## SERVING ADULTS WITH DISABILITIES





# WELCOME

We would like to extend an invitation for you to take part in the variety of activities and services offered through River Valley Project Explore, a Community Education program serving adults with disabilities. The information provided here should give you a close look and better understanding of how our program works and where to acquire additional information that you may need. For over 32 years, Project Explore has been a leader in providing options for adults with disabilities to participate in activities that are specifically designed to meet their diverse needs.

# FROM THE DESK OF THE COORDINATOR

The days are getting longer, warmer and sunnier. What a great time to plan some summer fun! We have a lot of outdoor activities planned for you. Our activities have been filling up quickly, so I hope you will be able to register early! Our Monday morning bowling league continues this summer to give you a fourth option for bowling as our afternoon leagues have been filling up.

While we have a lot of great activities planned for you, there's even more to do out in our communities. Check out Summer Happenings and Community Services in this catalog. There is also information about free and discounted programs around the Twin Cities to help keep you active all summer!

We hope you will join us for some social, recreational and learning opportunities this summer. We are always looking for ways to enhance our program. Please contact the office with any suggestions or ideas. We love to hear from you!



### We love our Volunteers!

Project Explore Volunteers are very valuable and appreciated! Through the generosity of volunteers we are able to keep our class and activity fees low, allowing individuals to participate in more classes. Project Explore is always looking for volunteers to help with activities. If you, your group or organization would like to volunteer, please let us know. You can send us an email – <u>projectexplore@</u> <u>district196.org</u> – or call our office – 651-423-7931.

## Project Explore Staff



## **Project Explore Advisory Council**

Caroline Gettz Dave Modrynski Sona Parker Kelly Ruiz Barb St. Aubin Kevin Johnson Megan Moe Greg Paulson Denise Weber Patty Vance lan Mayes Jenne O'Neill-Mager Leah Paulson Dottie Woodruff

Advisory Council members meet bi-monthly to discuss providing services and programming. In addition they develop collaborations to benefit the ongoing educational, recreational and social needs of adults with disabilities living within the five school districts of the consortium. Interested in becoming part of the Council? Contact Patty Vance for information.

### **RVPE Foundation**

Our mission is to seek funding resources and effectively manage funds to support River Valley Project Explore. The Foundation will work cooperatively with the Project Explore Advisory Council and program staff to support advocacy and fund raising programs as well as the disbursement of funds that ensure the programs' ongoing success.

The Foundation is focused on expanding programs, classes and opportunities; providing needed equipment for activities, and scholarships for those needing financial assistance.

Board members include: Elaine Becker, Lisa Burns, Nick Cookas, Rick Cotterman, Suzanne Elwell, Jeanne Finch, Larry Hall, Monica Jensen, and Jeff VonHoltum.

# COOKING CLASSES

Cooking classes provide an opportunity to improve skills, build confidence and have fun with your friends while enjoying a tasty meal. You will need to be able to follow directions and safely use kitchen utensils and help with clean up too. Class sizes are limited, so be sure to sign up early!



## 4th of July Cooking

Let's get together and make some delicious foods that are sure to be a hit for your Independence Day celebrations!

Wednesday, June 28 Scott Highlands Middle School

## **Summer Picnic Cooking**

Let's learn some great side dishes you can serve at a summer picnic or have with a grilled dinner of burgers, brats or hotdogs! This meal will be fun to make and even more fun to eat.

Monday, July 17 Scott Highlands Middle School



5:30-7:30 pm \$15 per person

5:30-7:30 pm

# CRAFT CLASSES



#### **American Flag Wreath**

Red, white and blue bandanas and a wire wreath is all you need to make this rustic American flag. No gluing or sewing, just tying onto the wreath. Easy and a big crowd pleaser! **You may only register for one class.** 

Monday, June 12 Scott Highlands Middle School

Monday, June 12 Scott Highlands Middle School eath coaste las and to Mond ag. No Scott

1:00-2:30 pm \$12 per person 6:30-8:00 pm \$12 per person

# CRAFT CLASSES

## Fairy Garden

Come make this adorable fairy garden that any fairy will love to live in! We will make a fairy house out of small birdhouses and decorate the garden with cute decorations. There might even be a fairy to add. **You may only register for one class.** 

Monday, July 24	1:00-2:30 pm
Scott Highlands Middle School	\$12 per person
Monday, July 24	6:30-8:00 pm
Scott Highlands Middle School	\$12 per person

## **Nautical Rope Vase**

This vase will look great in any room you choose. We will cover a regular vase with nautical rope, add some beautiful flowers and *voilà* - your vase is complete! What a bright and happy addition to your home. **You may only register for one class.** 

Monday, August 7	1:00-2:30 pm
Scott Highlands Middle School	\$12 per person
Monday, August 7	6:30-8:00 pm
Scott Highlands Middle School	\$12 per person

## **SCIENCE**

## **MIY Toy Spinners**

Join Sue for some science fun! Spinning tops are 6000 years old and still popular. Archeologists claim every tribe of early man invented them independently and they remain a classic toy today. Be a tinker lab



scientist and make spinning tops out of wood turnings and golf tees, plastic bottle caps and toothpicks, old CDs, nuts, beads and washers. Learn about angular momentum, torque and friction.

Tuesday, June 20 Scott Highlands Middle School

#### 6:30-7:30 pm \$12 per person

## **Alcohol Ink Tiles**

Coat ceramic tiles with rubbing alcohol and drops of alcohol inks. Watch the inks mix and blend creating dreamscape alien landscape designs. Learn the chemistry of alcohol ink creations - osmosis, density and diffusion. These will be so beautiful and unique. You can use your finished product in many ways: gifts, coasters, decorations and more!

Monday, July 10 Scott Highlands Middle School 6:30-7:30 pm \$12 per person

## Cactus & Succulent Gardens

Learn how to propagate and plant cactus and succulents by making your own custom tabletop dish gardens. Neither cactus or succulents require much water. Both are drought tolerant and heat loving. Cactus evolved 30-40 million years ago in the Americas. Succulents are native to every continent on Earth except Antarctica.

Monday, August 14 Scott Highlands Middle School 6:30-7:30 pm \$12 per person

# DANCES

## One caregiver per participant or group home is asked to register and pay.





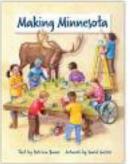
### Rock n' Roll Summer Dance

Join your friends for a great evening of music, dancing and more! We are excited to welcome back The Prisoners of Rock n' Roll band to entertain you and get you moving out on the dance floor. You will be able to buy raffle tickets for your chance to win some great prizes. Raffle tickets are \$1.00 each. Refreshments will be served.

