



Phone: 651-423-7931

Email: projectexplore@district196.org

ce.district196.org/projectexplore

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 33 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

As we are well into spring, longer days and warmer weather; it's time to plan for some summer fun! We have many great opportunities to get outside with friends and enjoy summertime! There are a few new activities planned for you. A day trip on a motor coach to Austin, Minnesota. It's sure to be interesting as we tour a museum, make a craft and visit a nature center. We have a half day planned with Wilderness Inquiry that includes canoeing, art, shelter building and ends with building a fire and s'mores. Sounds like a great day! We have many hikes and strolls throughout the summer along with two outdoor pool parties. We are going to some MN Twins and St. Paul Saints baseball games. Pickleball is back for the summer too. Mini-golf at King Park along with a tournament hosted by the Lakeville Lions. Our annual Rock'n' Roll Summer Dance is June 20th and you won't want to miss it. There will be over 60 raffle items at the dance along with a live band, The Prisoners of Rock'n' Roll. Our four bowling leagues continue for the summer at Bogart's. We also have craft, science, art, cooking and volunteer opportunities planned for you this summer, so make sure to look through every page. Check out Summer Happenings and Community Services and the information about free and discounted programs around the Twin Cities to help keep you active all summer!

I hope you will join in for some social, recreational and learning opportunities with us this summer.

Questions about participating in Project Explore activities? Please review our Guidelines on page 11.

Many activities fill up quickly, so make sure to register early when possible!



Project Explore Staff

Project Explore Advisory Council

Jane Anderson	Shekinah Dillon	Caroline Gettz
Kevin Johnson	lan Mayes	Dave Modrynski
Megan Moe	Sona Parker	Greg Paulson
Leah Paulson	Kelly Ruiz	Denise Weber
Dottie Woodruff	Barb St. Aubin	Patty Vance

Advisory Council members meet bi-monthly to discuss providing services and programming. 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 fundraising programs as well as the disbursement of funds that ensure the program's 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.



We love our Volunteers!

Project Explore Volunteers are very valuable. 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 – projectexplore@district196.org – or call our office – 651-423-7931.

ARTS & PAINTING

Summer Splendor

"Watercolor Painting" Learn to paint soft colored summer flowers, puffy clouds in the sky and sparkling waters reflecting sky, clouds and flowers. Inspiration guides and samples will be displayed during the class.

Monday, June 10 6:30-8:00 pm Falcon Ridge Middle School \$12 per person

Sparkling Celebration

You will use acrylic based paints, many containing sparkles. The finished piece will be modern abstract art. Think of the burst of colors in fireworks, sunsets, sunrises or anything bright and sparkly. Learn easy color blocking, color masking and color flowing.

Monday, July 1 Falcon Ridge Middle School 6:30-8:00 pm \$12 per person



Autumn Glory

We will use acrylic paint on a canvas board. Paint a tree in its full fall colors. It will be bright and beautiful. Add details such as birds in the sky, pumpkins in the grass below or whatever autumn things you imagine.

Monday, August 19 6:30-8:00 pm Falcon Ridge Middle School \$12 per person

COOKING

Dairy Free Mac & Cheese

For those of us that are lactose intolerant or vegan, we have a recipe for you! We will make this dairy free mac and cheese dish with a dairy free dessert!

Wednesday, July 17 Falcon Ridge Middle School 5:30-7:00 pm \$15 per person

CRAFTS



Dragonfly Whisk

Create this beautiful dragonfly that will be sure to brighten up your home this summer. We'll use beads, a whisk and more. **You may register for only one class.**

Wednesday, June 26 1:00-2:30 pm Falcon Ridge Middle School \$12 per person Wednesday, June 26 6:30-8:00 pm Falcon Ridge Middle School \$12 per person

Butterfly Blocks

These butterflies are made from wood, pretty paper and some wire! This will look cute on your table or on your patio. **You may register for only one class.**

Wednesday, July 31 1:00-2:30 pm
Falcon Ridge Middle School \$12 per person
Wednesday, July 31 6:30-8:00 pm
Falcon Ridge Middle School \$12 per person



Diamond Art

Diamond Art is so relaxing and popular. If you are new or experienced at diamond art, this class is for you! We will have kits available or you can bring a kit you have been working on. **You may register for only one class.**

Wednesday, August 14 Falcon Ridge Middle School Wednesday, August 14

Falcon Ridge Middle School

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

\$12 per person

SCIENCE

Explore Seashells

Seashells are nature's treasures. Explore the daily life of animals that live in seashells, identify seashells, and make shell pendants and picture frames.

