



LEARNING EXCHANGE

Community Education
Serving Adults with Disabilities

Bloomington, Eden Prairie,
Edina and Richfield

You are encouraged to **take a FREE 'Summer Show and Share/Online Orientation'** to get used to Google Meet online. Learning Exchange's September and October classes are all online.

All registration is online: go to www.ARLEmn.org at the bottom of the page, click on *Register for Learning Exchange*. **Do not mail** any registrations or payments; our staff may be working remotely.

Summer Show and Share/ Online Orientation - FREE!

Let's connect in small groups to share conversation about something special to you and practice using online technology. Choose a favorite thing that you want to show to others - is it an award, a hat, a musical instrument? You'll get to talk a little about it and other people can ask you questions. You will get instructions for connecting online ahead of time. This is the perfect time to practice using the 'mute' button and get acquainted with Google Meet. You can also ask Janet about details of other Fall activities!

Time, Date (choose one date): 7:00 - 7:45 pm
Tues. 9/15; Wed. 9/16, Thurs. 9/17, Wed. 9/23

Cost: Free

Register by: one week before class start date

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.

Time: 7:00 - 7:45 pm

Dates: Tuesdays 9/22, 10/13, 10/27

Cost: \$15 - includes all three dates

Register by: 9/8

Let's Feel Good! - Online

Have a good time discussing tips about feeling good instead of feeling stressed. Includes a short, guided imagery session. Led by Tom Colbert, licensed psychologist

Time: 7:00 - 8:00 pm

Date: Thurs. 10/15

Cost: \$10

Register by: 10/1

Saturday Games Online!

Five weeks of fun! See your friends online on Saturday morning and play games together. Different games on different weeks. We will start with Bingo, then the group will choose the next week's game – it might be Deal or No Deal, Trivia Challenge, Pictionary or more!

Time: 10:30 - 11:30 am

Date: Sat. 9/26-10/24

Cost: \$20

Register by: 9/12



My Vote Matters! - Online

You are invited, along with staff, parents, guardians, to learn more about your voting rights, how to register to vote, how to vote by mail and in person. No political discussions, just facts on how to vote.

Time: 7:00 - 8:00 pm

Dates: Thursday, 10/1

Cost: \$5 (Can't afford? Ask about scholarship!)

Register by: 9/23

Learning Exchange Class Descriptions

Fall Crafts with Michelle - Online

We coaxed Michelle out of retirement to lead two online crafting classes this fall! You will receive materials for both projects before the first class, either by mail or personal delivery. Additional supplies that you need: craft glue, scissors and a marker.

Once you get your craft materials and have the additional supplies, join us online on the dates listed for live instruction from Michelle. Make your craft at the same time as other people online then show your finished craft to them!

Both classes included.

Craft Stick Scarecrow: Craft sticks, felt, eyes and more all come together to create this charming Scarecrow to hang or display. 9/24

Beaded Pumpkin: Create a festive pumpkin that you can display all the way through Thanksgiving! We'll use pony beads and pipe cleaners. 10/8

Time: 7:00 - 8:00 pm

Dates: Thursdays, 9/24 and 10/8

Cost: \$25 - includes both classes

Register by: 9/10



Healthy Hygiene! - Online

Can't wait to be out and around other people? Let's practice good hygiene now. Hygiene is all about keeping yourself clean to be around your family, roommates or staff AND being ready to make friends. This fun and informative class led by Bethel nursing students.

Time: 7:00 - 7:45 pm

Date: Tuesday, 10/20

Cost: \$5

Register by: 10/6

Halloween Party! - Online



Put on your Halloween costume or mask and join us online for all the fun! We will show each other our costumes, play Halloween Trivia, hear a funny/spooky story and dance to classic Halloween songs with videos.

Time: 7:00 - 8:00 pm

Date: Thursday, 10/29

Cost: \$10

Register by: 10/15

Sign Language Basics - Online

Learn some basic American Sign Language signs and learn to sign a song! We will record the first week and make it available to review between classes. Two weeks. Led by Gretchen Toay, a certified ASL interpreter.

Time: 7:00 - 8:00 pm

Dates: Tuesdays, 9/29, 10/6

Cost: \$15 - includes both dates

Register by: 9/15

Learning Exchange

September, October 2020
Class Registration Information

We are excited to offer you Learning Exchange classes **online** in September and October via Google Meet (more information for November and December classes to follow.)

Registration begins August 18th by enrolling **ONLY** online!
DO NOT mail registrations or payments.
Learning Exchange staff may be working remotely during this time.

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

Once you have chosen your classes, here is what you will need in order to register online:

If you have never registered online with Learning Exchange, create an account.

ALSO, on each class you will be asked for:

- **Contact name at participant's site** (if different than participant – for example, the name of the staff person who will be helping during class.)
- **Contact's email at participant's site** (the class link to Google Meet will be sent to this email address.)
- **Contact's phone number at participant's site** (calls during class about connection issues would go to this phone number.)

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

For registration questions, call Judy S., 952-681-6109. Leave her a voice mail, with your phone number and a best time to call you back.

For other class questions, email Janet Clarke at jclarke@isd271.org

We encourage you to **register for a FREE Show and Share/Online Orientation** class so everyone can become acquainted with:

- muting/unmuting
- changing your screen appearance
- other basics of being with multiple people online on Google Meet

Here is a handy chart to mark the classes you registered for online – be certain to mark if you are wait-listed for a class. All classes start at 7:00 pm except for Saturday Games that starts at 10:30 am.

My Record of Classes – for my use only

Class ID	Description	Cost
<u>Personal Leisure & Healthy Lifestyles</u>		
LE248F-A-DL	Show/Share/Online Orientation, Tues. 9/15	Free
LE248F-B-DL	Show/Share/Online Orientation, Wed. 9/16	Free
LE248F-C-DL	Show/Share/Online Orientation, Thurs. 9/17	Free
LE248F-D-DL	Show/Share/Online Orientation, Wed. 9/23	Free
LE11F-DL	Chair Yoga, Tues. 9/22,10/13,10/27	\$15
LE249F-DL	Let's Feel Good! Thurs. 10/15	\$10
LE250F-DL	Saturday Games Online! Sat. 9/26 - 10/24	\$20
LE146F-DL	My Vote Matters! Thurs. 10/1	\$ 5
LE251F-DL	Healthy Hygiene, Tues. 10/20	\$ 5
LE252F-DL	Halloween Party! Thurs. 10/29	\$10
LE253F-DL	Sign Language Basics, Tues. 9/29,10/6	\$15
<u>Arts and Crafts</u>		
LE254F-DL	Fall Crafts with Michelle, Thurs. 9/24,10/8	\$25

Remember: Registration is online ONLY – do not mail

Thank you – we look forward to seeing you online!