Thursday, June 29 Valley Middle School 6:00-9:00 pm \$10 per person



# <u>ENTERTAINMENT</u>



#### **Explore Minnesota!**

Learn all about Minnesota history, people, landscapes, wildlife and culture! You will receive an activity book filled with great information about Minnesota and opportunities to create drawings and share your ideas. It is sure to be a wonderful time for you to explore the great state of Minnesota!

Wednesday, June 7 6:30-7:30 pm Valley Middle School \$8 per person

## Let's Play Cards!

Calling all card players! If you enjoy UNO®, Gin Rummy, Go Fish, Old Maid and other card games plan to join your friends for a great night of fun. We will have the cards and some refreshments ready for you.



Thursday, June 22 Scott Highlands Middle School

Thursday, July 20 Scott Highlands Middle School

Wednesday, August 9 Falcon Ridge Middle School 6:30-8:00 pm \$5 per person

6:30-8:00 pm \$5 per person

6:30-8:00 pm \$5 per person



### **Pool Party**

Ready to cool off on a hot summer evening? If you answered yes, plan to join us at the Redwood Pool in Apple Valley for some fun in the water. Remember to bring a towel! You can also bring swim goggles if you'd like. We'll swim in the evening from 7-9pm. Complimentary water bottles will be available to keep you hydrated. There is no fee for caregivers.

Thursday, July 13	7:00-9:00 pm
Redwood Community Center	\$6 per person
Friday, August 11	7:00-9:00 pm
Redwood Community Center	\$6 per person

like: River Valley Project Explore on Facebook • visit: ce.district196.org/projectexplore

# HEALTH AND WELLNESS



For our Hikes and Stroll & Rolls: In case of inclement weather, the instructor will call and re-schedule. A snack and refreshment will be served afterwards. Hikers must be able to stay with the group or have staff with them. Please wear sturdy walking shoes and dress for the weather.

For hikes arrive 10 minutes before the designated time so we can start out together. For our strolls arrive 5 minutes prior to the start time.

## **Hike Moir Park**

We'll hike a nice, fairly flat path along scenic Nine Mile Creek. Following our hike, we'll head back for refreshments at Moir Park. Meet by the parking lot prior to the start of our hike.

Saturday, June 3	
Moir Park	

10:00-11:30 am \$5 per person

### **Stroll & Roll Cleary Lake**

What a great way to start your Saturday morning! Join friends for a 3-1/2 mile paved path around Cleary Lake. Meet by the Activities Building-Golf Center parking lot to get started.

Saturday, June 17 Cleary Lake

#### 10:00-11:30 am \$5 per person

#### Stroll and Roll Valley Lake Park

Take a nice walk around the paved path and look for geese, ducks and other wildlife. The path is suitable for wheelchairs, mostly flat, but there may be some small hills. Meet on the grass by the parking lot and shelter to sign in.

Friday, July 7 Valley Lake Park



6:30-7:30 pm \$5 per person

### Stroll and Roll MN Riverfront Park

We'll stroll the paved Black Dog Trail and stop 1-1/4 miles up at the dock at Black Dog Lake to look for birds and wildlife. Take 35W to get to the Black Dog Road exit.

Saturday, July 15 Minnesota Riverfront Park 10:00-11:15 am \$5 per person

## **Hike Patrick Eagan Park**

We'll hike about two miles. Most of the trail is fairly flat with a few gentle hills. Meet by the park pavilion, found near the furthest parking lot from the road.

Saturday, July 22 Patrick Eagan Park

10:00-11:30 am \$5 per person



## **Hike Ritter Farm Park**

Have fun hiking through old apple orchards, woods and prairie. The trail is 2-3 miles long with rolling hills.

Saturday, August 5	10:00-11:30 am
Ritter Farm Park	\$5 per person

## **Stroll & Roll Sunset Pond**

We'll walk around Sunset Pond (1.75 miles). If the parking lot is full, please park next door in the office parking lot (it's okay to park there in the evening.)

Friday, August 18 Sunset Pond Park

## Yoga on the Grass

Join Julie for gentle yoga outdoors! We will meet on the grass outside of Valley Middle School/ Southview Elementary School, near the track on Whitney Drive. It's a wonderful hour of relaxation and stress reduction. You will learn breathing techniques and poses that promote strength, balance and wellness. Julie will



6:30-7:30 pm

\$5 per person

assist with personal modifications when needed. In case of inclement weather, we will move into the large fitness studio in the school. You will receive a phone call that afternoon if we are moving inside. Wear comfortable clothes and bring a water bottle and yoga mat if you have one. We have yoga mats and straps available.

Tuesday, June 13	6:30-7:30 pm
Valley Middle School	\$5 per person
Tuesday, June 27	6:30-7:30 pm
Valley Middle School	\$5 per person
Tuesday, July 11	6:30-7:30 pm
Valley Middle School	\$5 per person
Tuesday, July 25	6:30-7:30 pm
Valley Middle School	\$5 per person
Tuesday, August 8	6:30-7:30 pm
Valley Middle School	\$5 per person
Tuesday, August 22	6:30-7:30 pm
Valley Middle School	\$5 per person



# OUT ON THE TOWN

#### **Cancellation Policy**

Cancellations must be made prior to the registration deadline. You will be charged for pre-paid tickets and other direct costs unless a replacement can be found. No refunds will be given for cancellations received on or after the event date.

## Caregivers need to register and pay for their "Out On The Town" tickets.



#### **MN** Twins

Calling all Twins fans! Hop on board the bus down to Minneapolis and help us cheer on the hometown team as they take on the Cleveland Guardians in June and the Chicago White Sox in July. These are both Sunday afternoon games at Target Field. Game time is 1:10pm. These are very popular events, so get your registrations in early. Limited wheelchair seating is available. The tickets are in the Treasure Island Cove section, just inside the front gate and the bus will drop us off and pick us up right at the entrance. We must receive your registration and payments by May 12 for the June 4th game and June 30 for the July 23rd game, or until the tickets have sold out.