Monday, June 17 **Falcon Ridge Middle School**

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

DIY Rock 'n' Roll Ice Cream

With a couple coffee cans and a few ingredients, turn a liquid solution into a cold creamy ice cream dessert. Fun chemistry for a summer day. Bring your own winter gloves for rockin' 'n' rollin' as the cans will get frosty cold!



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

Monday, July 15 **Falcon Ridge Middle School**

Sun & Shadow Science

Build a tower and shape a shadow. From ancient Greek temples to modern skyscrapers architects use the interplay between sunlight and shadow to sculpt spaces which inspire and captivate people. Create your own "tower" and shine a LED light on it to create funky shadows.

Monday, August 12 Falcon Ridge Middle School

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

DANCES

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. There will be over 60 raffle prizes for you to view and take a chance to win. Raffle tickets are \$1.00 each and will be sold throughout the evening. Refreshments will be served.

Thursday, June 20 Valley Middle School

6:00-9:00 pm \$10 per person



Participants **must** be accompanied to the classroom or activity site **no earlier** than 15 minutes prior to the start of an activity. Caregivers/staff must return for pick up 15 minutes prior to the activity end time.



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 bottles of water will be available to keep you hydrated. There is no fee for caregivers.

Friday, July 19 **Redwood Community Center** Friday, August 9

Redwood Community Center

\$7 per person 7:00-9:00 pm

7:00-9:00 pm

\$7 per person

HEALTH AND WELLNESS

Outdoor Activities Day!

Connect with nature while you learn outdoor skills with Wilderness Inquiry! You will see your community from a new perspective. We will meet at Lebanon Hills Regional Park for a fun filled day of canoeing, nature art, learning to build a shelter, fire building and having lunch together. Bring your own lunch, we'll have coolers to keep them fresh. Water will be provided. The day will conclude with s'mores you'll make after the fire building activity. Make sure to wear sturdy shoes and dress for the weather.

Saturday, June 22 **Lebanon Hills Visitor Center** 10:00 am-2:30 pm \$29 per person



EALTH AND WELLNESS

In case of inclement weather, the instructor will call and reschedule. Caregivers who need to accompany their participants must stay by them the entire time and keep up with their pace of walking. Please wear appropriate shoes, sturdy shoes for our hikes and no flip-flops! Afterwards we will enjoy some refreshments and have social time. For hikes arrive 10 minutes before the scheduled time so we can start out together. For strolls arrive 5 minutes prior to the start time.



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.

Thursday, June 6	6:30-7:30 pm
Valley Lake Park	\$5 per person
Tuesday, July 30	6:30-7:30 pm
Valley Lake Park	\$5 per person

Hike Ritter Farm Park

We'll do about a 2.5-mile hike with a lot of hills. Please arrive on time. If you'd like water during the hike, please bring a water bottle of your own.

Saturday, June 15 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, June 28 6:30-7:45 pm **Sunset Pond Park** \$5 per person

> Tuesday, August 27 6:30-7:45 pm Sunset Pond Park \$5 per person

Hike Jensen Lake

Have fun hiking on the rolling hills and wooded trails around Jensen Lake in Lebanon Hills Regional Park. The trail is about 2 miles long and unpaved. Meet at the picnic pavilion.

Saturday, July 6 Jensen Lake Trailhead 10:00-11:30 am \$5 per person

Stroll & Roll MN Riverfront Park

We'll stroll along the trailhead towards Black Dog Lake and the power plant. You can walk at your own pace and turn around when you get tired. (You must take 35W to Black Dog Road to reach this trailhead)

Friday, July 12 6:30-8:00 pm Minnesota Riverfront Park \$5 per person

Hike Hanrehan Lake

Join us on a 2-3-mile hike on the beautiful rolling hills at Murphy-Hanrehan Nature Preserve. If you'd like water during the hike, please bring a water bottle of your own.

