or Guardian: _____	

Please send completed form with payment to:  
 Reach for Resources  
 5900 Green Oak Drive, Suite 303  
 Minnetonka, MN 55343  
 Fax: 952-229-4468 • info@reachforresources.org  
**Online registration: reach.recdesk.com**

	Independent Adult Program (IAP) - Age 18+	Resident/Non-Resident
<input type="checkbox"/>	IAP1 - Dave & Buster's: 1/7	\$10 / \$11 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	IAP2 - PWWL Game: TBD	TBD
<input type="checkbox"/>	IAP3 - Night at the Movies: 3/10	\$18 / \$20
<input type="checkbox"/>	Check this box to receive a booking link for an IAP intake.	

	Therapeutic Programs	Resident/Non-Resident
<input type="checkbox"/>	RT - Dance Workout (1): Starts 1/9	\$163.12 <input type="checkbox"/> In Person <input type="checkbox"/> Virtual <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Dance Workout (2): Starts 2/27	\$163.12 <input type="checkbox"/> In Person <input type="checkbox"/> Virtual <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Lunch Brunch: Starts 3/4	\$122.39 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Monday Funday (1): Starts 1/6	\$244.68 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	RT - Monday Funday (2): Starts 2/24	\$244.68 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Music Therapy (1): Starts 1/8	\$244.68 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Music Therapy (2): Starts 2/11	\$244.68 <input type="checkbox"/> Bill My Waiver
<input type="checkbox"/>	RT - Sensory Fun: Starts 1/31	\$244.68 <input type="checkbox"/> Bill My Waiver <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	RT - Small Group Painting: Starts 2/5	\$244.68 <input type="checkbox"/> Bill My Waiver

	On The Town: All Abilities (OTTA) - Age 18+	Resident/Non-Resident
<input type="checkbox"/>	OTTA1 - Outdoor Skating: 1/10	\$13 / \$14 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	OTTA2 - Spa Night: 1/27	\$11 / \$12 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	OTTA3 - Super Bowl Party: 2/9	\$13 / \$14 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	OTTA4 - Valentine's Cards: 2/13	\$11 / \$12 <input type="checkbox"/> Need TRAIL Ride
<input type="checkbox"/>	OTTA5 - Dinner at Davanni's: 3/4	\$10 / \$11
<input type="checkbox"/>	OTTA6 - St. Paddy's Crafts: 3/18	\$16 / \$18

## Digital Newsletter Sign Up

Subscribe to our monthly email newsletter.

Name: \_\_\_\_\_

Email: \_\_\_\_\_