

# Robbinsdale Area Schools Windows of Opportunity

*Serving adults with disabilities*



COMMUNITY  
EDUCATION  
adult enrichment  
for adults with disabilities

## Winter 2017



Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Plymouth, Robbinsdale

[ced.rdale.org](http://ced.rdale.org)

## Welcome to Windows of Opportunity Winter/ Spring 2017

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

We want to serve you as best as we can, so we want to hear from you about the types of classes we offer and our facilities and instructors. We will be doing focus groups and sending out surveys in the coming months. If you are interested in participating, please call Donna Comer at 763-504-6993 or email at [donna\\_comer@rdale.org](mailto:donna_comer@rdale.org).

### Mission

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

### What is Windows of Opportunity?

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

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### Fee Assistance

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

### Support Groups

If you are a caregiver, or family member of someone with a disability, and would like to get together with others to talk and share experiences, Windows of Opportunity can help make that connection. Email Donna Comer at [donna\\_comer@rdale.org](mailto:donna_comer@rdale.org) or call 763-504-6993.

Mark your calendar for

## Empty Bowls 2017



A benefit for PRISM &  
NEAR Food Shelves

A collaborative effort of community volunteers and Robbinsdale Area Schools Community Education Community Enrichment & Engagement Program

**Tuesday, March 7, 2017, 4-7pm**  
**Robbinsdale Cooper High School**  
**8230 47th Avenue North, New Hope**

### FREE Community Bowl Making

Adults and children age 5+ are invited to make and donate clay bowls. Stop in for a short time or spend the entire time perfecting your bowl. Make new friends and serve your community at the same time! Join us for one or both Saturday mornings at Robbinsdale Middle School, or Thursday evenings at Plymouth Middle School. For more information, call 763-504-6990 or visit [emptybowlsrobbinsdale.org](http://emptybowlsrobbinsdale.org).

<b>Plymouth Middle School</b>	5-7:30 pm
Th Jan 19 Bowl Making	Th Feb 2 Glazing
<b>Robbinsdale Middle School</b>	9 am-1 pm
Sa Jan 21 Bowl Making	Sa Feb 4 Glazing

# OUT AND ABOUT

## Ice Fishing at Fish Lake

Yes, you can fish in winter! Ice fishing is a favorite Minnesota past time. Fishing gear, bait, an ice house for warming, holes drilled close, plowed ice roads, and mats for participants to cross the snow, are provided. We will be outside, so dress appropriately for the weather including snow boots, warm jacket, hat, scarf and mittens/gloves. Fish Lake Regional Park, 14900 Bass Lake Road, Maple Grove. Pre-registration required.



1 session-Fish Lake	Staff	\$8
WW-T167	Su Jan 29	1-3 pm

## Bowling and Pizza at New Hope Bowl

Join us at New Hope Bowl for a Sunday evening of



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

1 session-New Hope Bowl	Myra	\$15
WW-R136A	Su Jan 22	5:30-7 pm
1 session-New Hope Bowl	Myra	\$15
WW-R136B	Su Feb 26	5:30-7 pm
1 session-New Hope Bowl	Myra	\$15
WW-R136C	Su Mar 26	5:30-7 pm
1 session-New Hope Bowl	Myra	\$15
WS-R136A	Su Apr 30	5:30-7 pm

## High School Musicals

### The Boy Friend

Join us at Armstrong High School for a special dress rehearsal of the musical The Boy Friend. The Boy Friend takes place at Madame Dubonnet's Finishing School on the French Riviera and tells the story of Polly, an English heiress, who falls in love with Tony, a delivery boy. We will meet in the Armstrong High School auditorium lobby, 10635 36th Ave.N, Plymouth.

1 session-Armstrong HS	Donna	\$5
WW-T153	Th Feb 23	6-8 pm

### Once Upon a Mattress

Join us at Cooper High School for the musical performance of Once Upon a Mattress. Once Upon a Mattress tells the story of Princess Winnifred who arrives at Prince Dauntless the Drab's castle hoping for the hand of the prince. His mother, Queen Agravaing, insists that her son can only marry a princess of true blood (one who can feel a pea that is underneath a pile of mattresses). Winnifred passes the test, unable to sleep all night from discomfort, and they live happily ever after. Meet at Cooper High School lobby, 8230 47th Ave N, New Hope.