Saturday, July 27 Hanrehan Lake

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

Hike Moir Park

Let's get together and hike this beautiful park located in Bloomington. The hiking path follows Nine Mile Creek and goes through a lot of trees so there will be plenty of shade. What a great way to start your weekend by getting some exercise with friends outdoors.



Saturday, August 3 **Moir Park**

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

Stroll & Roll MN Riverboat Launch

Let's take a stroll along the Minnesota River! Meet at the boat launch located not far from the Eagan Outlet Mall. We'll take a leisurely walk/stroll along the river and look for wildlife. We may even see a boat or two! Dress for the weather and bring a water bottle to keep you hydrated during as we stroll along.

6:30-8:00 pm Tuesday, August 6 Minnesota Riverboat Launch \$5 per person

Hike Old Cedar Bridge

Let's explore as we hike along the Old Cedar Bridge area. You will be near the river so there's sure to be wildlife and more to see! Dress for the weather and bring a water bottle to keep you hydrated during the hike.

Saturday, August 24 **Old Cedar Bridge**

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

Hike Sue Fischer Memorial Park

Meet by the parking lot at Sue Fischer Memorial Park and then we'll hike Rudy Kraemer Nature Preserve (about 2-1/2 miles). If you'd like water during the hike, please bring a water bottle of your own.

Saturday, August 31 **Sue Fischer Memorial Park** 10:00-11:30 am \$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 Houston Astros in July and the Chicago White Sox in August. 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. **The bus departs from Valley Middle School.** You will be dropped off and picked up right at in front of the main entrance.

We must receive your registration and payments by June 13th for the July 7th game and July 11th for the August 4th game, or until the tickets have sold out. Caregivers need to register and pay for each game ticket.

Sunday, July 7 Valley Middle School 11:45 am-4:30 pm \$49 per person

Sunday, August 4 Valley Middle School 11:45 am-4:30 pm \$49 per person

Fantastic Mr. Fox

Mr. Fox is smart, clever and rather fantastic, but can he save his family and friends from the trio of spiteful, nasty, smelly farmers who are out to get them? This hilarious, toe-tapping new musical is a celebration of courage, family and community. A fantastic musical for all ages. The Ives Auditorium is a beautiful theater where every seat is great! It's located at the Minnesota Masonic Heritage Center in Bloomington.

Transportation is not provided for this event.

Wednesday, July 24 Ives Auditorium 10:00-11:15 am \$10 per person

Participants **must** be accompanied to the classroom or activity site **no earlier** than 15 minutes prior to the start of an activity. **Caregivers/staff must return for pick up**15 minutes prior to the activity end time.

SPAM Museum & More Day Trip

Ready for a full day of adventure? Hop on board a luxury motorcoach with your friends for a trip to Austin, Minnesota. We will have a tour of the SPAM Museum. You will be able to purchase various flavors of SPAM in the gift shop too! We will visit the Austin Artworks Center and make a craft. (Craft making is not included in the caregiver fee). Lunch is on your own and there are many restaurants within a block of the museum and art center. El Mariachi Mexican, Piggy Blues' Bar-B-Que, Downtown Grill, Steve's Pizza, Tender Made Sandwich Shop and B & J Bar and Gril are some of the nearby restaurants for lunch. Remember to bring money for your meal! After lunch we'll hop back on the bus and head to the Hormel Nature Center where you can explore the trails and Interpretive Center. There are fun and interactive exhibits with live animals, touch tables, puzzles and games, a play area and more! Learn about the local history, the wildlife and the story of the Jay C. Hormel Nature Center. Caregivers must register and pay the caregiver fee to reserve room on the bus and for tours.

