



LEARNING EXCHANGE

Community Education
Serving Adults with Disabilities

Bloomington, Eden Prairie,
Edina and Richfield

Join us for these great classes in April through early June 2024!

Most classes in person, some online.  symbol means that TRAIL is available for that class for registered TRAIL riders. See info sheet for details.



Friendship Skills: Getting Along

Friends have different opinions about many things. How do you decide when to speak up for what you want and when to 'go with the flow?' Let's enjoy talking about how we react in different situations. Leave class with helpful tips to make your needs known and respect the needs of others. *Led by Janet Clarke.*

Time: 6:30 - 7:45 pm

Date: Thursday, 4/18

Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington

Cost: \$9 **Register by:** 4/8



Shooting Pool

Have a blast learning the basics of shooting pool or practicing what you already know! This class shows you the basics and will give you time to play several games.

Time: 6:30 - 7:45 pm

Date: Monday, 5/6

Location: Edina Senior Center, 5280 Grandview Square, Edina

Cost: \$9

Register by: 4/24



Friday Morning Games

Let's play games in person and have time for conversation! We have Uno, Connect 4, Battling Tops, and more, including computers available for select games, and coloring sheets. Meet friends old and new and get out of the house this spring!



Time: 10:00 am - 11:15 am

Date: Fridays: 4/12, 5/10, 5/24

Location: Community Education Campus, room 309, 2575 W. 88th St., Bloomington

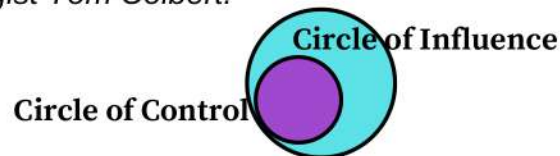
Cost: \$15 includes 3 Fridays

Register by: 4/4



Understanding What I Can Control

Let's look at what we care about in our lives and what control or influence we have over those things. Through an interactive presentation and small group discussions, you'll leave with tips and tools to cope and thrive! *Led by licensed psychologist Tom Colbert.*



Time: 6:30 pm - 7:45 pm

Date: Thursday 5/16

Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington

Cost: \$9

Register by: 5/13



to register: go to www.ARLEmn.org Register for Learning Exchange

Fun Online!

Chair Yoga Online

Come stretch, breathe, and feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair – no lying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first.

Led by Amy.

Time: 6:30 - 7:30 pm

Dates: Tues. 4/9, 4/23, 5/7, 5/21, 6/4

Location: Online via Google Meet

Cost: \$30 - for 5 Tuesdays

Register by: 4/2

Will you be
the first to see
Amy's cat at
Chair Yoga?!



Fun in Person!

Friendship Skills: Bingo, Trivia and Conversation

Let's play Bingo (with prizes!) and Disney/Pixar Trivia. Between games, we'll practice conversation skills. What a great way to have fun and get to know people!

Time: 6:30 - 7:45 pm

Date: Tuesday, 5/28

Location: Jefferson High School, Media Center, 4001 W. 102nd Street, Bloomington

Cost: \$12 **Register by:** 5/19



Model Boating and Scavenger Walk!

Hear a short presentation from members of the Edina Model Yacht Club. Then stand on shore and try your hand at operating a radio-controlled miniature boat on Centennial Lake. Continue with the model boating group or enjoy a group walk along the paths of Centennial Lakes Park looking for new sights. Dress to enjoy the great outdoors!

Time: 6:30 - 7:45 pm

Date: Thursday, 6/6

Location: Centennial Lakes Park, 7499 France Ave. S, Edina (lower level, right side of Hughes Pavilion for drop off/pick up.)

Cost: \$9

Register by: 5/27



Cooking Classes

Let's make great food together!

For all levels of learners who can follow safety instructions.

Eat at class and bring containers for leftovers!



Time: 6:30 - 8:00 pm

Location: Kennedy High School, Cooking Lab C103, 9701 Nicollet Ave. S., Bloomington

Cost: \$18

Register by: 2 weeks before class

TRAIL available for all cooking class dates for registered TRAIL riders



Shrimp Fried Rice

Make savory Chinese-inspired fried rice with an easy rice short cut! Mini-shrimp, veggies, egg, and rice combine into a delightful meal for any season!

Dates: Thursday, 4/11 **OR** Thursday, 4/25

Finger Foods for Picnics and More!

Each kitchen will make a different finger-food appetizer to share. Learn great options that you could bring to your next get-together or make to go with a meal at home! Eat a light meal before class. Try some foods at class, bring 3 containers to take some foods home.

Dates: Thursday, 5/9 **OR** Thursday, 5/23



Join the fun at cooking classes!

Pulled String Painting

Choose your paint colors to cover a string, then create two paintings at once - it almost feels like magic! You will do two sets of pulled string paintings for a total of 4 pictures. These approximately 5" x 8" artworks will amaze you. Perfect for gifts or displaying or making into greeting cards at home.



Time: 6:30 - 7:45 pm

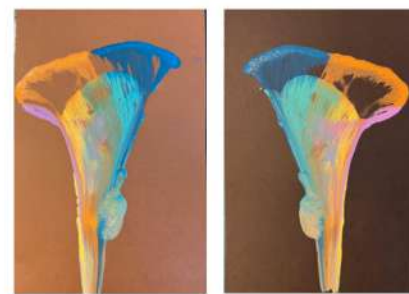
Dates: Tuesday, 4/30

Location: Flagstone Senior Living, 8350 Commonwealth Dr, Eden Prairie

Cost: \$17

Register by: 4/16

Colors may vary.



