



REACH for Resources

952.393.5880
reachforresources.org

Facebook.com/REACH for Resources

Adaptive Recreation

PROGRAMS FOR PEOPLE WITH DISABILITIES

The adaptive recreation program is a cooperative effort of REACH for Resources and the cities of Brooklyn Center, Brooklyn Park, Golden Valley, Plymouth, Maple Grove, Chanhassen, Chaska, and St. Louis Park. REACH is an agency that serves individuals with developmental disabilities and their families in Hennepin County and eastern Carver County. Services include adaptive recreation, independent living support, case management, and counseling.

For information and registration procedures, call 952.200.3030. NOTE: For persons not living in one of the above communities, you are considered a "Non-Resident" and need to add \$8 to select registration fees.

Inclusion Support

REACH for Resources provides inclusion support to children and adults with disabilities who would like to participate in their city park and rec programs. Registration for programs are done through your Park & Rec Dept.

After registering, contact REACH for Resources to discuss the needs and accommodations for yourself or child. Please allow a minimum of two weeks' notice for a successful inclusion.

Adaptive Sailing Adventure

Wednesday, September 4
5 - 7pm

Come sail with us. Enjoy gliding across the lake propelled by a gentle evening breeze. Our certified instructors help you safely steer the boat and trim the sails. You will return relaxed and refreshed.

Limit 4 people, so register early!
Waiver forms required.

1000 Eastman Lane » Wayzata » \$10

B-I-N-G-O!

Thursday, Oct. 17, 6:30 - 8pm

Join friends & play everyone's favorite game.

AGE
13+

SLP Rec Center » 3700 Monterey Drive,
St. Louis Park » Gallery Room
\$8 to pre-register » \$10 at the door.

Bowlero Bowling

Saturdays, Sept. 14, Oct. 26
& Nov. 9, 12noon - 2pm

Fun, non-competitive
bowling 2x a week.

Youth & Adult » Bowlero
7545 Brooklyn Blvd. » Brooklyn Park
\$4.25 each week

Youth/
Adult

Cooking Night: OKTOBERFEST

AGE
14+

Thursday, October 3
5:30 - 7:30pm

Sausages, spätzle, and sauerkraut! Come create and eat some classic German cuisine with our festive Oktoberfest party!

Eisenhower Community Center
1001 MN-7, Hopkins
(Royal Pantry, Room 210) » \$25

Craft: Halloween Mason Jar Luminaries

Monday, October 7, 6:30 - 8pm

Make a simple craft to make your home more fall festive this season.

Brooklyn Center Community Center » \$16

Craft: Rustic Snowman Ornaments

AGE
14+

Monday, Dec. 2, 6:30 - 8pm

Create a fun winter decoration! We're using wood cookies to create unique snowmen ornaments.

Brooklyn Center Community Center
\$16

Daytime: Coffee, Cupcakes, & Conversation

Friday, November 15
10am - 12noon

Make a simple craft to make your home more fall festive this season.

Yum! Kitchen & Bakery
6001 Shady Oak Rd. » Minnetonka » \$6



Fall Formal

AGE
13+

Friday, October 4, 6:30 - 8:30pm

Time to get all dressed up and dance the night away with your friends! We will have a photo booth, delicious dessert, and festive décor.

SLP Center » Banquet Room
3700 Monterey Dr. » St. Louis Park
\$10 to Pre-register » \$15 at the door

Ghostly Gala

AGE
13+

Saturday, October 26
5 - 7:30pm

Join us for this annual spooky celebration!! The entrance cost includes pizza, games, prizes, music, dancing, and a costume contest!

Brooklyn Park Community Activity
Center Grand 3 » 5600 85th Ave. N.
Brooklyn Park » \$10 to Pre-register
\$15 at the door

Karaoke with Mocktails & Snacks

AGE
16+

Friday, Nov. 1, 6:30 - 8pm

Sing along to your favorite tunes. Bring a CD/listen online.