Saturday, July 13 Valley Middle School 8:30 am-5:15 pm \$39 per person

St. Paul Saints

Come and watch the St. Paul Saints at CHS Field as they play the Toledo Mudhens in June, the Omaha Storm Chasers in July and the Scranton/Wilkes Barre Railriders in August. This beautiful field in Lowertown is sure to help you enjoy a great time watching Saints baseball! After the July and August games we will stay for the fireworks! The pig



will be there along with the usual Saints' craziness that we all love! No doubt, there will be 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. Be aware that the June game starts at 2:07pm. The July 26 and August 23 games begin at 7:07pm. **The bus departs from Falcon Ridge Middle School.**

We must receive your registration and payment by May 23 for the June 23 game and by June 26 for the July 26 game and by July 24 for the August 23 game, or until tickets have sold out. Every person attending the game, including caregivers need to register and purchase a ticket for each game.

Sunday, June 23 12:45-5:15 pm Falcon Ridge Middle School \$29 per person

Friday, July 26 5:45-10:45 pm Falcon Ridge Middle School \$31 per person

Friday, August 23 5:45-10:45 pm Falcon Ridge Middle School \$31 per person

OUT AND ABOUT



Lunch Bunch

Let's meet for lunch and some socializing! 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.*

Wednesday, June 5	11:00 am-12:15 pm
Pizza Ranch Lakeville	Free
Tuesday, July 16	11:00 am-12:15 pm
Smashburger Apple Valley	Free
Thursday, August 8 Culvers of Apple Valley	11:00 am-12:15 pm Free

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.

Tuesday, June 25	9:00-10:00 am
McDonald's Restaurant	Free
Thursday, July 18	9:00-10:00 am
McDonald's Restaurant	Free
Wednesday, August 21	9:00-10:00 am
McDonald's Restaurant	Free



SPORTS

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. You may only register for one league.



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

Monday Morning Bowling – 10 weeks

Monday, June 10 – August 19 (skip 7/1)

Bogart's Entertainment Center

10:00-11:15 am
\$45 per person

Monday Afternoon Bowling- 10 weeks

Monday, June 10 – August 19 (skip 7/1) 4:00-5:15 pm Bogart's Entertainment Center \$45 per person

Wednesday Bowling – 10 weeks

Wednesday, June 12-August 21 (skip 7/3) 4:00-5:15 pm Bogart's Entertainment Center \$45 per person

Thursday Bowling – 9 weeks

Thursday, June 13-August 22 (skip 6/20 & 7/4) 4:00-5:15 pm Bogart's Entertainment Center \$40 per person



Pickleball

Come on out for a great evening with friends on the courts! You will have 90 minutes to learn the basics of pickleball and play some 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 11	6:30-8:00 pm
Apple Valley Community Center	\$8 per person
Tuesday, July 9	6:30-8:00 pm
Apple Valley Community Center	\$8 per person
Tuesday, August 13	6:30-8:00 pm
Apple Valley Community Center	\$8 per person

Mini-Golf at King Park

Join your friends for some fun outdoors playing mini-golf 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. 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 12 King Park Wednesday, July 10 King Park Wednesday, August 7 King Park

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

\$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 Lions Club. Please arrive at 10:45 so teams can be organized.

Saturday, August 10 King Park

10:45 am-1:00 pm \$5 per person

Participants **must** be accompanied to the classroom or activity site **no earlier** than 15 minutes prior to the start of an activity. Caregivers/staff must return for pick up 15 minutes prior to the activity end time.

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 8 Valley Middle Park Free Saturday, July 20 10:00-11:00 am Valley Middle Park Free 10:00-11:00 am Saturday, August 17 Valley Middle Park Free

10:00-11:00 am

Feed My Starving Children

Come join us and make a big difference in the lives of children around the world! We will help pack food and label bags at Feed My Starving Children to feed children around the world. At the end of our packing session, we will find out exactly how many meals we produced to help eliminate hunger in the world.

Please leave your jewelry at home so no loose items end up in the food.