Super Star Art

Make it patriotic or make it sparkly, express yourself wrapping this 8" star in your choice of yarn, ribbon and 'saying card.' Great to hang on your door or to give as a gift!



Time: 6:30 - 7:45 pm

Dates: Tuesday, 5/14

Location: Washburn Elementary School, Art Room 46, 8401 Xerxes Ave. S, Bloomington

Cost: \$17

Register by: 4/30

Colors and embellishments may vary.



Learning Exchange

April – early June, 2024

Class Registration Information

We are excited to offer you Learning Exchange classes in person and online from April through early June, 2024

Registration opens online 2/26. We encourage you to register for your classes at www.bloomington.ce.eleyo.com

If you do not have internet access, you may register for classes by mailing in the attached form, or dropping it off during office hours, 8:00 am - 3:30 pm, M-F. For registrations by phone during office hours, call 952-681-6132.

To **Register for Learning Exchange classes**, go to www.ARLEmn.org
At the bottom of the page, click on [Register for Learning Exchange](#)

Classes can be paid for with a credit card, debit card or with a link to your checking or savings account.

If you have not used Google Meet before, you are welcome to set up a brief practice session. Email Janet at jclarke@isd271.org

Need tuition assistance for Learning Exchange classes?

Learning Exchange offers tuition assistance for up to 6 classes per year for low-income participants. Email Janet to request an application for tuition assistance, jclarke@isd271.org

If you have UCare insurance, email Janet to request a UCare release form to receive class discounts and more information. jclarke@isd271.org

For class questions, contact Janet, 952-681-6121 or jclarke@isd271.org

Learning Exchange; 2575 W. 88th St., Suite 200; Bloomington, MN 55431



TRAIL provides transportation to AR&LE participants living independently/semi-independently who have completed the TRAIL registration process. If you are a certified TRAIL rider and want transportation to a program, please check the TRAIL box when registering. If you have questions regarding your TRAIL status or want to learn more about applying, please contact Jill at 612-401-6395 or trail@reachforresources.org

Learning Exchange Registration Form April – early June 2024

Register on-line with a credit card or link to a checking account: www.bloomington.ce.eleyo.com

Or mail in this form with payment to: **ISD #271 - Learning Exchange; 2575 W. 88th St., Suite 200; Bloomington, MN 55431**

Note: Checks MUST be made payable to ISD #271 or they will be returned. Thanks!

Participant Name		Home Phone	Birth Date
Address/City/State/Zip			
Parent/Guardian	Phone	Email (required)	
Allergies, Medical Concerns, Mobility Needs			

Required Information for online classes

Email Address where participant will be taking class (*class link email and materials sent here*)

Contact's Name and Phone Number (parent or staff?) where participant will take class

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

WAIVER: I understand and agree that Adaptive Recreation, Learning Exchange and TRAIL may use my photo and/or video images for publicity purposes.

Participant or Parent/Guardian Signature _____

Date _____

Class ID		Cost	TRAIL	Class ID		Cost	TRAIL
<u>Personal Leisure & Healthy Lifestyles</u>				<u>Arts and Crafts</u>			
LE11S-DL	Chair Yoga Online 4/9, 4/23, 5/7, 5/21, 6/4	<input type="checkbox"/> \$30		LE287S	Pulled String Painting, Tues. 4/30	<input type="checkbox"/> \$17	<input type="checkbox"/>
LE250S-DL	Sat. Game Online 4/6, 4/20, 5/4	<input type="checkbox"/> \$14		LE216S	Super Star Art, Tues. 5/14	<input type="checkbox"/> \$17	<input type="checkbox"/>
LE293S	Fri. Morning Games 4/12, 5/10, 5/24	<input type="checkbox"/> \$15	<input type="checkbox"/>	<u>Cooking and Foods</u>			
LE258S	Friendship: Getting Along, Thurs. 4/18	<input type="checkbox"/> \$9	<input type="checkbox"/>	LE300S-A	Shrimp Fried Rice, Thurs. 4/11	<input type="checkbox"/> \$18	<input type="checkbox"/>
LE16S	Shooting Pool, Mon. 5/6	<input type="checkbox"/> \$9	<input type="checkbox"/>	LE300S-B	Shrimp Fried Rice, Thurs. 4/25	<input type="checkbox"/> \$18	<input type="checkbox"/>
LE257S	Understanding What I Control, Thurs. 5/16	<input type="checkbox"/> \$9	<input type="checkbox"/>	LE301S-A	Finger Foods, Thurs. 5/9	<input type="checkbox"/> \$18	<input type="checkbox"/>
LE36S	Friendship: Bingo, Trivia, Tues. 5/28	<input type="checkbox"/> \$12	<input type="checkbox"/>	LE301S-B	Finger Foods, Thurs. 5/23	<input type="checkbox"/> \$18	<input type="checkbox"/>
LE138S	Model Boating/Walk, Thurs. 6/6	<input type="checkbox"/> \$9	<input type="checkbox"/>				

TOTAL FEE(S) PAID: \$ _____ ☐ Check **Payable to: ISD 271;** or Credit Card: ☐ Visa ☐ MasterCard ☐ Discover ☐ AmExpres

Number _____ Exp. Date _____

By signing above, I authorize my Credit Card to be charged

Date _____

Mailing address: ISD 271/ Learning Exchange
2575 W. 88th St., Suite 200
Bloomington, MN 55431

Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!

Web page: ARLEmn.org **Phone:** 952-681-6121