Sunday, June 4	11:45 am-5:00 pm
Valley Middle School	\$45 per person
Sunday, July 23	11:45 am-5:00 pm
Valley Middle School	\$45 per person

### "The Little Mermaid"

Join your friends to watch the new live-action version of "The Little Mermaid" in the comfort of the Rosemount Marcus theatre with DreamLounger™ seats. The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land. Concessions will be open, so bring money if you'd like to purchase refreshments. Doors open at 9:00am and the movie previews begin at 9:30am.

Saturday, June 10 Rosemount Marcus Cinema 9:30-11:30 am \$9 per person

## **CHS Field Tour**

Take a look behind the scenes at CHS Field - home of the St. Paul Saints! The tour will take us through the stadium and out onto the field and into the dugout. Part of the tour will include a visit to the 'City of Baseball Museum' and learn about the history of Minnesota baseball. Dress for the weather as part of the tour will be outdoors. The charter bus will depart Falcon Ridge Middle School at 2:15pm. The tour begins at 3:00pm.



Monday, June 26 Falcon Ridge Middle School

2:15-5:00 pm \$10 per person

### St. Paul Saints

Come and watch the St. Paul Saints at CHS Field as they play the Gwinnett Stripers in June and the Durham Bulls in July. This beautiful field in Lowertown is sure to help you enjoy a great time watching Saints baseball! After the June 30th game we will stay for the fireworks! Following our July 16 afternoon game, you will be able to 'run the bases' if you'd like. The pig will be there along with the usual Saints' craziness that we all love! No doubt, we will enjoy some new and fun surprises as well. We will be sitting in reserved seats. Bring along some extra cash if you would like to purchase refreshments or souvenirs. Dress appropriately for the weather. The June 30th game begins at 7:07pm. The July 16th game starts at 2:07pm. We must receive your registration and payment by June 1 for the June 30 game and by June 17 for the July 16 game, or until tickets have sold out.

Friday, June 30	<b>5:30</b> -1
Falcon Ridge Middle School	\$31 pe
Sunday July 16	12.20

Sunday, July 16 Falcon Ridge Middle School

#### **MN United Soccer!**

Come on out and cheer the MN United Soccer team as they play against the Austin FC! Allianz Field in St. Paul is a great stadium for joining your friends on a beautiful summer evening. The bus departs from Falcon Ridge Middle School. Limited wheelchair seating is available. The game begins at 7:30pm. **We must receive your registration and payment no later than June 15 or until tickets are sold out.** 

Saturday, July 8 Falcon Ridge Middle School 5:30-11:00 pm \$31 per person 12:30-5:30 pm \$31 per person

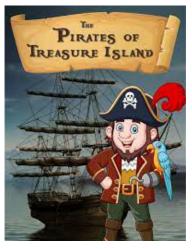


6:00-10:00 pm \$51 per person

# OUT ON THE TOWN

## The Pirates of Treasure Island

Sail off on a fantastic musical excursion of pirates, treasure maps and high seas adventures. This thrilling new tale follows a youngster who's enlisted to join in a race for buried treasure against a band of treacherous pirates. Packed with swashbuckling action, hysterical hijinks and enthralling music, The Pirates of Treasure Island is great fun for all ages and includes the audience in the action.



Transportation is not provided for this event. There is ample free parking in front of the lves Auditorium.

Tuesday, July 25 Ives Auditorium 10:00-11:15 am \$10 per person

# OUT AND ABOUT

## **Lunch Bunch**

Let's meet for lunch and some socializing! For Lunch Bunch at El Super Taco, it's Taco Tuesday where the tacos are only \$2 each! It's a great time to enjoy lunch, see old friends and make some new friends. If you're

available we hope you can join us! Remember to bring money for your meal.

Tuesday, June 6 El Super Taco

Friday, July 14 Freddy's Lakeville

Thursday, August 10 Raising Canes

## **Coffee & Chat**

Get together with friends over coffee and catch up on summer happenings and plans. We'll meet at McDonald's in Apple Valley to start off the day! Remember to bring money for coffee!

Thursday, June 22 McDonald's Restaurant

Tuesday, July 18 McDonald's Restaurant

Wednesday, August 23 McDonald's Restaurant



11:00 am-12:15 pm Free

11:00 am-12:15 pm Free

11:00 am-12:15 pm Free



9:00-10:00 am Free

9:00-10:00 am Free

9:00-10:00 am Free

# <u>SPORTS</u>



## Pickleball

Join Tim, our pickleball instructor, along with friends for a great evening on the courts! You will have 90 minutes to learn the basics of pickleball and have time to play games while you learn strategies. Bring a racquet if you own one. If not, racquets and balls will be provided. Dress for playing - shorts and a t-shirt along with sneakers are recommended. We will be on indoor courts at the Apple Valley Community Center, so we play rain or shine! Bring a water bottle too.

Tuesday, June 6	6:30-8:00 pm
Apple Valley Community Center	\$8 per person
Tuesday, July 18	6:30-8:00 pm
Apple Valley Community Center	\$8 per person
Tuesday, August 1	6:30-8:00 pm
Apple Valley Community Center	\$8 per person





## Summer Bowling Leagues

Our bowling leagues meet at Bogart's Entertainment Center. Join your friends for a fun time of bowling and visiting. If you are hungry, you can stay and eat right there in the Main Street Grill. You receive a free beverage with your meal purchase.

Please indicate on your registration if you need lane bumpers and/or bowling ramp.

## Monday Morning Bowling

Monday, June 12- August 21 (Skip 7/3)	10:00-11:15 am
Bogart's Entertainment Center	\$45 per person

### Monday Afternoon Bowling

Monday, June 12- August 21 (Skip 7/3) **Bogart's Entertainment Center** 

#### Wednesday Bowling

Wednesday, June 14- August 23 (Skip 7/5) **Bogart's Entertainment Center** 

4:00-5:15 pm \$45 per person

4:00-5:15 pm

4:00-5:15 pm

\$45 per person

### **Thursday Bowling**

Thursday, June 15- August 24 (Skip 6/29) **Bogart's Entertainment Center** \$45 per person

**OJECT EXPLORE POINTS OF INTEREST** 

#### Walk-in Activities

We allow walk-ins for dances.

No Walk-ins for all other activities. Please be considerate as we need to order food and/or supplies and may not have enough for those people not registered. Prevent disappointment by registering before an activity.

## Wish List

To help keep our fees low we love donations for Bingo Prizes. Great ideas are:

Fuzzy Posters, DVDs, Shampoo, Body Lotions, Bath Wash, Crayons, Coloring Books, Word Find Books,

Beanie Babies, Games, Liters of Pop and Snack Foods.