Tuesday, June 18 12:00-1:45 pm Feed My Starving Children Free Thursday, August 1 2:30-4:15 pm Feed My Starving Children Free



LOCAL COMMUNITY SUMMER HAPPENINGS

Apple Valley

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

Apple Valley Freedom Days

June 28-July 4, 2024

Farmington Dew Days

June 17-23, 2024

Lakeville Pan-O-Prog

July 7-14, 2024

Rosemount Leprechaun Days

July 20-27, 2024

Storybook Theater

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

Rapunzel

Friday, June 21 at 6:30 pm Saturday, June 22 at 10:00 am

Three Little Pigs

Friday, July 11 at 6:30 pm Saturday, July 12 at 10:00 am

Goldilocks

Friday, August 2 at 6:30 pm Saturday, August 3 at 10:00 am

Burnsville

For more information contact Burnsville Parks & Recreation

Party on the Plaza

June 6, July 11 and August 22 from 5:00 – 9:00 pm Nicollet Commons Park, 12600 Nicollet Avenue Food Trucks, live entertainment, community booths, arts & craft vendors, games and more!

Thursday Rockin' Lunch Hour Concerts at noon, free to all at Nicollet Commons Park.

"Shrek Jr!" The Musical on July 25th at noon, free to all at Nicollet Commons Park.

Flicks on Bricks (seating at 7:30pm, outdoor movies begin at dusk) Free to all

Nicollet Commons Park, 12600 Nicollet Avenue

June 21 – "Grease", July 26 – "Wonka", August 9 – "Jurassic Park"

Eagan

Summer Market Fest & Concerts:

June 5 – August 28 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

Eagan Food Truck Festival

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

Dakota County Fair

August 5-11 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. Call 507-663-1370 before you go so the farm is prepared for your visit.

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.)

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. We will contact you when we match an instructor to the swimmer's special needs. Classes are 30 minutes in length.

Mondays:

June 17 -Aug. 5 June at DHMS, July-August at BHMS \$144/8 sessions 3:00-3:30 pm., 3:35-4:05 pm., or 4:10-4:40 pm

Wednesdays:

June 26 – August 7 June at DHMS, July-August at BHMS 3:00-3:30 pm., 3:35-4:05 pm., or 4:10-4:40 pm \$126/7 classes

Twin Cities River Rats Waterski Shows

1628 West River Road, Minneapolis 55411 info@tcriverrats.com
Free shows Thursday evenings at 6:30 pm June 6 – August 29
No show July 25 & August 8
Check their website for additional shows

LOCAL COMMUNITY SUMMER HAPPENINGS

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.

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:

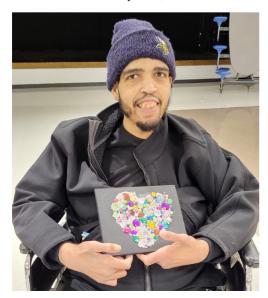
MN Zoo offers a "Free to Explore" program if you are enrolled in any of the following:

TANF, MFIP, SNAP, MFAP, General Assistance (all need to show an FBT 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 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. 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 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. 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

Participants **must** be accompanied to the classroom or activity site **no earlier** than 15 minutes prior to the start of an activity. **Caregivers/staff must return for pick up**15 minutes prior to the activity end time.

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.

Participants must be accompanied to the classroom no earlier than 15 minutes prior to the listed start time and should be picked up promptly at the listed end time. Caregivers must return for pick up 15 minutes prior to the end of the activity/class to ensure prompt pickup. Please be considerate of the Project Explore staff in following the activity end time.

Participants arranging transportation need to arrange pick-ups at the activity/class end time.

- 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 who require personal assistance for physical and/ or behavioral issues must be accompanied and supervised for all activities and events by their caregiver.
- 3. All participants must be accompanied for field trips, unless they are their own guardian. Call the office with any questions.
- 4. Any participant with an active seizure disorder must be accompanied and supervised at all Project Explore activities by their caregiver.
- 5. All Project Explore programs are school district sponsored, so there is no smoking on school grounds. All programs are alcohol free.
- 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.
- 7. 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.
- 8. Any individuals attending any of our activities on their own are asked to carry emergency contact information with them.
- 9. 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.
- 10. 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.
- 11. 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.
- 12. 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.

