LINK

Promoting: Life Skills, Independence, Networking & Knowledge

Forest Lake Area Schools - Community Education
943 9th Ave SW, Forest Lake, MN 55025
Community Education Office:
Beth: (651) 982-8333, btetzlaff@flaschools.org
Tracy: (651) 982-8110, tangelo@flaschools.org

Questions about LINK?
Please contact Janet Nutter, LINK Planner (651) 982-8328, jnutter@flaschools.org

Summer 2026

The LINK Program - Offers social, recreational and educational opportunities for adults with disabilities. Community Education staff work hard to offer a variety of activities to enrich the lives of LINK participants and help them to be active and engaged members of the community. Our Community Education staff hope to see you soon at LINK. Register by mail or online at www.flaschools.org/ce.

Transportation - Transportation is available for a fee and is limited based on distance, travel time and space available. If you are requesting transportation for the first time, please contact us. Participants are transported in Forest Lake Area Schools' vans and SUVs. These vehicles are not equipped with wheelchair lifts. Pick up time typically starts one hour before the event starts. Transportation is not available for caregivers or staff.

Registering for Transportation - Several registration fee amounts will be listed next to each activity. One is just the cost of the activity and the other includes transportation. Please indicate your need for transportation by circling the correct fee on the registration for or register for the "A" session when registering online.

New to LINK? - Please contact us. (Janet Nutter at jnutter@flaschools.org). We'd like to get to know you so we can ensure a fun, positive experience with the LINK program.

Your Registration Record - Please note the classes that you have registered for in this newsletter. Keep this information handy so you have dates, times and specific details for each activity for which you are registered.

Scholarships - For those experiencing a financial hardship, scholarship funds are available to LINK participants through private donations. Please include your request for scholarship funds with your LINK registration. Scholarships are not available for caregivers or staff.

Staff - Staff/caregivers are welcome to attend LINK activities. We have added a whole new class section for you to let us know what Staff/caregivers will be attending with our LINK Participants. Please register all Staff/ caregivers for each event using the "B" section. (See registration page). Staff will only be charged for the cost of tickets or food/supplies when applicable. Please look for the "staff rate" when registering. We are asking staff to register for events also so that we know how many to expect.

Locations - LINK typically meets at the FLAS Education Center located at 943 9th Ave SW in Forest Lake. Use door 4 at the Education Center. Please see class descriptions for other locations.

Cancellations - If you need to cancel a class or activity, you must do so a minimum of two working days before the class is scheduled to start. Instructors will have been notified of the number of students in their class and materials will have been prepared. We cannot issue refunds for trips after the deadline due to bus and ticket reservations.

More information on reverse side.

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Cancellations due to weather - Participant safety is our primary concern. We will cancel activities if the staff believe road conditions are unsafe. Please be aware of weather conditions prior to LINK activities as we may be trying to contact you on short notice. We will make decisions at least 60 minutes before the activity is scheduled to begin. If an outdoor event is canceled because of weather, we often have an alternate indoor plan at the Education Center.

Please Note: If you have a disability and need some accommodations to participate in Community Education activities, call Tracy Angelo at (651) 982-8110. Call at least 10 business days before your class is scheduled to begin. We will do our best to make needed accommodations.

Participants who require personal assistance for physical and/or behavioral issues must be accompanied and supervised in activities by a caregiver. If a behavioral incident occurs, a caregiver may be required to accompany the participant to all future activities.

UCare discounts - UCare members may qualify for a discount depending on their policy. If you have any questions regarding available discounts, please contact your UCare representative.

UCare Choices - not eligible
Fairview Choices - not eligible
UCare for Seniors plan - one class per calendar year, $15 discount
UCare Connect plan - unlimited number of classes, $15 discount per class
UCare Connect + Medicare plan - unlimited number of classes, $15 discount per class Any other UCare plans - unlimited

LINK Opportunities
Summer 2026

Fish Lake Nature Trail Hike

We are headed out to Fish Lake (in East Bethel) for a guided nature walk. A Minnesota Master Naturalist Instructor will guide us to experience habitats found within two of the three biomes of our state – the deciduous forest and the coniferous forest. There will be multiple opportunities to stop and rest to listen and look for birds as well as other animals living in this forest. There is a possibility of woodpeckers and bison. Wear sturdy walking shoes and bring binoculars, if you have them. *Registration deadline is Tues, Jun 2.*

9668-SU26 1 Session	Jun 3 6:00-8pm Fish Lake Nature Trail	Wed $5 No Transportation
9668-SU26A 1 Session	Jun 3 6:00-8pm,	Wed $12 With Transportation
9668-SU26B 1 Session	Jun 3 6:00-8pm	Wed $0 Staff



Make Your Own Supper - Subs & Salads

We are going to get together and make our own supper. Something cool in the hot weather- make your own sub sandwiches and some yummy summer salads! A fun night in the kitchen with our LINK friends!

Registration deadline is Tuesday, Jun 30

9678-SU26 1 Session	Jul 1 6:30-8pm EC 102 (Door 4)	Wed $15 No Transportation
9678-SU26A 1 Session	Jul 1 6:30-8pm	Wed $22 With Transportation
9678-SU26B 1 Session	Jul 1 6:30-8pm	Wed $0 Not Eating $5 With Eating



Wildlife Science Center Bonfire

Join your friends at the Wildlife Center for a howling good evening! We'll see and learn about the Wildlife Science Center's resident wildlife which includes wolves, bears, mountain lions, coyotes, raptors and reptiles. We'll end the evening with a bonfire and roast marshmallows! Wildlife Science Center is located at 22830 Sunrise Rd NE, Stacy, MN 55079.