### Mini-Golf at King Park

Join your friends for some fun outdoors playing minigolf at the fully accessible nine-hole course at King Park in Lakeville. It is adjacent to a fully accessible playground area, so before or after you play you can enjoy the playground or walking trails. There is a picnic shelter at the park. Golf putters and golf balls provided. Caregivers do NOT need to



register for this activity. There will be a concession stand open, so bring money if you'd like to purchase a hot dog, snack, beverage or ice cream.

Wednesday, June 21	6:00-8:00 pm
King Park	\$5 per person
Wednesday, July 19	6:00-8:00 pm
King Park	\$5 per person
Wednesday, August 16	6:00-8:00 pm
King Park	\$5 per person

## **Mini-Golf Tournament**

Join your friends for a fun day of mini-golf at King Park. You will be paired with another player for a round of nine holes. Following mini-golf there will be a hot dog lunch including chips, fresh fruit and dessert. There will be giveaways and a raffle! This event is hosted by the Lakeville



Saturday, August 12 **King Park** 

# **VOLUNTEER CORNER**

## Adopt A

Park Help keep our community clean and beautiful.

Project



Explore has adopted Valley Middle Park on the northern border of Valley Middle School. We'll meet to pick up litter. Tools are provided, bring work gloves if you'd like and dress for the weather.

Saturday, June 24	10:00-11:00 am
Valley Middle Park	Free
Saturday, July 8	10:00-11:00 am
Valley Middle Park	Free
Saturday, August 26	10:00-11:00 am
Valley Middle Park	Free



# LOCAL COMMUNITY SUMMER HAPPENINGS

## **Apple Valley**

Friday Night Concerts at Kelly Park For information: AVARTSFOUNDATION.ORG

### **Apple Valley Freedom Days**

June 30-July 4, 2023

### **Farmington Dew Days**

June 22-25, 2023

### Lakeville Pan-O-Prog

July 9-16, 2023

### **Rosemount Leprechaun Days**

July 22-29, 2023

## **Prairie Fire Children's Theater**

Three plays this summer at Rosemount High School Free Admission!!

#### Cinderella

Friday, June 23 at 6:30 pm Saturday, June 24 at 10:00 am

#### Tom Sawyer

Friday, July 14 at 6:30 pm Saturday, July 15 at 10:00 am

#### Wizard of Oz

Friday, July 28 at 6:30 pm Saturday, July 29 at 10:00 am

### Eagan

#### Summer Market Fest & Concerts:

Wednesdays, June 7 – August 30 from 4:00-8:00 pm Eagan Festival Grounds, 1501 Central Parkway, Eagan Fresh & Local Produce and Artisan goods. For more information: https://www.cityofeagan.com/marketfest#summer-market-fest

#### Live Entertainment Music Schedule:

June 7	Matt Yetter & Good Morning Bedlam
June 14	Comes a Time & Moonlight Serenaders Big Band
June 21	The Stand Ups
June 28	Blue Dog
July 12	AJ Spoff & Rockin' Hollywoods
July 19	Costello & Hipps & The 22nd Row
July 26	Lee Engele & Friends
August 2	Fred the Bear
August 9	Grupo Mio
August 16	Matt Jennings Electric Trio & Zoe Says Go
August 23	Top Shelf
August 30	Craig Clark Band

#### **Eagan Food Truck Festival**

Friday, August 11 from 4:00-9:00 pm at the Festival Grounds

### Burnsville

#### For more information contact Burnsville Parks & Recreation

#### Party in the Plaza

Nicollet Commons Park, 12600 Nicollet Avenue Food Trucks, live entertainment, community booths, arts & craft vendors, games and more! 4:00-9:00 pm June 8, July 20, August 24 **Flicks on Bricks** (outdoor movies begin at dusk) Nicollet Commons Park, 12600 Nicollet Avenue June 23, July 7, July 28, August 11

## Dakota County Fair

August 7-13 Dakota County Fairgrounds 4008 220th Street W, Farmington 55024 https://www.dakotacountyfair.org/

## **Dakota County Softball Leagues**

Tuesday night is full of softball action! Games are held every Tuesday evening at Aronson Park in Lakeville from May-July with playoffs in August. For a complete game schedule and to find out if any teams are looking for players call KOTA Connections at 952-469-1555.

### A Great Day Farm

5575 115th Street E, Northfield 55057

A Great Day Farm was created to provide no-fee recreation and life enrichment opportunities for people with developmental disabilities. They offer a safe environment where it's okay to run and play or just sit back and relax. Open year round. Visit their website for hours and more information: agreatdayfarm.org

### **Rivertown Fishing**

Our club established and operates Hastings Rivertown Fishing. This organization serves seniors, veterans and the disabled in our community through fishing and boating excursions. Our pontoon boat, captained and crewed by several dedicated volunteers, takes trips along the beautiful St. Croix and Mississippi rivers. Our mission is to allow the groups we serve to enjoy the joys of fishing again or just a boat ride on a sunny day. Up to 10 people can go on a two-hour excursion, May through September. The excursions are Monday - Thursday, 10:00 am to noon or 1:00-3:00 pm. The pontoon dock is in Prescott, Wisconsin and can fit up to three wheelchairs. All fishing gear is provided as well as a captain and First Mate for each excursion. For reservations, call Laurie at 651-480-7689. If fishing, you will need a fishing license. (Permanent angling license issued to any Minnesota resident over age 16 who is developmentally disabled or a veteran with a 100% serviceconnected disability. Available only from the DNR License Center.)

## **Lions United Fitness Center**

Minnesota's first training facility for all abilities! Lions United is a new kind of training center, designed specifically to prepare people with disabilities for exceptional performance in individual competitions, team sports and life. Lions United is dedicated to Special Olympics' Project UNIFY and Unified Sports, which means they bring people of all abilities together so to strengthen individuals, relationships and communities. Call 651-348-7278 or visit lionsunitedfitness.com for more information.

