Robbinsdale Area Schools
Windows of Opportunity
Serving adults with disabilities
Spring/Summer 2019


Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Plymouth, Robbinsdale
ced.rdale.org
Welcome to Windows of Opportunity
Spring 2019

Look inside for our most popular classes and some new classes as well. We are always looking for ideas, and we always strive to serve you better. We also understand you have needs beyond Windows of Opportunity, and we have attempted to list many outside resources here for your convenience.

We want to serve you the best we, so we want to hear from you about the types of classes we offer and our facilities and instructors. We will be doing focus groups and sending out surveys in the coming months. If you are interested in participating, please call Mindy Potvin at 763-504-6994 or email at mindy_potvin@rdale.org.

Mission
Windows of Opportunity, a program of Robbinsdale Area Schools Community Education, is committed to the inclusion of adults with disabilities in their efforts to participate and benefit from all adult community education programs and services.

What is Windows of Opportunity?
♦ Windows of Opportunity provides recreation, education, and support activities for adults with physical, sensory, neurological and/or developmental disabilities, age 16 or older.
♦ Windows of Opportunity offers many interesting, engaging and fun classes, through the Windows of Opportunity brochure, that are specially designed and adapted to individual abilities.
♦ The Windows of Opportunity brochure is produced three times each year (fall, winter and spring/summer).
♦ Windows of Opportunity will provide inclusion assistance for you to attend other adult community education classes. If you require assistance for successful participation such as an ASL interpreter, audio descriptors, or an aide to takes notes or otherwise assist you in class, please let us know at least 2 weeks prior to the class so we can make arrangements.

Support Groups
If you are a caregiver, or family member of someone with a disability, and would like to get together with others to talk and share experiences, Windows of Opportunity can help make that connection. Email Mindy Potvin at mindy_potvin@rdale.org or call 763-504-6994.

Fee Assistance
Most of the classes in the Windows of Opportunity brochure are subsidized to make them affordable, but please call if you feel you need further assistance to attend these classes. If you receive medical and/or economic assistance because of your disability, and would like to attend other adult enrichment classes or activities, please call 763-504-6990 for more information.

Free Classes for Stroke and Brain Survivors
♦ RELEARN academic skills
♦ IMPROVE confidence to perform lost abilities
♦ CONNECT with others who are facing similar challenges
♦ Get the tools to ACHIEVE college, career, and life goals

ADULT ACADEMIC PROGRAM
Crystal Learning Center
305 Willow Bend
Crystal, Minnesota 55428
Call 763-504-8300
Website: ced.rdale.org
OUT AND ABOUT

Pizza, Pop and a Movie
There’s nothing better than eating a slice of pizza, drinking a pop and watching a movie with your friends. Meet at the New Hope Cinema Grill, 2749 Winnetka Avenue North, New Hope. You will be contacted, before Thursday, with the movie title, start time and pick-up time. Intermediate run movies rated G, PG and PG13 will be watched. Bring money for additional snacks, or games in the arcade, if desired. Attending staff must register and pay for movie and pizza when registering other participants.

New Hope Cinema Grill $15/each
WS-R091A Th Apr 18 6-8 PM
WS-R091B Th May 16 6-8 PM
WS-R091C Th June 20 6-8 PM

Bowling and Pizza at New Hope Bowl
Join us at New Hope Bowl for a Sunday evening of bowling, pizza and pop. Bowling is a great way to exercise and get together with friends, old and new. Meet at New Hope Bowl, 7107 42nd Ave N, New Hope. Attending support staff must also pay in order to bowl or eat pizza.

New Hope Bowl $15/each
WS-R096A Sun Apr 14 5:30-7 PM
WS-R096B Sun May 19 5:30-7 PM
WS-R096C Sun June 9 5:30-7 PM

Spring Nature Stroll and Roll NEW!
Enjoy the spring air with a stroll around one of our wonderful parks! We will take time to notice the signs of spring while chatting with friends as we walk the loop over the bridge and past the lake. Meet at the visitor center and be sure to dress for the weather!

French Regional Park $5 Rachael
WS-R167 Sat May 18 9:30-11 AM

Relay for Life
Robbinsdale Area Schools at Cooper High School Track
6PM: Opening Ceremony
9PM: Luminaria Ceremony
11PM: Community Hours End

Join us for the 10th annual Relay For Life of Robbinsdale Area High Schools! This event is open to the public and is a great night for the community to come together to fight back against cancer.

The event begins with the Opening Ceremony where we hear from a survivor in our community and celebrate everyone in our community with our survivor lap. If you have ever heard the words “You have cancer,” we want to celebrate you. Caregivers are invited to walk with their survivors in support as well.