1 session-Cooper HS	Donna	\$7
WW-T129	Fri Mar 3	7-9 pm

### Pizza, Pop and a Movie

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

1 session-NH Cinema Grill		\$14
WW-R091A	Th Jan 26	6-8:30 pm
1 session-NH Cinema Grill		\$14
WW-R091C	Th Mar 23	6-8:30 pm
1 session-NH Cinema Grill		\$14
WS-R091A	Th Apr 20	6-8:30 pm

# CRAFTS

## Pinterest Interest with Myra

There is a world of ideas on Pinterest, but first you have to find them online, make a list of supplies needed, purchase them, then create. Myra will help you through the process. Each month we will do a themed craft class. The supplies needed and expert instruction provided. Myra has been teaching classes for over 20 years.

## No Sew Fleece Blanket

Cuddle up and keep warm this winter with your very own two-sided fleece blanket. These blankets can be personalized with a great pattern on one side and solid color on the other side. BONUS...no bulky knots or tying needed! In this class you will be measuring and cutting fleece, and you will need to be able to accurately cut the fleece into strips.



1 session-SLC 113 Myra \$40  
 WW-AL482B Tu Feb 21 7-8:30 pm

## NEW! Mosaic Garden Pot & Saucer



Transform a regular terra cotta pot into a beautiful work of art. Use this for houseplants, or use it this spring and summer for outdoor flowers or your own herbs. This class is messy so bring a smock or work shirt.

1 session-SLC 113 Myra \$30  
 WW-AL482C Tu Mar 7 7-8:30 pm

## NEW! Springtime Welcome Wreath

Even before the flowers bloom, you can welcome a touch of spring with this beautiful Floral Spring Wreath. Choose an array of different flower types and colors to adorn this grapevine wreath. A pretty spring bow will finish it off.



1 session-SLC 113 Myra \$25  
 WW-AL482D Tu Mar 21 7-8:30 pm

## NEW! Momma Bird's Nest Necklace



The days of making a gift for your mom for Mother's Day are not over. Using wire plus 1 to 5 beads to represent her children or grandchildren, craft this necklace to resemble a momma bird's nest with eggs in it. This thoughtful and sentimental necklace will warm her heart

this Mother's Day.  
 1 session-SLC 113 Myra \$30  
 WS-AL482A Tu Apr 25 7-8:30 pm

## Creative Cards

Create your own set of homemade cards using a blank card, pretty paper, stamps, ink, glue and glitter. Nothing shows your friendship and love like a handmade card. February's cards will have a love and friendship theme, and March's cards will be all about spring.



1 session-SLC 116 Grams \$12  
 WW-A082A W Feb 1 6:30-8:30 pm  
 1 session-SLC 116 Grams \$12  
 WW-A082B W Mar 8 6:30-8:30 pm

# COOKING CREATIONS

## Valentine Cookies in a Jar

Nothing says, "I love you" like a super sweet treat made with love by YOU! Give your Valentine something unique and fun to bake together. They will think of you every time they bite into one of these treats. Add a card to finish off this thoughtful gift.



1 session-SLC 226 Myra \$20  
 WW-AL482A Tu Feb 7 7-8:30 pm

## Maple Syrup and Pancake Dinner

Nothing signals the coming of spring in Minnesota like the arrival of maple syruping. Enjoy maple syrup and pancakes with a side of sizzling bacon. You'll learn about maple syrup making and have a chance to win a syrup gift. Bring your appetite.

1 session-SLC 226 Staff \$15  
 WW-L021 Th Mar 2 6-7:30 pm

## Pizza Challenge



Each participant will be given a random pizza ingredient and grouped with 2-3 other people who also have a random pizza ingredient. The challenge is to make a yummy pizza with the ingredients you were given.