### **Twin Cities River Rats Waterski Shows**

1628 West River Road, Minneapolis 55411 info@tcriverrats.com Free shows Thursday evenings at 6:30 pm starting June 1st Check their website for additional shows & full schedule

# LOCAL COMMUNITY SUMMER HAPPENINGS

### District 196 Community Education Adapted Swim Lessons

Swimming provides opportunities for physical and social development. Instruction is tailored to the needs of the individual. Learn water safety and water adjustment skills. Staff and volunteers provide one-on-one assistance. Family locker room is available. Register for the waitlist and we will contact you with confirmation. Contact 952-431-8777 for information and registration. Sorry, no early bird discount. Classes are 30 minutes in length.

#### Mondays:

June 26 Falcon Ridge Middle School Pool July 10 – August 14 Black Hawk Middle School Pool **No class July 3** Class times: 3:00-3:30 pm, 3:35-4:05 pm, or 4:10-4:40 pm \$123/7 classes

#### Wednesdays:

June 21 & June 28 Falcon July 12 – August 16 Black H **No class July 5** Class times: 3:30 pm, 4:00 pm, 4:30

Falcon Ridge Middle School Pool Black Hawk Middle School Pool

Class times: 3:30 pm, 4:00 pm, 4:30 pm \$140/8 classes

## Twin Cities Adaptive Cycling (TCAC)

Twin Cities Adaptive Cycling is a community bike share program for youth and adults with disabilities. Located on the Greenway Bike Trail in South Minneapolis, this program has over 35 different styles of adaptive bikes available for use. They provide low cost rentals and more.

For information about this program call 612-454-0831 or visit their website: https://www.tcacycling.org

### FREE OR DISCOUNTED ADMISSIONS

If you are enrolled in a program like Medical Assistance you may qualify for free or specially discounted admission at places like the MN Zoo or Science Museum of Minnesota! Here is a list of the places you may get in for free and what you need to qualify:

**MN Zoo** offers a "Free to Explore" program if you are enrolled in any of the following:

TANF, MFIP, SNAP, MFAP, General Assistance (all need to show an EBT card)

Medical Assistance or Minnesota Care (MHCO card needed) Admission is free, but parking is not included. As of now, reservations must be made ahead of your visit.

**Guthrie Theater** – The Guthrie in Minneapolis offers Gateway tickets for \$5. To qualify, you must be at least 18 years old and be enrolled in one or more of the following: TANF, MFIP, WIC, General Assistance, Medical Assistance, MinnesotaCare, Supplemental Security Income, Social Security Disability Benefits, SNAP, Section 8 or free/reduced school meals. Up to four tickets may be purchased for select performances by phone or at the Box Office.

**The Bell Museum** offers Explore & Curiosity Programs. To qualify you must be at least 18 and enrolled in one or more of the following: TANF, MFIP, SNAP, General Assistance, Medical Assistance, MinnesotaCare, WIC, Supplemental Security Income, Social Security Disability Benefits, Food Stamps, Section 8, or Free/Reduced Price School Meals. Present any appropriate documents related to those programs at the Lobby Desk to qualify. Qualifying guests receive free museum gallery admission passes and discounted planetarium show tickets (\$4 for adults/seniors; \$3 for youth).

At the **Minnesota History Center**, to qualify for discounted admission you must be at least 18 and enrolled in one or more of the following: TANF, MFIP, WIC, General Assistance, Medical Assistance, MinnesotaCare, Supplemental Security Income, Social Security Disability Benefits, Food Stamps, Section 8, or Free/Reduced Price School Meals. **Pricing is \$4 adults (regular museum admission is \$12); free for children ages 5-17 (regular admission \$6).** You must provide proof of enrollment AND print and fill out the following form before visiting. More information is on their website: https://www.mnhs.org/ limitedincomeprogram.

## Science Museum of Minnesota in St. Paul, your admission is only \$3 for museum admission, or \$3 for the

omnitheater, if you are least 18 and <u>enrolled in one or more</u> of the following: TANF, MFIP, WIC, General Assistance, Medical Assistance, MinnesotaCare, Supplemental Security Income, Social Security Disability Benefits, Food Stamps, Section 8, or Free/Reduced Price School Meals. Photo ID and documentation of any of the following is required:

- o EBT card
- o Medical assistance card (includes MinnesotaCare)
- o Section 8 document
- o WIC folder
- o Supplemental Security Income verification
- o Social Security Disability Benefits verification
- o Free/reduced school meal approval
- o RCA card (Refugee Cash Assistance)
- o General Assistance verification

For more information visit: https://new.smm.org/great-tix

Minnesota Historical Society If you qualify, you can visit any of their 26 sites around Minnesota for only \$4/adults, or for FREE for ages 17 and under. You must be at least 18 and <u>enrolled in one or more of the following</u>: TANF, MFIP, WIC, General Assistance, Medical Assistance, MinnesotaCare, Supplemental Security Income, Social Security Disability Benefits, Food Stamps, Section 8, or Free/Reduced Price School Meals. Contact them prior to your visit as they require a form to be completed: https://www.mnhs.org/sites/default/files/ limitedincomeprogram/limited-income-program-form.pdf

Here are their locations: Alexander Ramsey House, Birch Coulee Battlefield, Charles A. Lindbergh Historic Site, Comstock House, Folsom House, Forest History Center, Fort Ridgely, Harkin Store, Historic Forestville, Historic Fort Snelling, James J. Hill House, Jeffers Petroglyphs, Lac qui Parle Mission, Lower Sioux Agency, Marine Mill, Mill City Museum, Mille Lacs Indian Museum and Trading Post, Minnehaha Depot, Minnesota History Center, Gale Family Library, Minnesota State Capitol, North West Company Fur Post, Oliver Kelley Farm, Sibley Historic Site, Split Rock Lighthouse, Traverse de Sioux, W.W. Mayo House

At **YMCA** locations everywhere, special rates are available for those who meet income requirements. More info on their website: https://www.ymcanorth.org/financial-assistance

# **PROJECT EXPLORE GUIDELINES FOR PARTICIPATION**

Project Explore promotes inclusion of adults with developmental, sensory, cognitive and physical disabilities in a variety of Community Education programs and makes reasonable accommodations to provide an enriching experience for all participants. Your cooperation in following the guidelines listed below helps to make the classes and trips run smoothly and safely.

