Join us for these great classes online - April through early June!

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.

NEW "Laugh Along" Party - Online
Let's celebrate April Fool's Day a week late! Join us for jokes, funny videos, Laughter Yoga, "Can I Make You Smile?!", goofy dances and more! Wear a silly hat or wear a mismatched outfit to celebrate being a little goofy! See your friends and laugh together!

Time: 7:00 - 8:00 pm
Date: Thursday, 4/8
Cost: $9
Register by: 4/1

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, Scavenger Hunt, Trivia or more!

Time: 10:30 - 11:30 am
Dates: Sat. 4/10 - 5/8
Cost: $20 for all 5 Saturdays
Register by: 4/2

Understanding Loneliness - Online
Being alone doesn't necessarily cause loneliness. Let's talk about what can lead to feelings of loneliness, how we can affirm ourselves and tips to prevent and overcome loneliness. Led by Tom Colbert, licensed psychologist.

Time: 7:00 - 8:00 pm
Date: Thursday, 4/15
Cost: $8
Register by: 4/8

REGISTER SOON:
Saturday Games
Chair Yoga
Crafts with Michelle
"Laugh Along" Party

to register: go to www.ARLEmn.org Register for Learning Exchange
Exercise Tuesdays!
Chair Yoga and Mindfulness of Martial Arts are on alternating Tuesdays. If you register for both, you could exercise every Tuesday!

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: 7:00 - 8:00 pm
Dates: Tuesdays 4/6, 4/20, 5/4, 5/18, 6/1
Cost: $25 - includes all five dates
Register by: 3/30

Mindfulness of Martial Arts Online
Learn gentle movements and breathing exercises adapted from martial arts to improve balance, coordination, and general health. This class is done primarily standing. As with all exercise classes, if you have any health issues, check with a doctor first. Wear comfortable clothes to move in and supportive athletic-type shoes. Led by Owen, who has a background in several martial arts forms.

Time: 7:00 - 8:00 pm (Exception: 4/27, class from 7:30 - 8:30 pm, after Discover Mammoths)
Cost: $20 - includes all four dates
Register by: 4/6

Wacky Words! - Online
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!

Time: 7:00 - 8:00 pm
Date: Thursday, 5/13
Cost: $9
Register by: 5/6

Sign Language and More! - Online
Join sign language interpreter Gretchen Toay in this two-week class to learn some basic American Sign Language (ASL) phrases and some jokes in sign language! A guest also will share about being part of the deaf community - bring your questions. Have a great time interacting!

Bonus: You will receive access to videos reviewing ASL signs and the manual alphabet from previous classes.

Time: 7:00 - 8:00 pm
Date: Thursdays, 4/29 and 5/6
Cost: $15 - includes both dates
Register by: 4/22

to register: go to www.ARLEmn.org  Register for Learning Exchange
NEW Opportunities - Online via Zoom!
A dance and a tour with other adults-with-disabilities programs - see friends and new people! You will receive a link to Zoom instructions in your class confirmation.

Discover Mammoths! Online via Zoom
Travel back in time to the late Ice Age and virtually explore the sinkhole in SD where Columbian and woolly mammoths, camels, wolves and giant short-faced bears became trapped, leaving this ancient trove of fossil remains. This location is called The Mammoth Site. Excavation, research and education continues there daily. Besides discussion of this ancient bonebed, the presentation will also include photos and discussion of Ice Age Exhibit Hall as well as the Snake River Fossil site that is located in Minnesota. Enjoy this live online presentation led by a Mammoth Site Educator!

Note: This class meets before Mindfulness of Martial Arts on 4/27
Time: 6:00 - 7:30pm
Date: Tuesday, April 27
Cost: $8
Register by: 4/20

Prom Dance - Online via Zoom
Let's DANCE! Join adults with disabilities from across the Twin Cities and greater Minnesota for a fabulous online Prom Dance experience! Dress up if you want, for a special evening. Find a hat or a crown at home and be ready for the Prom King and Queen dance. The DJ might even call out your name!
You will receive a Zoom link emailed to you the day before the event.

Time: 7:00 - 8:00 pm
Date: Friday, 5/14
Cost: $8
Register by: 5/10

Crafts with Michelle - Online
Crafts to brighten your space! You will receive materials for both projects before the first class by mail. Additional supplies that you need: tacky craft glue, glue stick, scissors.

Once you get your craft materials and have the additional supplies, join us online on the dates listed for live instruction from Michelle.

Ribbons and Rings: What can you create with five wooden rings, ribbons, and beads?! You could make ‘dancing ribbons' to twirl at the Prom Dance on May 5/14! Or a necklace for Mother's Day! Be inspired to design pieces to hang, wear or display.
April 22

Fanciful May Flowers: Make several tissue paper flowers of different sizes, complete with stems and miniature insect friends to dress them up! May 20

Time: 7:00 - 8:00 pm
Dates: Thursdays, 4/22 and 5/20
Cost: $25 - includes both classes
Register by: 4/5

Colors may vary from photos

to register: go to www.ARLEmn.org  Register for Learning Exchange
Learning Exchange
April, May, June 2021
Class Registration Information

We are excited to offer you Learning Exchange classes **online** in April, May and early June via Google Meet. Two new classes are via Zoom - see instructions on the next page.

Registration begins March 9 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](http://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.)
- **Email of the person who will open the class on a device** (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
If you have not used Google Meet before, you are welcome to email Janet at jclarke@isd271.org and ask to set up a brief practice session in the week before your first class. This can be helpful so you can troubleshoot any issues ahead of trying to connect for your class.

**NEW - two classes will be held via Zoom.** These classes are offered in conjunction with other adults with disabilities programs. To prepare, we recommend that you download Zoom ahead of time. If you wait until you start the class held via Zoom, you may be delayed.

Just to clarify, you do not need your own Zoom account to access a Zoom class meeting, but you do need to download the Zoom App to your smartphone/tablet or run the application through your laptop or computer by going to Zoom.us. If you are using a computer, open your web browser and go to https://join.zoom.us

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**My Record of Classes – for my use only - do not mail**

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Class Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>LE11S-DL</td>
<td>Chair Yoga, Tues. 4/6, 4/20, 5/4, 5/18, 6/1; 7-8 pm</td>
<td>$25</td>
</tr>
<tr>
<td>LE262S-DL</td>
<td>NEW “Laugh Along” Party, Thurs. 4/8; 7-8 pm</td>
<td>$9</td>
</tr>
<tr>
<td>LE250S-DL</td>
<td>Saturday Games Online! Sat. 4/10-5/8; 10:30-11:30 am</td>
<td>$20</td>
</tr>
<tr>
<td>LE237S-DL</td>
<td>Mindfulness of Martial Arts, Tues. 4/13, 4/27, 5/11, 5/25; <strong>most dates 7-8 pm</strong>, except 4/27: 7:30-8:30 pm</td>
<td>$20</td>
</tr>
<tr>
<td>LE257S-DL</td>
<td>Understanding Loneliness, Thurs. 4/15; 7-8 pm</td>
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<td>Crafts with Michelle, Thurs. 4/22, 5/20; 7-8 pm</td>
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*Thank you – we look forward to seeing you online!*