• InControl: www.incontrolmn.com InControl is a company dedicated to promoting wellness at home and improving the quality of life of adults with disabilities. The four key pillars are: Physical, Emotional, Social and Nutrition.



ADDITIONAL 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: 952-707-4110 Farmington: 651-460-3200 Lakeville: 952-232-2170 Randolph: 507-263-2151 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

Apple Valley Community Center

14603 Hayes Road Apple Valley, MN 55124

Bogart's Entertainment Center

14917 Garrett Avenue Apple Valley, MN 55124

Culver's Restaurant

15225 Galaxie Avenue Apple Valley, MN 55124

Falcon Ridge Middle School

12900 Johnny Cake Ridge Road Apple Valley, MN 55124

Feed My Starving Children

990 Lone Oak Road #136 Eagan, MN 55121

Hanrehan Lake

15501 Murphy Lake Road Savage, MN 55378

Holland Lake Trailhead

1100 Cliff Road Eagan, MN 55123

Ives Auditorium

11411 Masonic Home Drive Bloomington, MN 55437

Jensen Lake Trailhead

1398 Carriage Hills Drive Eagan, MN 55123

King Park

18350 Dodd Blvd. Lakeville, MN 55044

Lebanon Hills Visitor Center

842 Cliff Road Eagan, MN 55123

McDonald's Restaurant

7667 150th Street W. Apple Valley, MN 55124

Minnesota Riverboat Launch

3711 Nicols Road Burnsville, MN 55337

Minnesota Riverfront Park

600 W. Blackdog Road Burnsville, MN 55337

Moir Park

10320 Morgan Avenue S Bloomington, MN 55431

Old Cedar Bridge

9500 Old Cedar Avenue S. Bloomington, MN 55425

Pizza Ranch

16995 Kenyon Avenue Lakeville, MN 55044

Redwood Pool

311 Elm Drive Apple Valley, MN 55124

Ritter Farm Park

19300 Ritter Parkway Lakeville, MN 55044

Smashburger

7394 153rd Street W. #100 Apple Valley, MN 55124

Sue Fischer Memorial Park

12700 Vincent Avenue S. Burnsville, MN 55337

Sunset Pond Park

3398 W. Burnsville Parkway Burnsville, MN 5537

Valley Lake Park

160th Street, East of Cedar Avenue Lakeville, MN 55044

Valley Middle Park

1040 Baldwin Drive Apple Valley, MN 55124

Valley Middle School

900 Garden View Drive Apple Valley, MN 55124

REGISTRATION FORM (ONE PER PERSON)