- 1. Pre-registration is required for all classes, activities and trips. Walk-ins will be accepted for dances and Bingo, but prepayment and reservations are appreciated.
- 2. Participants must be accompanied to the classroom. The instructor or staff is in the classroom no earlier than 30 minutes prior to class. Check in with the Project Explore staff and confirm the best time to return and pick up the participant; this needs to be at least 15 minutes prior to the end of class.
- 3. Participants who require personal assistance for physical and/ or behavioral issues must be accompanied and supervised for all activities and events by their caregiver.
- 4. All participants must be accompanied for field trips, unless they are their own guardian. Call the office with any questions.
- 5. Any participant with an active seizure disorder must be accompanied and supervised at all Project Explore activities by their caregiver.
- 6. All Project Explore programs are school district sponsored, so there is no smoking on school grounds. All programs are alcohol free.
- 7. Transportation to and from all activities is the responsibility of the participant. Exceptions are for "Out On The Town" activities where a bus is provided.

- Instructors are not expected to, nor are trained to provide the level of assistance often required by people with disabilities. Instructors are not familiar with all the personal, physical or behavioral needs of the participants.
- 9. Any individuals attending any of our activities on their own are asked to carry emergency contact information with them.
- 10. If you do not wish for the image and likeness of you to be used for Project Explore or ISD 196's promotional materials and publications, contact Communication Department at communityed@district196.org or call 651-423-7701.
- 11. Please do not bring any outside food or drink to non-meal events. It may cause inappropriate behavior from some participants. We appreciate your help.
- 12. Arriving Late: Participants that arrive at an activity 30 minutes or more after the start time may not be permitted to complete all projects, activities or the event.
- 13. Inclement Weather: In case of inclement weather check the ISD 196 website and also our outgoing voice message. We will make every effort to contact you.

If unable to meet these guidelines, please call the program office.

# WEB RESOURCES

## River Valley Project Explore: ce.district196.org/projectexplore The Project Explore brochure and pictures from events can be viewed on our website.

## Here are some other websites that provide a variety of services to people of all ages and abilities in Minnesota.

- Arc of Minnesota: www.TheArcOfMinnesota.org Advocacy and support for people with developmental disabilities and their families.
- True Friends: www.truefriends .org True Friends is a non-profit agency that creates unique educational, recreational and social opportunities for people of all ages with mental and physical disabilities.
- Metropolitan Center For Independent Living: www.mcil-mn.org MCIL is dedicated to the full promotion of the Independent Living philosophy by supporting individuals with disabilities in their personal efforts to pursue self-directed lives. Contact them at 651-603-2007 for more information on classes and services they offer.
- Pacer Center: www.pacer.org The mission of PACER is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families. They promote parents helping parents.
- Search Beyond Adventures: www.searchbeyond.com Provides escorted travel tours for adults with disabilities.
- Wilderness Inquiry: www.wildernessinquiry.org Our mission is to make adventure travel accessible to everyone, regardless of age, background or ability.
- Disability Linkage Line: www.minnesotahelp.info The disability Linkage Line is a free statewide information and referral resource. It provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions. Contact them at 1-866-333-2466 for more information.

# DDITIONAL COMMUNITY SERVICES

## **Special Olympics**

Whether you are interested in participating at practices or competing at Area Games and State Meets, you are sure to make new friends and have fun in a healthy and well managed environment. There are many sports offered including track & field, swimming, basketball, bowling, bocce, poly hockey, tennis, gymnastics, softball, soccer and power lifting.

Burnsville Area:

Brian Petrich – bkpetrich@gmail.com; 612-760-2362

Rosemount-Apple Valley-Eagan area: info@theravesp.com or www.theravesp.com

## Like us on Facebook: **River Valley Project Explore**

See what's new and view current photos from our classes and activities!

## **Community Education Integration Opportunities**

Interesting and fun classes are offered through Community Education Programs. The sponsoring districts will make every effort to provide reasonable accommodation so your experience is successful. To request a catalog call the following Community Education Departments:

Burnsville: Farmington: Lakeville: Randolph: Bosemount:	952-707-4110 651-460-3200 952-232-2170 507-263-2151 651-423-7920
Rosemount:	651-423-7920
Rosemount:	651-423-7920

## **Local Community Meals:**

- All Saints Catholic, Lakeville located at 19795 Holyoke Ave, Lakeville 2nd Thursday, 6:00-7:00 pm
- Easter Lutheran by the Lake located at 4545 Pilot Knob Road, Eagan Drive-Thru – Monday-Thursday, 5:30-6:30 pm

# FACILITY ADDRESSES

#### **Allianz Field**

400 Snelling Avenue N. St. Paul, MN 55104

**Apple Valley Comm. Center** 14603 Hayes Road Apple Valley, MN 55124

**Bogart's Entertainment Center** 14917 Garrett Avenue Apple Valley, MN 55124

**CHS Field** 360 N Broadway Street St. Paul, MN 55101

**Cleary Lake** 18106 Texas Ave. Prior Lake, MN 55372

**El Super Taco** 7934 153rd Street W. Apple Valley, MN 55124

Falcon Ridge Middle School 12900 Johnny Cake Road Apple Valley, MN 55124

Freddy's Restaurant 16076 Pilot Knob Road Lakeville, MN 55044

#### **Ives Auditorium**

Minnesota Masonic Heritage Center 11411 Masonic Home Drive Bloominaton, MN 55437

**King Park** 18350 Dodd Blvd. Lakeville, MN 55044

McDonald's Restaurant 7667 150th Street W. Apple Valley, MN 55124

**MN Riverfront Park** 600 W. Black Dog Rd. Burnsville, MN 55337

**Moir Park** 10320 Morgan Avenue S. Bloomington, MN 55431

**Patrick Eagan Park** 3995 Lexington Avenue S. Eagan, MN 55123

**Ritter Farm Park** 19300 Ritter Parkway Lakeville, MN 55044

**Raising Cane's** 7501 150th Street W. Apple Valley, MN 55124

#### **Redwood Community Center & Pool**

311 Elm Drive Apple Valley, MN 55124

**Rosemount Marcus Theatre** 15280 Carrousel Wav Rosemount, MN 55068

**Scott Highlands Middle School** 

14011 Pilot Knob Road Apple Valley, MN 55124

**Sunset Pond Park** 3398 W. Burnsville Parkway Burnsville, MN 55337

**Target Field** 1 Twins Way Minneapolis, MN 55403

Valley Lake Park 160th Street, east of Cedar Ave. Lakeville, MN 55044

Valley Middle Park 1040 Baldwin Drive Apple Valley, MN 55124

Valley Middle School 900 Gardenview Drive Apple Valley, MN 55124

# **REGISTRATION FORM (ONE PER PERSON)**Online Registration: ce.district196.org/projectexplore

V	a	r	n	е	÷	

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

Phone: \_\_\_\_\_ City:\_\_\_\_\_

Zip:\_\_\_\_\_ Email Address:\_\_\_\_\_

Please check if new address or phone number
Contact Person: \_\_\_\_\_\_

Service Provider:

