

Highland Friendship Club  
Winter/Spring 2012 Newsletter  
Activities for teens and young adults with and  
without disabilities



Check out the New Events  
and Mark your Calendars

Registrations Due  
Friday, December 23rd

- *Winter Wonderland Dance*
- *CDH Basketball & Pizza*
- *Join the HFC Choir*
- *Spring Fling Dance*
- *Laughter Yoga*

**BUY HIGHLAND FRIENDSHIP CLUB \$5 GIFT CARDS!!!!**

Use gift cards to pay for HFC activities. Call/email Mary to buy yours today! Call 651-278-5732 or email her at [mary@highlandfriendshipclub.org](mailto:mary@highlandfriendshipclub.org)

Thanks for all of your support of HFC in  
2011.

HFC had another great year and we could not have done it without your volunteer help, ideas and wonderful support. In 2012, HFC will celebrate its 10<sup>th</sup> anniversary and we will be celebrating! More information will be available in the spring.

**Parent Meeting**  
**Tuesday, January 17th**  
**6:30-8pm**  
**St. Luke's Lutheran Church**

Please join us for the first parent meeting of 2012. Speaker to be announced, please watch for your invitation. HFC staff will provide updates on Winter/Spring programming and our new office/activity space in the Highland neighborhood. We will provide an activity for HFC members in another room. Watch for your invite via email in early Jan.

**2012 Member Registration Forms**

All new and returning HFC members must complete a 2012 registration form & 2012 waiver form by January 31st. Print and sign the waiver & release form and mail it to HFC. Complete the HFC member registration form online at [www.highlandfriendshipclub.org](http://www.highlandfriendshipclub.org). A link to the waiver form is located at the bottom of the online form. Email or call if you want paper forms sent to you.

## Cooking Class

Join Lindsey and Carole Bloom for cooking class. Try new recipes and eat what you make. They will make one recipe a month for both classes. This is a popular class with a limit of 12 participants. **You must register in advance.** Sign up for either Group 1 or Group 2.

**When:** Thursdays  
**Time:** 6- 7:30pm  
**Where:** St. Luke's Church  
**Fee:** \$20 per class



**THIS IS NOT A DROP IN CLASS**

## Choir

Sign up today for the HFC choir! Get ready to how off your singing talents.

**When:** Saturdays  
**Time:** 4-5pm  
**Where:** CDH Art Room  
**Fee:** \$90 You must sign up for all classes.

## Adventure Sundays

Adventure Days are planned for Sunday afternoons in 2012. The History Center, a theater show and other activities are all on the calendar. Space is limited so register early. Times and pick-up/drop locations will be in the weekly emails. Check out the registration form for more information about Sunday Adventure Days!!

**(advance registration required)**

## Girls Night Out

Join Lindsey, Stacy and the HFC ladies for a fun night with the girls. Check the registration form for activities.

**When:** Thursdays  
**Time:** 6:30-8pm  
**Where:** St. Luke's Church  
**Fee:** See registration form



## Dating Classes

Join your friends to discuss dating. Guys and Gals will be in separate classes so they can ask questions in a comfortable and safe environment. This class is for members who are dating or are interested in learning more about dating. Katie, Lindsey, Dusty and Robb will be leading the classes. If you aren't sure if this class is right for your son or daughter, please contact us and you can talk to one of the class leaders. **(advance registration required)**

**When:** Mondays in February  
**Time:** see registration form for specific times  
**Where:** Mad Hatter Tea House/St. Paul Gallery  
**Fee:** \$40 for 4 sessions. Must sign up for all classes

## Community Club

Come and have some fun and be with your friends. Participate in community service projects and community activities as well as doing theater outings, zoos, and movies.

**When:** Mondays and Tuesday  
**Time:** 12:30-2:30pm  
**Where:** St. Luke's Church & other community locations  
**Fee:** \$20 each session

Come and try it out!!



## Art Class

Join Dusty and Katie for fun art classes this winter and spring. Have fun and create masterpieces.