In the last 9 years, we have raised nearly half a million dollars to support the American Cancer Society’s fight against cancer. Help us reach that milestone by registering online or making a donation at relayforlife.org/rdalehsmn. All are welcome!

Contact Abby Schnorr at abby.schnorr@cancer.org with questions.

Geocaching for S’Mores
Yummy, gooey s’mores! Learn geocaching basics by using a compass, or GPS coordinates, to hunt and find hidden s’more ingredients. Easy and fun for everyone. Then make and eat your own s’mores. The Three Rivers staff will lead you on this fun activity. Staff or family can learn with you. Offered in partnership with Project SOAR. Meet at Fish Lake Regional Park Visitors Center, 14900 Bass Lake Road, Maple Grove 55311

Fish Lake Regional Park $15
WS-T188 Mon July 15 6:30-8 PM
**RECREATION AND LEISURE**

**Friday Night BINGO**
B-I-N-G-O spells fun! Join us on a Friday night, once a month, for a great evening of fun and Bingo with prizes and snacks. Pre-registration is required.

- **PL Rm 218**  $6  Erica
- **WS-R16A**  Fri Apr 12  6:45-8 PM
- **WS-R16B**  Fri May 10  6:45-8 PM
- **WS-R16C**  Fri June 14  6:45-8 PM

**Games and Sundaes**
Celebrate spring with various games and ice cream sundaes. Hang out with friends and meet new ones!

- **PL Rm 218**  $5  Kim
- **WS-R97**  Wed Apr 3  6:30-8 PM

**OULA Power Express**
Power Express is a 30-minute, all-mat conditioning class. Warm up, strengthen your lower body, upper body, core and then cool down.

- **PL PCtr**  $39  TL Wolvert
- **WS-EX074**  Mon Apr 1-June 3  7:35-8:05 PM

**OULA**
OULA is a high-energy, easy-to-learn, calorie-burning, crazy fun dance workout to Top 40s hits. Classes are one epic hour of sweat, joy and total inspiration. Classes will offer song and move breakdowns to ease you into the world of OULA.

- **PL PCtr**  $65  TL Wolvert
- **WS-EX666**  Mon Apr 1-June 3  6:30-7:30 PM

**Line Dance for Parties and Weddings**
Just in time for summer “Party” season! Get ready for any event with this workshop of popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun!

- **PL Cafeteria**  $10  Monica
- **WS-RM002**  Mon May 13  6-7 PM

**African Dance NEW!**
African Hip-Hop Dance Workout is a full-body workout that improves your health and wellness through African dance. This is a high-energy dance workout that is all about having fun, getting your heart rate up, and enjoying the beat of African music. You will leave full of energy and joy, and wanting more.

- **SMS Gym A**  $49  Ranita
- **WS-RM122**  Sat Apr 6-May 18  10:30-11:30 AM

**ARTS AND CRAFTS**

**Paper Flowers NEW!**
Create a bouquet of flowers using paper, beads, glitter, and other embellishments. They make great gifts for Mother’s Day, May Day, and birthdays. Or keep them for yourself to perk up your space in time for Spring!

- **PL 204**  $15  Rachael
- **WS-A193**  Mon Apr 8  6:30-8 PM

**May Day Baskets NEW!**
Make a May Day Basket just in time for May Day on May 1! Keep for yourself as a fun, edible decoration or make for a friend/relative.

- **PL Rm 222**  $15  Kim
- **WS-A194**  Tue Apr 30  6:30-8 PM

**Call 763-504-6990**

**WINDOWS OF OPPORTUNITY**
ARTS AND CRAFTS CONT.

A Little Lotion and a Lot of LOVE NEW!
First we will follow a recipe to make lovely jars of smooth, creamy lotion… perhaps one as a gift you can give yourself and another to give away… to your mom or other special mom-like friend. In addition, you can use your own artistry to create a Mother’s Day card for your mom, favorite auntie, neighbor or even a teacher, to let them know how much you care and appreciate what they mean to you on that special May celebration of mothers on Sunday, May 12. The lotion is just three ingredients, including baby lotion. We will have a table load of other cards, papers, ribbons, pens, markers and maybe even paints, for you to create a special card full of love.
PL Rm 218 $15 Mary
WS-A071 Wed May 8 6:30-8 PM

Mason Jar Flower Vase NEW!
Make a fun, trendy, painted mason jar for your favorite flowers. It’s always fun to celebrate spring with friends while making a new creation.
PL Rm 222 $15 Kim
WS-A140 Wed May 22 5:30-7 PM

Minnecookies by Jenny NEW!
There’s a lot to love about the state of Minnesota, and what better way to show our love than with cookies? Come make and decorate cookies in the shape of Minnesota! Learn from Jenny Peterson, creator and founder of Minnecookies. You will learn how to make a simple sugar cookie dough, cut out the cookies, and how to use a fondant frosting to personalize them! You will also be able to learn how you can start your own baking business from the comfort of your own home with Minnesota’s Cottage Food License! Please join us and ‘Taste the Nice’!
SMS Rm 226 $15 Jenny
WS-L184 Thu May 23 6:30-8 PM