\_\_\_\_\_ Group Home Name:\_\_\_\_\_

Special Information & Accommodations: 🛛 Wheelchair 🖓 Food Allergies, please specify \_\_\_\_\_

#### Please check if you do not wish for your photo to be used for publicity purposes or social media

Participant Even	ts – Summer 2023
Cooking Classes	CHS Field Tour\$10
4th of July Cooking\$15	No Bus \$5
Summer Picnic Cooking\$15	St. Paul Saints
÷	
Crafts	
American Flag Wreath	No Bus\$26
Daytime 1:00-2:30 pm\$12 Evening 6:30-8:00 pm\$12	July 16 \$31
Evening 6:30-8:00 pm \$12 Fairy Garden	No Bus \$26
	MN United Soccer! \$51
· · · · · · · · · · · · · · · · · · ·	No Bus \$46
Evening 6:30-8:00 pm \$12 Nautical Rope Vase	The Pirates of Treasure Island\$10
Daytime 1:00-2:30 pm \$12	Out and About
Evening 6:30-8:00 pm\$12	Coffee & Chat
	June 22 Free
Science Classes	July 18 Free
MIY Toy Spinners\$12 Alcohol Ink Tiles \$12	August 23 Free
Alcohol Ink Tiles\$12 Cactus & Succulent Gardens\$12	Lunch Bunch
	June 6 Free
Dances	July 14 Free
Rock n' Roll Summer Dance \$10	August 10 Free
Entertainment	Sports
Explore Minnesota!\$8	Pickleball
Let's Play Cards	June 6 \$8
June 22 \$5	July 18 \$8
July 20 \$5	August 1 \$8
August 9\$5	Summer Bowling Leagues (10 weeks)
Pool Party	Monday Morning\$45
July 13\$6	Monday Afternoon \$45
August 11 \$6	Wednesdays\$45
Health and Wellness	Thursdays\$45
Hike Moir Park\$5	I need lane bumpers
Hike Patrick Eagan Park   \$5	I need a bowling ramp
Hike Ritter Farm Park\$5	Mini-Golf
Stroll & Roll	June 21 \$5
Cleary Lake\$5	July 19 \$5
Valley Lake Park \$5	August 16 \$5
MN Riverfront Park \$5	Mini-Golf Tournament\$5
Sunset Pond \$5	T-shirt size
Yoga on the Grass June 13 \$5	Volunteer Corner
June 27 \$5	Adopt-A-Park
July 11 \$5	June 24 Free
July 25 \$5	July 8 Free
August 8\$5	August 26 Free
August 22 \$5	//ugust 20
Out on the Town	Participant Total
MN Twins	Credit Voucher
June 4 \$45	Enclosed
No Bus \$40	
July 23 \$40	
No Bus\$40	
"The Little Mermaid" \$9	UCare Plan

#### Caregiver Events – Summer 2023

This portion of the registration form must be completed when there is a fee charged for the caregivers to attend an activity with the participant(s).

#### Dances

Rock n' Roll Summer Dance \_\_\_\_\_\_\$10 (The first caregiver in a group registers & pays)

#### Out on the Town (Tickets required for everyone attending) **MN** Twins

June 4	\$45
No Bus	\$40
July 23	\$45
No Bus	\$40
"The Little Mermaid"	\$9
CHS Field Tour	\$10
No Bus	\$5
St. Paul Saints	
June 30	\$31
No Bus	\$26
July 16	\$31
No Bus	\$26
MN United Soccer!	\$51
No Bus	\$46
The Pirates of Treasure Island	\$10
Caregiver Total	
Credit Voucher	
Enclosed	
Balance Remaining	
Check #	

#### Complete and mail your registration form and check to:

River Valley Project Explore 15180 Canada Avenue Rosemount, MN 55068 Payment is due with your registration. Please make checks payable to School District 196. Please call 651-423-7931 with any questions.

# EASY WAYS TO REGISTER

### 1. By Mail

Complete one registration form per person and mail it with a check to: River Valley Project Explore

15180 Canada Avenue Rosemount, MN 55068

#### Make check payable to ISD 196

### 2. Online

Visit ce.district196.org/projectexplore to register online.

#### 3. Phone

Use your Visa, MasterCard, American Express or Discover card and call 651-423-7920.

#### 4. In Person

Walk in registrations can be made at the office between the hours of 8:00 am and 4:00 pm, Monday through Friday.

### 5. Drop Box

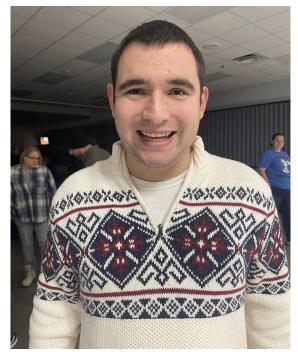
Drop off your registration in our secure drop box 24/7, located at our offices. You'll find the drop box on the south side of the building under the Community Ed awning.

### Are You In?

Yes! Unless you are notified, assume that you are enrolled in the activity and that it will be held at the time and place indicated.

## **Cancellation and Refund Policy**

- Full refunds will be given if classes are cancelled by Project Explore.
- Refund requests received five (5) working days prior to a class qualify for a refund.
- Requests received less than five (5) working days before class start may not receive a refund.
- Exceptions are made due to serious illness or family emergency.
- Once tickets are purchased for "Out On The Town" events, refunds will not be made unless there is someone on our waiting list.



# HELP WITH PAYMENT

### **UCare Discount**

• Some UCare Members are eligible for a \$15 discount on all classes in this catalog. If a class is less than \$15, the member may take the class with no fee. You must be UCare member at the time of registration and throughout the duration of the class. Members need to include their UCare ID number when registering and indicate which UCare Plan they have. Call the office if you have questions.

## **Scholarship Information**

• Clients may request scholarship support for Project Explore sponsored activities. The annual maximum scholarship amount is \$100. Questions can be directed to Patty at the Program Office.