**When:** Fridays  
**Time:** 6 - 8pm  
**Where:** CDH Art Rooms  
**Fee:** \$20 per class, **you must register in advance for classes so we have enough materials.**



## Cretin-Derham Hall and HFC Activities

Meet up with your CDH friends at the following winter/spring activities at CDH.

**Basketball and Pizza:** Friday, Jan 27 6:30-8:30pm  
**Service Project:** Sunday, February 13 1-2:30pm  
**Spring Fling Dance :** Friday, April 20 6-9pm

All events will be held at CDH. Sign up for great activities and meet some new people.

## Winter Wonderland Dance

Dance the cold away and celebrate Winter with your friends

**When:** Saturday, January 28th  
**Time:** 6:30-8:30pm  
**Where:** JCC Gym  
**Fee:** \$ 10.00



### Friday Fun Nights

Movie Nights at the Gallery, Bingo at CDH and Birthday Bash with karaoke and birthday

- When:** Fridays
- Time:** 6-8pm
- Where:** CDH Art Room & the Gallery (see registration for event location)
- Fee:** \$10 Pay in advance or at the door but do RSVP!

### Bowling at Sunray Lanes

- When:** Wednesdays
- Time:** 4- 5:30pm
- Where:** Sunray Lanes
- Fee:** \$10 for bowling, shoes & HFC staff time

\*\* HFC members will pay HFC not Sunray\*\*

Assistance will be provided by HFC staff. If you need one-to-one assistance, please bring someone with you to help.

### Changes are coming to Wednesday Nights

Holy Spirit Church will host game nights and The History Theater downtown St. Paul for Sample Night. Sample Night is an evening of sampling different artists, musicians and theater acts in one evening. It is an opportunity to experience new performers without having to travel around the Twin Cities. Try it out and see. You may find an artist or artists you want to see again. **(Advance Registration is required for Sample Nights)**

Wed. nights will also continue at the JCC. HFC will host alternating movies and discussion nights, open gym as well as **Techno Game Night** where you can play video/x-box games. Bring your favorite game or system to share. Also added is the HFC **American Idol on Wii Competition**. Hang out with your friends, play games and listen to music!

**Fee:** Please see registration form for fees. You may pay at the door. Drop us an email and let us know you are joining the fun!

### Hiking in the City!

Join your friends on Tuesday afternoons for hikes at different locations. **We must have at least 5 pre-registered participants to start the class so please register early.**

- Where:** Meet at CDH
- When:** Tuesdays, starting in April
- Time:** 5- 6pm
- Fee:** \$5 per class



### Swimming TBA

Jump in the water with Carly & Anna. This is not a drop in activity. Members can not sign up for individual classes **We have not secured a location yet, so please watch the weekly update for more information on when and where this class is happening.**



### Fitness Fun!

Learn more about fitness and weight training while getting in shape and having fun with HFC friends!

- Where:** Cretin Derham Hall Weight Room (enter through the activity doors on Albert St)
- When:** **Time:** 2:30-4pm
- Fee:** see registration form for fee information
- Members should bring an aid/support person with them if they need one-to-one assistance.**

### Saturday Yoga/Tuesday Laughter Yoga

Looking for the mind/body/spirit connection? Then come check out our yoga class being offered this winter/spring.

- When:** Saturdays
- Time:** 10:30-11:30am
- Where:** All yoga will be held at St. Luke's Church
- Fee:** \$10.00 per class

### And Laughter Yoga

Laughter Yoga combines Unconditional Laughter with Yogic Breathing (Pranayama). An HFC parent who has been trained in Laughter Yoga will be leading along with HFC Staff.

- When:** **Tuesdays** A six week Class starting March 6- April 17(advance registration required)
- Time:** 6:30-7:30pm
- Where:** All yoga will be held at St. Luke's Church
- Fee:** \$10.00 per class

Highland Friendship Club Registration Form for January - May 2012. One form per person. Fill out this form and return entire page and fees to HFC. Please include HFC registration form and waiver if you are new to HFC or have not filled one out for 2012. Make sure to make a copy for your records and fill out both sides of the form .