The plan is to have 3-4 pizzas

you can sample. Each participant will sample the other pizzas, and we'll vote on a winner.

1 session-SLC 226 Myra \$15  
 WS-L021 T Apr 11 6-7:30 pm

# DANCE & RECREATION

## NEW! Line Dance: Country Classics

Enjoy an hour of dancing that is fun, easy to learn and doesn't require a partner. Slappin' Leather, Honky Stomp and Tush Push are 3 classics that will have you dancing the night away!!!

1 session-SLC 116 Monica \$10  
 WW-R590 Tu Mar 7 6-7 pm

## NEW! Line Dance: 70's Retro

Like to boogie? Here's your chance to shake it up and get groovy dancing the Hustle, Bus Stop and more. No partner needed.

1 session-SLC Cafeteria Monica \$10  
 WW-RM515 Th Mar 23 6-7 pm

## Friday Night BINGO

B-I-N-G-O spells fun! Join us the second Friday of the month for a great evening of fun and Bingo with prizes and snacks. Preregistration is required.



1 session-SLC Conf Rm Erica \$6  
 WW-R016A F Jan 13 7-8:15 pm

1 session-SLC Conf Rm Erica \$6  
 WW-R016B F Feb 10 7-8:15 pm

1 session-SLC Conf Rm Erica \$6  
 WW-R016C F Mar 10 7-8:15 pm

1 session-SLC Conf Rm Erica \$6  
 WS-R016A (first Fri) F Apr 7 7-8:15 pm

## "Mamma Mia" Sing-a-Long Movie Night

"Mamma Mia here I go again!" Get ready for a good time watching Mama Mia and singing along to this fun movie. Find out who walks Sophie down the aisle. Enjoy popcorn, pop, movie treats and the movie. PG-13 rating.

1 session-SLC Conf Rm Staff \$10  
 WW-R037 F Feb 24 6-8 pm

## Participant and Registration Guidelines

### Participant Guidelines:

All Windows participants must:

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

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

Participation assistance is required if participant cannot meet the following guidelines:

- ◆ Be able to inform staff of wants and needs.
- ◆ Understand personal safety issues.
- ◆ Be able to take care of personal hygiene.
- ◆ Be able to manage behavior.
- ◆ Be able to understand and follow directions.
- ◆ Be able to navigate in a large facility or crowd.

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

### Staff/Family member expectations:

If attending with a participant, staff/family should:

- ◆ Actively provide needed support and assistance with the class or project, and refrain from texting.
- ◆ If participant does not require assistance as outlined above, staff/family must enter the activity or class and check with instructor to verify pick-up time and that the participant has emergency contact information with them.



## Learning for All

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

Robbinsdale Area Schools  
**Community Education**  
Winter 2017



### Class Locations:

- Sandburg Learning Center (SLC)  
2400 Sandburg Lane, Golden Valley
- New Hope Cinema Grill  
2749 Winnetka Ave N, New Hope
- New Hope Bowl  
7107 42nd Ave N, New Hope

### 4 Easy Ways to Register

#### Online:

Register online with Visa, MasterCard or Discover at [ced.rdale.org](http://ced.rdale.org).

#### By Mail:

Fill out the form and mail it with your check or Visa, MasterCard or Discover number to:  
Windows of Opportunity  
Sandburg Learning Center  
2400 Sandburg Lane,  
Golden Valley MN 55427.

#### In person/drop off:

SLC Main office: In Person: M-F 8 am-4:30 pm,  
Drop Off: M-Th 8 am-9 pm or Friday 8 am-4:30 pm.

#### By phone:

Call 763-504-6990 to register. (Visa, MasterCard or Discover required) M-F 8 am-4:30 pm.

#### **Our Office Will be Closed**

Jan 2 & 16, Feb 20, Apr 14 & 17. During this time, please register on-line or mail us your registration.

