



LEARNING EXCHANGE

Community Education
Serving Adults with Disabilities

Bloomington, Eden Prairie,
Edina and Richfield

Join us for these great classes in January through March 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.



Leap Party: Food Shelf Collection!

Let's celebrate Leap Day, Feb. 29th, with a party AND provide food to donate to hungry people! We will have a trivia contest about animals that leap. Dance to the song 'Jump,' have silly contests - can your paper frog leap the farthest?, and more! Wear fun clothes that have bright colors and patterns that 'leap out at you!'

Bring at least one packaged food item to donate. Bring more if you are able! Food will be donated to VEAP. See suggestions below.

Food/Supplies needed by VEAP:

Items low in sodium preferred: Canned Meat, Canned Beans, Toothpaste, Cereal, Canned Fruit, Canned Soups; plus paper grocery bags (call Janet if you have questions, 952-681-6121) Last year we collected 70 pounds of food to donate – can we top that this year? →

Time: 6:30 - 7:45 pm

Date: Thursday, 2/29

Location: Community Education Campus, 2575 W. 88th St., room 237, Bloomington

Cost: \$7

Register by: 2/19



New! Daytime class



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 winter!

Time: 10:00 am - 11:15 am

Date: Fridays: 2/2, 2/16, 3/1, 3/15

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

Cost: \$20 includes 4 Fridays

Register by: 1/25



Look at all the food and supplies that we gathered to contribute to VEAP in 2023!

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

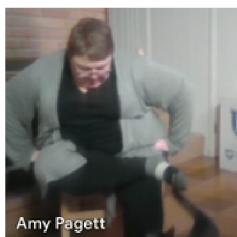
Dates: Tues. 1/23, 2/6, 2/20, 3/5, 3/19

Location: Online via Google Meet

Cost: \$30 - for 5 Tuesdays

Register by: 1/16

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



Saturday Games Online!

Five weeks of fun! See your friends online on Saturday afternoon 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, Wheel of Fortune, Family Feud or more!

Time: 1:30 pm - 2:30 pm

Dates: Sat. 1/27, 2/10, 2/24, 3/9, 3/23

Location: Online via Google Meet

Cost: \$23 for all 5 Saturdays

Register by: 1/21



Fun in Person!

Wacky Words!

Come have a blast with words and stories – and you don't have to be a great speller or reader. We'll create crazy stories, do Mad-Libs, try a little poetry, share some jokes and have a great time using words to express ourselves!

Led by Janet Clarke.



Time: 6:30 - 7:45 pm

Date: Thursday, 2/22

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

Cost: \$10

Register by: 2/12



Shake It Off Dance Moves

Let's 'shake off' the winter blues learning fun and simple dance moves to this popular Taylor Swift song! *Led by dance instructor Monica Mohn.*



Time: 6:30 - 7:30 pm

Date: Tues. 3/12

Location: Washburn Elementary School, Gym,
8401 Xerxes Ave. S, Bloomington

Cost: \$12

Register by: 3/3



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



Super Appetizers!

Do you love appetizers?! Then this class is for
you! We'll divide into groups and make a
variety of 'little bites' - some to eat in class and
some to take home! Eat a light meal before
you come to class. Bring 2 containers for
taking food home.

Date: Thursday, 1/25 (**one night only!**)

Perfect Oven Pancakes

Make breakfast for dinner with easy homemade
Sheet Pan Pancakes in the oven! The perfect
part is that you can make 4 flavors on one pan!
Enjoy with a side of sausage for a yummy meal.

Dates: Thursday, 2/8 **OR** Thursday, 2/15

Deluxe Grilled Cheese

Let's add a little pizzazz to your typical grilled
cheese with various toppings and delicious
cheese! Learn how to cook multiple
sandwiches at once. We'll add on an easy
broccoli salad for a delicious side!

Dates: Thursday, 3/14 **OR** Thursday, 3/21

Be Inspired Hanging Sign

Let's make an inspirational sign that you can
personalize with your choice of embellishments.
Use a 9" x 6" thin wooden board to create your
piece and include a whimsical butterfly that you
make from wired ribbon.



Time: 6:30 - 7:45 pm

Dates: Tuesday, 1/30

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

Cost: \$17

Register by: 1/16

Colors and
sayings may
vary.



Garden Gnome

You'll be thinking Spring when you create this
charming 5" Garden Gnome. Display on a shelf,
give as a gift, or have as a companion to your
other gnome!



Time: 6:30 - 7:45 pm

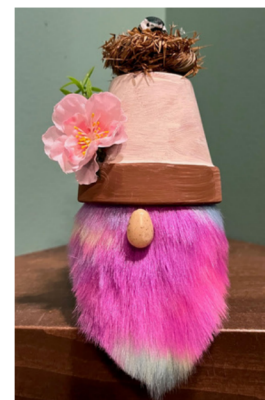
Dates: Tuesday, 3/26

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

Cost: \$17

Register by: 3/12

Colors and
embellishments
may vary.



Learning Exchange

January - March, 2024

Class Registration Information

We are excited to offer you Learning Exchange classes in person and online from January through March, 2024

Registration opens online 12/4. 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 January - March 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**

Personal Leisure & Healthy Lifestyles

LE11W-DL	Chair Yoga Online 1/23,2/6,2/20,3/5,3/19	<input type="checkbox"/>	\$30	
LE250W-DL	Sat. Game Online 1/27,2/10,2/24,3/9,3/23	<input type="checkbox"/>	\$23	
LE293W	Fri. AM Games 2/2, 2/16, 3/1, 3/15	<input type="checkbox"/>	\$20	<input type="checkbox"/>
LE214W	Wacky Words, Thurs. 2/22	<input type="checkbox"/>	\$10	<input type="checkbox"/>
LE294W	Leap Party: Food Shelf, Thurs. 2/29	<input type="checkbox"/>	\$7	<input type="checkbox"/>
LE229W	Shake It Off Dance Moves, Tues. 3/12	<input type="checkbox"/>	\$12	<input type="checkbox"/>

Class ID

Arts and Crafts

LE298W	Be Inspired Hanging Sign, Tues. 1/30	<input type="checkbox"/>	\$17	<input type="checkbox"/>
LE299W	Garden Gnome, Tues. 3/26	<input type="checkbox"/>	\$17	<input type="checkbox"/>

Cooking and Foods

LE295W	Super Appetizers, Thurs. 1/25	<input type="checkbox"/>	\$18	<input type="checkbox"/>
LE296W-A	Perfect Oven Pancakes, Thurs. 2/8	<input type="checkbox"/>	\$18	<input type="checkbox"/>
LE296W-B	Perfect Oven Pancakes, Thurs. 2/15	<input type="checkbox"/>	\$18	<input type="checkbox"/>
LE297W-A	Deluxe Grilled Cheese, Thurs. 3/14	<input type="checkbox"/>	\$18	<input type="checkbox"/>
LE297W-B	Deluxe Grilled Cheese, Thurs. 3/21	<input type="checkbox"/>	\$18	<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