Registration deadline is Tuesday, June16.

9627-SP26 1 Session	Jun 17 6:00-8pm Wildlife Science Center	Wed $18 No Transportation
9627-SP26A 1 Session	Jun 17 6:00-8pm	Wed $25 With Transportation
9627-SP26B 1 Session	Jun 17 6:00-8pm	Wed $15 Staff



LINK Opportunities
Spring/Summer 2026



Brewer's Baseball Game

Root, Root, Root for the Home Team as we cheer on the Forest Lake Brewers vs Elk River Lumberjacks at 7:30 at Schumacher Field. We'll have a snack and enjoy some good outdoor time. Schumacher Field is located at 700 3rd Avenue SW in Forest Lake MN. In case of inclement weather, alternate activities will be held indoors at the Education Center.
Registration deadline is Tuesday, Jul 7.

9641-SU26 1 Session	Jul 8 7:30-9pm Schumacher Field	Wed $5 No Transportation
9641-SU26A 1 Session	Jul 8 7:30-9pm	Wed $12 With Transportation
9641-SU26B 1 Session	Jul 8 7:30-9pm	Wed $0 Staff

Superhero Craft Night

Create your own Superhero masterpieces to give as gifts or decorate your home! Please wear clothes that can get paint and glue on them, and prepare for a messy, creative evening.
Registration deadline is Tuesday, Jul 21.

9604-SU26 1 Session	Jul 22 6:30-8pm EC Cafe (Door 4)	Wed $18 No Transportation
9604-SU26A 1 Session	Jul 22 6:30-8pm	Wed $25 With Transportation
9604-SU26B 1 Session	Jul 22 6:30-8pm	Wed $0 Staff





Painting - Four Season Tree

Our Community Education craft instructor Swetha will lead us for a fun painting opportunity "Four Seasons Trees". Painting in a relaxed atmosphere makes for a fun evening and you'll go home with a fun masterpiece for your wall!!
Registration deadline is Tuesday, Aug 4.

9692-SU26 1 Session	Aug 5 6:30-8pm EC 113 (Door 4)	Wed $18 No Transportation
9692-SU26A 1 Session	Aug 5 6:30-8pm	Wed $25 With Transportation
9692-SU26B 1 Session	Aug 5 6:30-8pm	Wed $0 Staff No Painting $18 Staff With Painting

LINK Opportunities
Summer 2026



Dinner at Dairy Queen

Good food and good friends. Sounds like the perfect evening to enjoy a meal together! Bring money for your meal, beverage and of course sweet treats!! (It would be helpful to check out the DQ menu online before so everyone knows what they would like to order.) Staff or Family Members are welcome to join us for the evening, please register. We will be going to the Forest Lake Dairy Queen.
Registration deadline is Tuesday, Aug 18.

9626-SU26 1 Session	Aug 19 6:30-8pm FL Dairy Queen	Wed $3 No Transportation
9626-SU26A 1 Session	Aug 19 6:30-8pm	Wed $10 With Transportation
9626-SU26B 1 Session	Aug 19 6:30-8pm	Wed $0 Staff

Let's Learn About Disc Golf

We have a new Ranger Community Disc Golf Course at the Education Center and It's time for us to learn how to play!! The course is outside, so please wear weather appropriate comfortable clothes and gym shoes.
Registration Deadline is Tuesday, Sep 8.

9691-FA26 1 Session	Sep 9 6:30-8pm Disc Golf Course	Wed $8 No Transportation
9691-FA26A 1 Session	Sep 9 6:30-8pm	Wed $15 With Transportation
9691-FA26B 1 Session	Sep 9 6:30-8pm	Wed $0 Staff



RANGER COMMUNITY
DISC GOLF COURSE

LINK - Serving Adults with Disabilities













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Forest Lake Area Schools

Community Education LINK Registration

Summer 2026

Use this form to register for LINK activities or register at www.flaschools.org/ce.

Participant Name (one registrant per form please)_____

Street Address _____ City_____ Zip_____

Home Phone _____ Work Phone _____ Cell Phone_____

Emergency Phone _____ Other _____

Email Address _____

Class Title	Date	Class# No Transport	Fee	Class# w/ Transport	Fee	Class # Staff	Fee	Total
Fish Lake Nature Trail Hike	Jun 3	9668-SU26	$5	9668-SU26A	$12	9668-SU26B	$0	
Wildlife Science Center Bonfire	Jun 17	9627-SU26	$18	9627-SU26A	$25	9627-SU26B	$15	
Make Your Own Supper Subs & Salads	Jul 1	9678-SU26	$15	9678-SU26A	$22	9678-SU26B	$0- Not Eating $5 With Eating	
Brewers Baseball Game	Jul 8	9641-SU26	$5	9641-SU26A	$12	9641-SU26B	$0	
Superhero Craft Night	Jul 22	9604-SU26	$18	9604-SU26A	$25	9604-SU26B	$0	
Painting Four Season Tree	Aug 5	9692-SU26	$18	9692-SU26A	$25	9692-SU26B	$0 Not Painting $18 With Painting	
Dinner at Dairy Queen	Aug 19	9626-SU26	$3	9626-SU26A	$10	9626-SU26B	$0	
Let's Learn About Disc Golf	Sep 9	9691-FA26	$8	9691-FA26A	$15	9691-FA26B	$0	

Need help? Call the Community Education office at 651-982-8333. Beth will be happy to assist you!