# Register Now!

Winter 2017

## Registration Information: Call 763-504-6990

Name: \_\_\_\_\_

Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Group home (if applicable): \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone (day): \_\_\_\_\_

Phone (evening): \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Emergency phone: \_\_\_\_\_

My picture and/or name may be used for publicity purposes.

Yes  No

(For trip activities only) I understand that a liability waiver is necessary.

Yes

I am:  M  F

A District 281 resident:  Yes  No

able to meet ALL guidelines; I will attend alone.

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

In need of wheelchair accessibility:  Yes  No

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

### Please circle the class(es) to register

WW-T167	Ice Fishing at Fish Lake	\$ 8
WW-R136	Bowling and Pizza	\$15
	___ A ___ B ___ C	
WS=R136	Bowling and Pizza (April)	\$15
	___ A	
WW-T153	Musical at Armstrong: The Boy Friend	\$ 5
WW-T129	Musical at Cooper: Once Upon a Mattress	\$ 7
WW-R091	Pizza, Pop and a Movie	\$14
	___ A ___ C	
WS-R091A	Pizza, Pop and a Movie (April)	\$14
WW-A482	Pinterest Interest	
	___ B No Sew Fleece Blanket	\$40
	___ C Mosaic Garden Pot & Saucer	\$30
	___ D Springtime Welcome Wreath	\$25
WS-AL482A	Momma Bird's Nest Necklace	\$30
WW-A082	Creative Cards	\$12
	___ A Valentine's ___ B Spring	
WW-L224A	Valentine Cookies in a Jar	\$20
WW-L021	Maple Syrup and Pancake Dinner	\$15
WS-L021	Pizza Challenge	\$15
WW-R590	Line Dance: Country Classics	\$10
WW-RM5	Line Dance: 70's Retro	\$10
WW-R016	Friday Night Bingo	\$ 6
	___ A ___ B ___ C	
WS-R016A	Friday Night Bingo (April)	\$ 6
WW-R037	"Mamma Mia" Sing-a-Long Movie Night	\$10

## Payment Options



### 1. Check No.

Make check payable to:

**Robbinsdale Area Schools**

Mail to:  
Sandburg Learning Center  
Windows of Opportunity  
2400 Sandburg Lane  
Golden Valley, MN 55427

### 3. Charge Card

MasterCard  Visa

Discover

Account No. \_\_\_\_\_

Expiration Date \_\_\_\_\_

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

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

Independent School District 281  
4148 Winnetka Avenue N.  
New Hope, MN 55427  
(Not mailing address for class)

NON-PROFIT  
ORG.  
US POSTAGE  
**PAID**  
TWIN CITIES MN  
PERMIT NO. 3027

## FEATURED RESOURCES

See our website for a more complete list of resources.

### **Access Press ([www.accesspress.org](http://www.accesspress.org))**

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

### **Arc Greater Twin Cities ([arcgreatertwincities.org](http://arcgreatertwincities.org))**

952-920-0855 Arc works to secure opportunities for all people with intellectual and developmental disabilities and their families to live, learn, work and play as they choose.

### **Disability Linkage Line ([minnesotahelp.info](http://minnesotahelp.info) or [db101.org](http://db101.org))**

866-333-2466 The Disability Linkage Line is a free statewide information and referral resource that provides Minnesotans with disabilities with a single access point for all disability related questions.

### **Metro Center for Independent Living (MCIL)**

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

### **Project Soar ([projectsoarmn.org](http://projectsoarmn.org))** 952-401-6898

The school districts of Minnetonka, Hopkins, St. Louis Park and Wayzata work together to provide programs that provide specialized classes and activities for adult with disabilities.

### **Reach for Resources ([reachforresources.org](http://reachforresources.org))**

952-988-4177 Our mission is to support individuals with disabilities and mental illness to reach their full potential.

### **Three Rivers Park District Adapted Programs ([threeriversparks.org](http://threeriversparks.org))**

763-694-7725 Learn a new skill, or simply experience the parks in a new way, by taking part in adapted recreational activities and programs.

### **Robbinsdale Community Education Adult Academic Disability Program**

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