Online Registration: ce.district196.org/projectexplore

Name:			Phone:	
Address:				
Zip: Ema				
☐ Please check if new add				
Service Provider:				
			•	
Special Information & Accom				
\square Please check if you do n	ot wish fo	or your photo to be used	l for publicity	purposes or social media
Participa	nt Even	ts – Summer 2024		Caregiver Events – Su
Cooking Classes		MN Twins		This portion of the reg
Dairy Free Mac & Cheese	\$15	· ·	\$49	form must be complet
Craft Classes		No Bus	\$44	there is a fee charged
Dragonfly Whisks		August 4	\$49	_
	\$12	No Bus	\$44	caregivers to attend a
	\$12	SPAM Museum & More Day Trip		with the participant(s)
Butterfly Blocks		Fantastic Mr. Fox	\$10	
· · · · · · · · · · · · · · · · · · ·	\$12	Out & About		Dances
	\$12	Lunch Bunch		Rock'n' Roll Summer Dance
Diamond Art			Free	_
	\$12		Free	Out on the Town
Evening 6:30-8:00 pm	\$12		Free	St. Paul Saints
Science Classes		Coffee & Chat	_	June 23
	\$12		Free	No Bus
DIY Rock 'n' Roll Ice Cream	\$12		Free	July 26
Sun & Shadow Science	\$12	August 21	Free	No bus
Arts & Painting		Sports		August 23
Summer Splendor	\$12	Pickleball		No Bus
	\$12		\$8	MN Twins
Autumn Glory	\$12		\$8	July 7
Dances			\$8	No Bus
Rock 'n' Roll Summer Dance	\$10	Summer Bowling Leagues		August 4
Entertainment		, , ,	\$45	No Bus
Pool Party			\$45	SPAM Museum & More Day Trip_
<i>'</i>	\$7		\$45	Fantastic Mr. Fox
August 9	\$7 \$7		\$40	Volunteer Corner
Health and Wellness	¥,	I need lane bumpers		Feed My Starving Children
Stroll & Roll		I need a bowling ramp		June 18, 12:00 pm
	\$5	,	\$29	August 1, 2:30 pm
,	\$5 \$5	Mini-Golf at King Park June 12	\$5	
	\$5 \$5			Caregiver Total
	\$5	August 7	\$5 \$5	Credit Voucher
	\$5	Mini-Golf Tournament	\$5	Enclosed
	\$5			Check#
Hike Ritter Farm Park	\$5	Volunteer Corner Adopt A Park		
	\$5	'	Гиол	
	\$5		Free	
	\$5		Free Free	Complete and mail yo
	\$5	Feed My Starving Children		registration form and
Hike Sue Fischer Memorial Park			Free	River Valley Project I
Out on the Town			Free	15180 Canada Aver
St. Paul Saints		Λαθάσε 1, 2.30 μπ	riee	Rosemount, MN 550
	\$29	Participant Total		
	\$24	C IIIV		Payment is due with you
July 26	\$31			registration. Please make
	\$26	<u> </u>		payable to School Distri
	\$31			Please call 651-423-793
No Bus		UCare Plan		any questions.

Events – Summer 2024

ion of the registration t be completed when fee charged for the s to attend an activity participant(s).

Dances	
Rock'n' Roll Summer Dance	 \$10
Out on the Town	
St. Paul Saints	
June 23	 \$29
No Bus	 \$24
July 26	 \$31
No bus	 \$26
August 23	 \$31
No Bus	 \$26
MN Twins	
July 7	 \$49
No Bus	 \$44
August 4	 \$49
No Bus	 \$44
SPAM Museum & More Day Trip	\$32
Fantastic Mr. Fox	 \$10
Volunteer Corner	
Feed My Starving Children	
June 18, 12:00 pm	 Free
August 1, 2:30 pm	 Free
Caregiver Total	
Credit Voucher	
Enclosed	
Check#	

e and mail your ion form and check to:

Valley Project Explore Canada Avenue mount, MN 55068 is due with your on. Please make checks o School District 196. l 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.

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.

If you find a class full

Complete the registration process and add yourself to the waitlist. Registration cancellations occur as well as the possibility of adding additional classes. If you are on the waitlist, we will contact you with the opportunities.

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

Check the classes you have registered for!

Wednesday, June 5

☐ Lunch Bunch – Pizza Ranch 11:00 am-12:15 pm Pizza Ranch - Lakeville

Thursday, June 6

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

Saturday, June 8

☐ Adopt A Park 10:00-11:00 am Valley Middle Park

Monday, June 10

☐ Monday AM Bowling Begins 10:00-11:15 am Bogart's ☐ Monday PM Bowling Begins 4:00-5:15 pm