LIFE SKILLS

Hair Styles and Care
Come learn how to style your hair, and leave with a freshly styled ‘do! We will have hairdressers on hand to teach styling tricks and give tips for keeping your locks looking healthy. Please come with washed and dried hair. Light refreshments will be provided.
CLC RTC Kitchen $10 Jenny
WS-L192 Thu Apr 25 6:30-8 PM

Self Care for Special Needs Parents NEW!
Caring for a child with special needs can become a full-time job, and an overwhelming one at that, if you don’t have adequate support. It is both incredibly rewarding, and quite challenging, especially if you don’t take time to care for yourself. Join other parents to explore different self care topics and apply them to your life with a special needs child (or adult). Complete a confidential self assessment and create a Self Care Plan based on you and your family’s needs.
PL Rm 204 $29 Dana
WS-MB324 Mon Apr 15 6-8 PM

Self Care for Caregivers NEW!
Caring for a loved one strains even the most resilient people. If you’re a caregiver, make sure to take steps to preserve your own health and well-being. By learning self care, you will be able to meet challenges while caretaking. Join other caregivers to explore different self-care topics and apply them to your life. Complete a confidential self assessment and create a Self Care Plan based on you and your family’s needs.
SMS Rm 4 $29 Dana
WS-MB519 Sat May 4 10 AM-12 PM
Participant and Registration Guidelines

Participant Guidelines:
All Windows participants must:
1. Register in advance for all classes. Registrations are processed in the order they are received, and individuals will not be placed on a roster until payment is received.
2. Arrive on time. Instructors give class directions at the beginning of the class and cannot always repeat those instructions if you arrive late.

All Windows of Opportunity classes and activities are school sponsored, therefore, there is no smoking or alcohol use permitted at Windows of Opportunity events.

Participation assistance is required if participant cannot meet the following guidelines:
♦ Be able to inform staff of wants and needs.
♦ Understand personal safety issues.
♦ Be able to take care of personal hygiene.
♦ Be able to manage behavior.
♦ Be able to understand and follow directions.
♦ Be able to navigate in a large facility or crowd.

Please indicate that staff will accompany on registration form and bring staff to accommodate your needs.

Staff/Family member expectations:
If attending with a participant, staff/family should:
♦ Actively provide needed support and assistance with the class or project, and refrain from texting and phone use.
♦ If participant does not require assistance as outlined above, staff/family must enter the activity or class and check with instructor to verify pick-up time and that the participant has emergency contact information with them.

Learning for All
Adults with disabilities are encouraged to participate in any adult enrichment classes and activities listed in the Robbinsdale Area Schools Community Education brochure. We will make every effort to provide reasonable accommodations to make your experience successful.

Class Locations:
Fish Lake Regional Park
14900 Bass Lake Road, Maple Grove
French Regional Park
12605 Rockford Rd, Plymouth
New Hope Cinema Grill
2749 Winnetka Ave N, New Hope
New Hope Bowl
7107 42nd Ave N, New Hope
Community Education at Pilgrim Lane (PL)
3725 Pilgrim Lane N, Plymouth (Door 11)
Plymouth Middle School (PMS)
10011 36th Ave N, Plymouth
Sandburg Middle School (SMS)
2400 Sandburg Lane, Golden Valley
Robbinsdale Transition Center (CLC RTC)
305 Willow Bend, Crystal

4 Easy Ways to Register
Online:
Register online with Visa, MasterCard or Discover at rdale.eleyo.com.

By Mail:
Fill out the form and mail it with your check or Visa, MasterCard or Discover number to:
Windows of Opportunity
Community Education at Pilgrim Lane
3725 Pilgrim Ln N, Plymouth, MN 55441

In person/drop off:
PL Main Office: In Person: M-F 8 am-4 pm
Drop Off: M-Th 8 am-9 pm or Fri 8 am-4 pm

By phone:
Call 763-504-6990 to register. (Visa, MasterCard or Discover required) M-F 8:00 am-4:00 pm.