Registration is Due Friday, December 23rd

HFC Member's Name: \_\_\_\_\_

Activity	Price	Total	Activity	Price	Total
<b>Mondays</b>			<b>Thursdays Cont...</b>		
Dating Class <b>Mondays</b> Feb 6 - 27 <b>Gals</b> at The Gallery 5:00-6:00pm	4 sessions \$40		<b>Girls Night Out at St. Luke's</b> January 26 Hot Chocolate @ Caribou 6:30-8pm	\$10	
<b>Guys</b> at the Gallery 6:30-7:30pm	\$40		February 23 Nail Painting 6:30-8pm	\$10	
<b>Tuesdays</b>			March 29 6:30-8pm Rocco Altobelli Salon Night	\$10	
Hiking in the City 5-6pm April 3, 10, 17, 24, May 1, 8, 15, 22	\$5 Per time		April 26 6:30- 8:00pm Frozen Yogurt @ Menchies	\$10	
Laughing Yoga 6:30-7:30pm Mar 6, 13, 20, 27, April 3, 10, 17	\$10 Per time		May 24 6:30-8pm Mom & Daughter Shopping	\$10	
<b>Wednesdays</b>			<b>Friday Fun Nights</b>		
Sunray Bowling: Wednesdays 4:00-5:30pm Jan 4-May 23	\$10 Per time		Basketball & Pizza CDH 6:30-8:30pm Jan 27	\$10	
<b>Wednesday Nights</b>			Movie Night: St Paul Gallery 6-8pm 1/13, 2/10, 3/ 9, 4/13, 5/ 11	\$10 Per time	
Sample Night @ History Theater:6:30-8pm 1/4, 3/7, 4/4, 5/2	\$10 Per time		Art Class: CDH 6:00-8:00pm 1/6, 2/17, 3/2, 5/4	\$20 Per time	
Techno Game Night @ JCC : 6:30-8pm 1/11, 2/8, 3/14, 4/11, 5/9	\$5 Per time		B-Day Bash/Karaoke: CDH 6:00-8:00pm 1/20, 2/24, 3/30, 4/27, 5/25	\$10/ Per time	
American Idol Wii @ JCC: 6:30-8pm 1/18, 2/15, 3/21, 4/18, 5/16	\$5 Per time		Bingo CDH 6:00-8:00pm 2/3, 3/16, 5/18	\$10/time	
Movie & Discussion @ JCC: 6:30-9pm 1/25, 2/29, 3/28, 4/25, 5/30	\$5 Per time		Dance CDH Spring Fling , 6:00-9:00pm April 20	\$10	
Game Night @Holy Spirit 6:30-8pm 2/22 5/23	\$5		<b>Saturdays</b>		
Open Gym @ JCC 6:30-8pm 2/1	\$5		Winter Wonderland Dance @JCC 6:30-8:30 pm Jan 28	\$10	
<b>Thursdays</b>			Yoga classes St. Luke's Saturdays 10:30 - 11:30am 1/14, 1/28, 2/11, 2/25, 3/3, 3/24, 4/ 14 , 4/28, 5/ 12	\$10 Per time	
Cooking Class, 6:00-7:30pm St. Luke's Church Group 1: Thurs. 1/5, 2/2, 3/1, 4/12, 5/3	\$100 all	\$20 Per time	CDH Fitness Program Saturdays 2:30-4:00pm 20 Sessions OR Single day Fitness Classes	\$170	
Cooking Class 6:00-7:30pm St. Luke's Church Group 2: Thurs. 1/19, 2/16, 3/15, 4/19, 5/17	\$100 all	\$20 Per time	(please circle dates to attend) Jan 7, 14 , 21, 28, Feb4. 11. 18. 25. March 3, 10, 17, 24, 31, April 14, 21, 28, May 5, 12, 19	\$10 Per Time	
			Choir Saturdays CDH Art Rooms 4:00-5:00pm 1/7, 1/22, 2/4, 2/18, 3/10, 3/31, 4/21 , 5/5, 5/19 You must sign up for all sessions	\$100	