Bogart's ☐ Summer Splendor

6:30-8:00 pm Falcon Ridge Middle School

Tuesday, June 11

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

Wednesday, June 12

☐ Bowling Begins 4:00-5:15 pm

Bogart's ☐ Mini Golf at King Park 6:00-8:00 pm King Park - Lakeville

Thursday, June 13

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

Saturday, June 15

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

Monday, June 17

☐ Explore Seashells 6:30-7:30 pm Falcon Ridge Middle School

Tuesday, June 18

☐ Feed My Starving Children 12:00-1:45 pm Feed My Starving Children, Eagan

Thursday, June 20

☐ Rock 'n' Roll Summer Dance 6:00-9:00 pm Valley Middle School

Saturday, June 22

☐ Outdoor Activities Day! 10:00 am-2:30 pm

Lebanon Hills Visitor Center Sunday, June 23

☐ St. Paul Saints 12:45-5:15 pm Falcon Ridge Middle School

Tuesday, June 25

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

Wednesday, June 26 ☐ Dragonfly Whisk

1:00-2:30pm Falcon Ridge Middle School ☐ Dragonfly Whisk 6:30-8:00 pm

Falcon Ridge Middle School

Friday, June 28

☐ Stroll & Roll Sunset Pond 6:30-7:45 pm Sunset Pond Park

Monday, July 1

☐ Sparkling Celebration 6:30-8:00 pm Falcon Ridge Middle School

Saturday, July 6

☐ Hike Jensen Lake 10:00-11:30 am Jensen Lake Trailhead

Sunday, July 7

☐ MN Twins 11:45 am-4:30 pm Valley Middle School

Tuesday, July 9

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

Wednesday, July 10

☐ Mini Golf at King Park 6:00-8:00 pm King Park - Lakeville

Friday, July 12

☐ Stroll & Roll MN Riverfront Park 6:30-8:00 pm MN Riverfront Park

Saturday, July 13

☐ SPAM Museum & More Day Trip 8:30 am-5:15 pm Valley Middle School

Monday, July 15

☐ DIY Rock'n' Roll Ice Cream 6:30-7:30 pm Falcon Ridge Middle School

Tuesday, July 16

☐ Lunch Bunch – Smashburger 11:00 am- 12:15 pm Smashburger – Apple Valley

Wednesday, July 17

☐ Dairy Free Mac & Cheese 5:30-7:00 pm Falcon Ridge Middle School

Thursday, July 18

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

Friday, July 19

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

Saturday, July 20

☐ Adopt A Park 10:00-11:00 am Valley Middle Park

Wednesday, July 24

☐ Fantastic Mr. Fox 10:00-11:15 am Ives Auditorium

Friday, July 26

☐ St. Paul Saints 5:45-10:45 pm Falcon Ridge Middle School

Saturday, July 27

☐ Hike Hanrehan Lake 10:00-11:30 am Hanrehan Lake

Tuesday, July 30

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

Wednesday, July 31

☐ Butterfly Blocks 1:00-2:30 pm Falcon Ridge Middle School ☐ Butterfly Blocks

6.30-8.00 nm Thursday, August 1

☐ Feed My Starving Children 2:30-4:15 pm Feed My Starving Children, Eagan

Falcon Ridge Middle School

Saturday, August 3

☐ Hike Moir Park 10:00-11:30 am Moir Park

Sunday, August 4

☐ MN Twins 11:45 am-4:30 pm Valley Middle School

Tuesday, August 6

☐ Stroll & Roll MN Riverboat Launch 6:30-8:00 pm MN Riverboat Launch

Wednesday, August 7

☐ Mini-Golf at King Park 6:00-8:00 pm King Park - Lakeville

Thursday, August 8

☐ Lunch Bunch 11:00 am- 12:15 pm Culvers of Apple Valley

Friday, August 9

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

Saturday, August 10

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

Monday, August 12

☐ Sun & Shadow Science 6:30-7:30 pm Falcon Ridge Middle School

Tuesday, August 13

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



Wednesday, August 14

☐ Diamond Art 1:00-2:30 pm Falcon Ridge Middle School ☐ Diamond Art 6:30-8:00 pm

Falcon Ridge Middle School

Saturday, August 17

☐ Adopt A Park 10:00-11:00 am Valley Middle Park

Monday, August 19

☐ Autumn Glory 6:30-8:00 pm Falcon Ridge Middle School

Wednesday, August 21

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

Friday, August 23

☐ St. Paul Saints 5:45-10:45 pm Falcon Ridge Middle School

Saturday, August 24

☐ Hike Old Cedar Bridge 10:00-11:30 am Old Cedar Bridge

Tuesday, August 27

☐ Stroll & Roll Sunset Pond 6:30-7:45 pm Sunset Pond Park

Saturday, August 31

☐ Hike Sue Fischer Memorial Park 10:00-11:30 am Sue Fischer Memorial 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!