SLP Rec Center » Banquet Room » \$16
3700 Monterey Drive » St. Louis Park

Graham Cracker HOUSES

Thursday, Dec. 5, 6:30 - 8pm

An evening of cookie decorating! We supply the building blocks to create a masterpiece house to display or eat!

SLP Rec Center » 3700 Monterey Dr.
St. Louis Park » Banquet Room
\$10 pre-registration required

Holiday Cookie Plate

AGE
14+

Wednesday, Dec. 11, 6 - 8pm

We will make a variety of treats to take home and share with family and friends! Leave with new recipes to use in the future on your own.

Eisenhower Community Center
1001 MN-7, Hopkins
(Royal Pantry, Room 210) » \$25

Mixed Media Creative Exploration & Art Showcase

Saturday, Sept. 14, 4:30 - 6pm

Come try out a variety of small art projects that are designed to decrease stress and allow for personal expression. View projects created by our Art Abilities artists this year and meet our Art Therapists! Light refreshments will be served and door prizes will be awarded to some lucky attendees!

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

10225 Yellow Circle Drive » Minnetonka
FREE! » Pre-registration required

New Year's Dance Party with Karaoke, Sparkling Juice, and Snacks!

AGE
13+

Friday, December 27
6:30 - 8:30pm

Ring in 2020 with us, and enjoy karaoke, snacks, mocktails, and lots of music!

Brooklyn Park Community Activity
Center Grand 2 & 3
5600 85th Ave. N. » Brooklyn Park
\$15 » Pre-registration required

Upcoming REACH for Resources Activities

AGE 18+

REACH'S Very Own Applefest

Friday, September 27, 6:30 - 8pm
Brooklyn Community Center » Brooklyn Center » \$10

Twin Cities Harvest Festival & Corn Maze

Saturday, September 28, 2:30 - 4:30pm
8001 109th Ave. N. » Brooklyn Park » \$13 plus extra spending money for snacks

Out to Eat at Shake Shack

Saturday, October 19, 6 - 7:15pm
Shake Shack » 6603 France Ave. S. » Edina » \$10 - \$15

Spa Night

Friday, October 25, 6:30 - 8:30pm
SLP Rec Center » Banquet Room » 3700 Monterey Dr. » St. Louis Park » \$10

Wings & Wrestling: WWE Monday Night Raw

Monday, October 28, 6 - 8pm
SLP Rec Center » Banquet Room » 3700 Monterey Dr. » St. Louis Park » \$16

Movie Night

Saturday, November 9, TBD (around 6:30pm showtime)
New Hope Cinema Grill » 2749 Winnetka Ave. N. » New Hope » \$4 for ticket

DIY Holiday Gift Making

Friday, November 22, 6:30 - 8pm
SLP Rec Center » Banquet Room » 3700 Monterey Dr. » St. Louis Park » \$10

Donuts and Board Games at Glam Doll Donuts

Tuesday, December 3, 6:30 - 8pm
2605 Nicollet Ave. S. » Minneapolis » \$4 - 8 for donuts and coffee

Holiday Shopping at Ridgedale Mall

Saturday, December 14, 3 - 5pm
Ridgedale Mall » 12401 Wayzata Blvd. » Minnetonka » Spending \$

Football Game: St. Thomas vs. Concordia Moorhead

Saturday, October 5, 12:30 - 3:30pm
O'Shaughnessy Stadium » 2115 Summit Ave. » St. Paul » \$8 cash at door

Out to Eat at Snuffy's

Thursday, October 10, 6 - 7:15pm
Snuffy's » 17519 Minnetonka Blvd » Minnetonka » \$10 for dinner

Apple Cider & BINGO

Friday, November 8, 6:30 - 8pm
Brooklyn Community Center » Brooklyn Park » \$8

Out to Eat at Perkins

Friday, November 15, 6 - 7:30pm
Perkins » 11300 MN - 7 » Minnetonka » \$12 - \$20