<b>Sundays</b>		
<b>Sunday Adventure Club</b>		
Jan 29 Winter Carnival Activities 12:30-4pm	\$25	
Feb 5 History Center "Greatest Generation" 12:30-4pm	\$25	
March 18 MN History Theater CoCo's Diary time: TBA	\$25	
April 15 TBA	\$25	
May 6th Festival of Nations 12:30-4pm	\$25	
<b>CDH/HFC Activity</b>		
CDH/HFC Community Service Project. Sun Feb 13th 1-2:30pm	\$5.00	

<b>Swimming Classes: Sundays TBA</b>		
<b>Community Classes; MONDAY &amp; TUESDAYS 1/9-5/21</b> 12:30-2:30pm There are 39 Sessions. \$780	\$20	Per/time
<b>Registrations are due December 23</b>		
<b>TOTAL</b>		
<b>TOTAL BALANCE ENCLOSED</b>		
<b>BALANCE DUE</b>		

**Make checks payable to "Highland Friendship Club"**

Check here if you can print the newsletter form from the HFC website or weekly email. This will help HFC save paper and money. You will not receive a mailed paper copy of future newsletters starting in the Spring.

**Don't forget to copy the registration form for your records or write down the dates on your calendar!**

**If you cannot pay the total amount due now, send in a portion of the payment with a note letting us know when you will make additional payments. Or you may pay for most activities at the door. Please bring exact change or bring a check made out to HFC.**

Please check if the member will be bringing a support staff or PCA with them to the activities.  Yes, a PCA will be present  No, a PCA will not be present

I need scholarship assistance. Please attach a note with your request for scholarship support and the amount you need.\*\*

Activity fees are used to pay for two HFC staff to be at most activities, for entrance/ticket fees, activity supplies and room rental for some activities.

**Mail registration form and fees for activities to HFC, P.O. Box 16437, St. Paul, MN 55116**

**Registrations are due Friday, December 23rd.**

### **\*\*Scholarship Information**

HFC has a scholarship fund to help pay for activity fees. Scholarships are available for all HFC activities. If you need assistance with fees, add a note to your registration form. We want everyone to participate in all of the activities you wish to be involved in, so please take advantage of the scholarship fund. Call or email Mary with questions at 651-278-5732 or email [mary@highlandfriendshipclub.org](mailto:mary@highlandfriendshipclub.org)

## Highland Friendship Club

P.O. Box 16437

St Paul, MN 55116

### HFC Activity Sign-In/Sign-Out Policies

For the safety of our HFC members, HFC requires that caregivers or family members who drop off a HFC member at an activity sign-in at **each** activity and leave a phone number where they or someone can be reached **during** the activity. Although HFC staff have registration and emergency contact information on-site for each member, sometimes the information is out-of-date or another emergency contact number is needed for the time of the activity. HFC members who come on their own should sign-in also with a phone number for a family member or neighbor who can be reached in case of an emergency. Our goal is to make sure that we can reach a family member/emergency contact as quickly as possible if needed.

We also need your cooperation at the end of the activity also. Families and caregivers of HFC staff should come into the building to pick up the HFC member from an activity. It is very important to us that all HFC members have a safe way to go home after the activity and it is helpful to have family members/caregivers make sure that HFC staff know they are leaving with the HFC member. HFC staff do not leave until every member has been picked up so picking up on time is greatly appreciated.

### Highland Friendship Club Mission

The Highland Friendship Club is an organization, serving individuals with disabilities from teens through adulthood that provides a range of opportunities to develop lifelong skills, friendships and connections within their community.



Call us: 651.698.4096

Email address: [info@highlandfriendshipclub.org](mailto:info@highlandfriendshipclub.org)

Website: [www.highlandfriendshipclub.org](http://www.highlandfriendshipclub.org)