Our Office Will be Closed
Feb 18, Apr 19, 22, May 27.
Limited hours the week of Mar 25-29. During this time, please register online or mail us your registration.
Register Now!
Spring 2019

Registration Information: Call 763-504-6990

Name: ____________________________________________

Email: __________________________________________

Birth date: _______ / _______ / _______

Group home (if applicable): ________________________________

Address: __________________________________________

City: ___________________ State: ______ Zip: ____________

Phone (day): ________________________________

Phone (evening): ________________________________

Emergency contact: __________________________________

Emergency phone: ________________________________

Occasionally pictures from our activities are used for publicity purposes. Please check here if you DO NOT want your picture used: _____

I am: ___ M ___ F

A District 281 resident: ___ Yes ___ No

___ able to meet ALL guidelines; I will attend alone.

___ unable to meet ALL guidelines; staff will attend with me.

In need of wheelchair accessibility: ___ Yes ___ No

Special needs (allergies, diet, seizures, etc.):

_________________________________________________

Please circle the class(es) to register

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Class Name</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>WS-R091</td>
<td>Pizza, Pop and a Movie</td>
<td>$15</td>
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<td></td>
<td>____ A   ____ B   ____ C</td>
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<tr>
<td>WS-R096</td>
<td>Bowling and Pizza at New Hope Bowl</td>
<td>$15</td>
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<td>____ A   ____ B   ____ C</td>
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<tr>
<td>WS-T188</td>
<td>Geocaching for S’More</td>
<td>$15</td>
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<tr>
<td>WS-R167</td>
<td>Spring Nature Stroll and Roll</td>
<td>$   5</td>
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<td>____ A   ____ B   ____ C</td>
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<tr>
<td>WS-R16</td>
<td>Friday Night BINGO</td>
<td>$   6</td>
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<td>____ A   ____ B   ____ C</td>
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<tr>
<td>WS-R97</td>
<td>Games and Sundaes</td>
<td>$   5</td>
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<tr>
<td>WS-EX074</td>
<td>OULA Power Express</td>
<td>$39</td>
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<tr>
<td>WS-EX666</td>
<td>OULA</td>
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<td>WS-MB519</td>
<td>Self Care for Caregivers</td>
<td>$29</td>
</tr>
</tbody>
</table>

Name: ____________________________________________

Email: __________________________________________

Birth date: _______ / _______ / _______

Group home (if applicable): ________________________________

Address: __________________________________________

City: ___________________ State: ______ Zip: ____________

Phone (day): ________________________________

Phone (evening): ________________________________

Emergency contact: __________________________________

Emergency phone: ________________________________

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In need of wheelchair accessibility: ___ Yes ___ No

Special needs (allergies, diet, seizures, etc.):

_________________________________________________

Payment Options

1. **Check No.**
   Make check payable to: Robbinsdale Area Schools
   Mail to: Community Education at Pilgrim Lane Windows of Opportunity
   3725 Pilgrim Ln N
   Plymouth, MN  55441

2. **Cash**  (Walk-in only; please do not mail cash)

3. **Charge Card**
   ___ MasterCard   ___ Visa
   ___ Discover
   Account No. __________________________
   Expiration Date _______________________
   Signature __________________________

You will be notified if classes, trips or activities are canceled. Plan to attend unless you are notified. Full refunds will be given if cancelled by us or if you request a refund five business days prior to the first class. If less than 5 business days before class, refunds for illness or family emergency will be granted with a $5 processing fee. Credit card refunds will be given automatically, check refunds can take 3-4 weeks to process.
FEATURED RESOURCES
See our website for a more complete list of resources.

**Access Press (www.accesspress.org)**
Access Press exists to promote the social inclusion and legal rights of people with disabilities by providing a forum for news, features, opinion and conversation, to benefit people who are often invisible and marginalized in mainstream society.

**Arc Greater Twin Cities (arcgreatertwincities.org)**
952-920-0855 Arc works to secure opportunities for all people with intellectual and developmental disabilities and their families to live, learn, work and play as they choose.

**Disability Linkage Line (minnesotahelp.info or db101.org)**
866-333-2466 The Disability Linkage Line is a free statewide information and referral resource that provides Minnesotans with disabilities with a single access point for all disability related questions.

**Metro Center for Independent Living (MCIL) (www.mcil-mn.org)**
651-603-2007. MCIL is dedicated to the full promotion of the Independent Living (IL) philosophy by supporting individuals with disabilities in their personal efforts to pursue self-directed lives.

**Project Soar (projectsoarmn.org)**
952-401-6898 The school districts of Minnetonka, Hopkins, St.Louis Park and Wayzata work together to provide programs that provide specialized classes and activities for adult with disabilities.

**Reach for Resources (reachforresources.org)**
952-200-3030 Our mission is to support individuals with disabilities and mental illness to reach their full potential.

**Three Rivers Park District Adapted Programs (threeriversparks.org)**
763-694-7725 Learn a new skill, or simply experience the parks in a new way, by taking part in adapted recreational activities and programs.

**Robbinsdale Community Education Adult Academic Disability Program**
763-504-8300 The mission of the Adult Academic Disability Program is to assist adults with brain injuries or strokes recover the skills they need to achieve their academic and employment goals.