#### Scholarships are provided by the RVPE Foundation.





# PERSONAL REGISTRATION RECORD

#### Name: \_

#### Check the classes you have registered for!

#### Saturday, June 3

Hike Moir Park
 10:00-11:30 am
 Moir Park, Bloomington

Sunday, June 4 MN Twins 11:45 am-5:00 pm Valley Middle School

Tuesday, June 6

Lunch Bunch

 11:00 am-12:15 pm
 El Super Taco - AV

 Pickleball

 6:30-8:00 pm
 Apple Valley Community Center

Wednesday, June 7 Explore Minnesota! 6:30-7:30 pm Valley Middle School

Saturday, June 10 The Little Mermaid 9:30-11:30 am Rosemount Marcus Cinema

#### Monday, June 12

 Morning Bowling League Begins
 10:00-11:15 am Bogart's

American Flag Wreath
1:00-2:30 pm
Scott Highlands Middle School

 Afternoon Bowling League Begins 4:00-5:15 pm Bogart's

American Flag Wreath 6:30-8:00 pm Scott Highlands Middle School

Tuesday, June 13

□ Yoga on the Grass 6:30-7:30 pm Valley Middle School

Wednesday, June 14

4:00-5:15 pm Bogart's

#### Thursday, June 15

Bowling League Begins 4:00-5:15 pm Bogart's

Saturday, June 17

□ Stroll & Roll Cleary Lake 10:00-11:30 am Cleary Lake

Tuesday, June 20 MIY Toy Spinners 6:30-7:30 pm Scott Highlands Middle School

#### Wednesday, June 21

Mini-Golf 6:00-8:00 pm King Park

#### Thursday, June 22

Coffee & Chat
 9:00-10:00 am
 McDonald's Restaurant
 Let's Play Cards
 6:30-8:00 pm
 Scott Highlands Middle School

Saturday, June 24 Adopt-A-Park 10:00-11:00 am Valley Middle Park

Monday, June 26 CHS Field Tour 2:15-5:00 pm Falcon Ridge Middle School

Tuesday, June 27 Yoga on the Grass 6:30-7:30 pm Valley Middle School

#### Wednesday, June 28

4th of July Cooking
 5:30-7:30 pm
 Scott Highlands Middle School

Thursday, June 29 Rock n' Roll Summer Dance 6:00-9:00 pm Valley Middle School

#### Friday, June 30

□ St. Paul Saints 5:30-11:00 pm Falcon Ridge Middle School

## Friday, July 7

□ Stroll & Roll Valley Lake 6:30-7:30 pm Valley Lake Park

Saturday, July 8 Adopt-A-Park 10:00-11:00 am Valley Middle Park

MN United Soccer
 6:00-10:00 pm
 Falcon Ridge Middle School

#### Monday, July 10

Alcohol Ink Tiles
 6:30-7:30 pm
 Scott Highlands Middle School

Tuesday, July 11 Yoga on the Grass 6:30-7:30 pm Valley Middle School

Thursday, July 13 Pool Party
7:00-9:00 pm
Redwood Pool

#### Friday, July 14

Lunch Bunch 11:00-12:15 pm Freddy's - Lakeville

Saturday, July 15 Stroll & Roll MN Riverfront 10:00-11:15 pm Minnesota Riverfront Park

Sunday, July 16 St. Paul Saints 12:30-5:30 pm Falcon Ridge Middle School

Monday, July 17

5:30-7:30 pm Scott Highlands Middle School

#### Tuesday, July 18

Coffee & Chat
 9:00-10:00 am
 McDonald's Restaurant
 Pickleball

6:30-8:00 pm Apple Valley Community Center

#### Wednesday, July 19

Mini-Golf 6:00-8:00 pm King Park

#### Thursday, July 20

Let's Play Cards 6:30-8:00 pm Scott Highlands Middle School

#### Saturday, July 22

Hike Patrick Eagan Park
 10:00-11:30 am
 Patrick Eagan Park

Sunday, July 23

11:45 am-5:00 pm Valley Middle School

#### Monday, July 24

Fairy Garden
 1:00-2:30 pm
 Scott Highlands Middle School
 Fairy Garden

6:30-8:00 pm Scott Highlands Middle School

#### Tuesday, July 25

□ The Pirates of Treasure Island 10:00-11:30 am Ives Auditorium

□ Yoga on the Grass 6:30-7:30 pm Valley Middle School

#### Tuesday, August 1

Pickleball
 6:30-8:00 pm
 Apple Valley Community Center

## Saturday, August 5

Hike Ritter Farm 10:00-11:30 am Ritter Farm Park

#### Monday, August 7

Nautical Rope Vase 1:00-2:30 pm Scott Highlands Middle School

Nautical Rope Vase 6:30-8:00 pm Scott Highlands Middle School

#### Tuesday, August 8

□ Yoga on the Grass 6:30-7:30 pm Valley Middle School

#### Wednesday, August 9

Let's Play Cards
 6:30-8:00 pm
 Falcon Ridge Middle School

Thursday, August 10

Lunch Bunch Raising Canes - AV 11:00-12:15 pm

Friday, August 11

Pool Party
 7:00-9:00 pm
 Redwood Pool

#### Saturday, August 12

Mini-Golf Tournament 10:45 am-1:00 pm King Park

#### Monday, August 14

Cactus & Succulent Gardens
 6:30-7:30 pm
 Scott Highlands Middle School

Wednesday, August 16

Mini-Golf 6:00-8:00 pm King Park

#### Friday, August 18

Stroll & Roll Sunset Pond 6:30-7:30 pm Sunset Pond Park

#### Tuesday, August 22

□ Yoga on the Grass 6:30-7:30 pm Valley Middle School

#### Wednesday, August 23

□ Coffee & Chat 9:00-10:00 am McDonald's Restaurant

Saturday, August 26 Adopt-A-Park 10:00-11:00 am Valley Middle Park



A Community Education Consortium Representing:

Burnsville (#191) 200 West Burnsville Parkway Burnsville, MN 55337

Farmington (#192) 20655 Flagstaff Avenue Farmington, MN 55024

Lakeville (#194) 8670 210th Street West Lakeville, MN 55044

Randolph (#195) 29110 Davisson Avenue Randolph, MN 55065

Rosemount-Apple Valley-Eagan (#196) 3455 153rd Street W Rosemount, MN 55068



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## TIME SENSITIVE MATERIAL

If you no longer want to receive this brochure, or you know someone who would like to receive it, please call us at 651-423-7931. Thank you!

# ST. PATRICK'S DANCE!