Thanksgiving Potluck with Friends

Saturday, November 16, 5:30 - 7pm
SLP Rec Center » Banquet Room » 3700 Monterey Dr. » St. Louis Park » \$6

Out to the Movies: Frozen 2

Wednesday, December 4, TBD (around 6:30pm showtime)
Southdale AMC » 400 Southdale Center » Edina » St. Louis Park » \$12 for movie

AGE 5+

NEW! Themed Yoga

Tuesdays, Sept. 10 & Oct. 15
7 - 8pm

Have fun dressing up while also practicing yoga! Each week will have a new theme like '50s, PJs, Hawaiian theme, and more! Increase attention span, focus, muscle tone, and flexibility.

Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult.

SLP Rec Center » 3700 Monterey Dr. St. Louis Park » Banquet Room
\$45 Residents/\$53 Non-Residents

Social Seekers

AGE 15+

Wednesdays, September 11 and November 13, 5 - 6:30pm

This is a program for teens and adults on the Autism spectrum. We meet once a week for fun and social interaction. We play games, do crafts, get outside, and practice socializing with a variety of staff, volunteers, and participants. A brief intake meeting is required for all new participants.

Call 952.393.5866 for more information or to schedule an intake. » Hopkins » \$205

Teen Explorers

AGE 18+

Tuesdays, Sept. 10 & Oct. 29
6:30 - 8:30pm

Our teens love going out to the movies, going bowling, grabbing dinner or ice cream, getting outside, having themed parties, doing crafts, and so much more! After your registration is complete, we will send you the schedule for the quarter so you know where to meet for movies, dinners out, games, crafts, and so much more!

\$48 Residents/\$56 Non-Residents
Check out reachforresources.org for previous schedules

Wednesday Night Social/ Club West

AGE 18+

Wednesdays, Sept. 11 & Oct. 30
6:30 - 8pm

Become more engaged in the community, build social skills and coping skills, and practice flexibility. This is open to individuals of all abilities, and some participants bring a staff or caregiver if additional support is needed.

Various Metro Locations » \$48/\$56

SNACKS & CINEMA

AGE 13+

Watch a movie with us and enjoy a treat that goes with the theme of the movie!

Thursdays, 6 - 8:30pm

Sept. 26 AQUAMAN w/Swedish Fish
Oct. 24 LITTLE GIANTS w/Cotton Candy
Nov. 21 BIG HERO 6... w/Rice Krispie Treats
Dec. 19 THE PEANUTS MOVIE..... w/M&M's

Brooklyn Park Community » Activity Center
Grand 3 » 5600 85th Ave. N.
Brooklyn Park » \$8



Youth/Adult

Park Tavern Bowling

Saturdays, Sept. 14, Oct. 26 & Nov. 9, 9:30 - 11:30am

Join us for fun, non-competitive bowling. Bowl 2x each week.

Youth & Adult » Park Tavern Bowl
3401 Louisiana, Ave. S. » St. Louis Park
\$44 Residents/\$52 Non-Residents

Pizza & BINGO

AGE 13+

Monday, Sept. 30
Thursday, Nov. 14
Tuesday, Dec. 10
6 - 8pm

Have fun dressing up while also practicing yoga! Each week will have a new theme like '50s, PJs, Hawaiian theme, and more! Increase attention span, focus, muscle tone, and flexibility.

Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult.

Brookview CC Valley Room S. » 316
Brookview Pkwy. S. » Golden Valley
\$16 for participants
\$8 for companion pizza (optional)

Singles Night at Sea Life (MOA)

AGE 18+

Thursdays, Nov. 7, 6:30 - 8:30pm

Looking for that special someone? Join the Reach group at Sea Life to mix and mingle with other singles. Have some easy conversation with peers while checking out creatures who live under the sea.

Sea Life at MOA » A 120 E. Broadway Street
East Side » Bloomington » \$20

