

Recreational programs in Hennepin County:

a guide for people
who are mentally handicapped

**Minneapolis Association
for Retarded Citizens**

Recreational programs in Hennepin County

a guide for people who are mentally handicapped

compiled by Barbara Marks

for the

Minneapolis Association for Retarded Citizens

3100 West Lake Street

Minneapolis, Minnesota 55416

1.1.78

F O R E W O R D

"A Guide to Recreational Programs in Hennepin County" was developed for your use. As a mother of a mentally handicapped child I realize the need for specialized recreational programs that adapt to the individual's ability. Mentally handicapped individuals need to have a recreational activity to help build social skills, to learn how to use their leisure time, and to develop special skills. This guide will help you to locate a program that will fill these needs in your area of Hennepin County.

Enjoy and use the programs!!

Barbara Marks

1-10-78

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SUBJECT

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Lynhurst Community Center

Maple Grove Park and Recreation Department
MARC Toppers
Marquees
Metropolitan Medical Center swimming pool

New Hope Recreation Department
New Horizons
NOMAR
North Commons Community Center
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Oak Grove Presbyterian Church

PALS
Parade Ice Garden
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Pillsbury-Waite Cultural Arts Center
Playgrounds
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RAH RAH RAH
Richfield Park and Recreation Department
Robbinsdale Park and Recreation Department

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Softball
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Special Olympics
Suburban Community Services
Superfriends
Swimming lessons

Teen Council
Tonka Teens
Travel Club

United Cerebral Palsy

Wizards
Woodlake Nature Center

YWCA

SPECIAL INTEREST GROUPS

SPECIAL OLYMPICS

447-2360

contact: J.J. Wesendorf

Special Olympics is for mentally handicapped individuals 8 years old through adults. This program starts in October and runs through May with a different sport worked on each month. Special Olympics may be done through the schools or individually.

BOY SCOUTS OF AMERICA VIKING COUNCIL INC.

5300 Glenwood Ave.

Minneapolis, Minnesota

540-6700

contact: Bob Sponberg

Scouting for mentally handicapped boys ages 8 or in 3rd grade and older. Bob will try to mainstream the individual into a regular troop. If a special troop is needed Bob will help to start or to find an existing troop in the area. Call to make arrangements.

GIRL SCOUTS COUNCIL

127 N. 7th St.

Minneapolis, Minnesota

338-0721

Girls ages 8 to 18 are mainstreamed into a regular troop whenever possible. Contact your area supervisor at the Girl Scout Council.

M I N N E A P O L I S
M E T R O P O L I T A N A R E A

DOWNTOWN BOWL

6th St. N. and Hennepin Ave.
Minneapolis, Minnesota 55402
contact: Roger Hacker at 825-6821

Bowling during the fall and winter months on Tuesday or Thursday evenings. Adults ages 18 and over bowl on a team of four players. This program is co-sponsored by the Minnesota Rehabilitation Association and the Minneapolis Park and Recreation Department. During the summer softball leagues are planned. Contact Roger Hacker for more information.

MARC TOPPERS

YWCA
1130 Nicollet Mall
Minneapolis, Minnesota 55402
contact: Jen" Stepan, 927-8626 (MARC office)

The Minneapolis Association for Retarded Citizens sponsors the MARC Toppers, a group for young adults 16 years old and older who are mentally handicapped. The meetings are held Friday evenings from 7:30 to 9:30 p.m. at the YWCA and occasionally at other locations during the months of September to June. The meeting, which includes a dance, has a \$1 charge.

EMERSON SCHOOL

1421 Spruce Place
Minneapolis, Minnesota 55403
871-5810
contact: Bernice Schmidt

Emerson School has a six-week summer program for T.M.R. students ages 6 to 12 years old and living in Minneapolis. The program is five days a week and bus transportation is available.

PLYMOUTH CHURCH

1900 Nicollet Ave. S.
Minneapolis, Minnesota 55403
871-7400
contact: Gretchen Jones

Drop in Center. Adults who are mainstreamed meet on Mondays and Thursdays from 1 to 3 p.m. to take part in activities such as games, films, crafts, field trips, or just sitting back and taking it easy.

LORING NICOLLET CENTER
1920 Pillsbury Ave.
Minneapolis, Minnesota 55403
871-2031
contact: Breck Salisbury

Monday Night Group. Monday nights from 7 to 9 p.m. a recreational group for mentally handicapped adults 18 years and older meets at the Plymouth Church, 1900 Nicollet Ave. S. Some of the activities are movies, dances, picnics, using the pool tables and other games. There is a \$.25 charge per visit and a snack is served.

PARADE ICE GARDEN (MINNEAPOLIS PARK AND RECREATION DEPARTMENT)
600 Kenwood Parkway
Minneapolis, Minnesota 55403
377-7382
contact: Judi Boyle

Ice skating lessons available for mentally handicapped individuals of any age. Contact the Parade Ice Garden to set up time and fees.

AUGSBURG COLLEGE - MELBY HALL
731 21st Ave. S.
Minneapolis, Minnesota 55404
332-5181
contact: Joyce Pfaff

Recreational Program for mentally handicapped adults. Meets during fall and again in the spring on Wednesday evenings from 7:30 to 9 p.m. Activities include volleyball, basketball and table games and refreshments are provided. Bus transportation is available to Minneapolis residents if you call in advance. This program is co-sponsored by Augsburg College and the Minneapolis Park and Recreation Department. There is no charge for this program.

METROPOLITAN MEDICAL CENTER SWIMMING POOL
900 S. 8th St.
Minneapolis, Minnesota 55404
377-0356
contact: Kathy King

Swimming lessons for mentally handicapped individuals who are at least 3 feet tall. Lessons are for 10 weeks on Thursdays from 6:15 to 7:15 p.m. The cost is \$.75 per night, which is for the pool fee. Contact Kathy King for starting dates.

KENNY REHABILITATION INSTITUTE
1800 Chicago Ave. S.
Minneapolis, Minnesota 55404
874-4400

Weekly current movies are offered by the Institute. Call ahead to confirm attendance and time.

CIRCLE F CLUB
1905 3rd Ave. S.
Minneapolis, Minnesota 55404
348-4947
contact: Glen Goski

A therapeutic social club for residents of Hennepin County 18 years and older, who are undergoing or have undergone psychiatric care. Open Mondays through Thursdays from 11 a.m. to 8 p.m., Fridays from 11 a.m. to 5 p.m. Also one weekend a month from 9 a.m. to 4 p.m. Referral is appreciated. The Circle F Club is administered by the Mental Health/Mental Retardation/Chemical Dependency Department of Hennepin County. There is no charge for this group.

CENTRAL LUTHERAN CHURCH
East Grant and 4th Ave. S.
Minneapolis, Minnesota 55404
335-9455
contact: Nancy Snyder

Koinonians meets one Sunday night a month, usually the third, for a dance. Adults 18 years and older are welcome. The dance starts at 7 p.m.

LUTHERAN SOCIAL SERVICES
2445 Park Ave. S.
Minneapolis, Minnesota 55404
871-0221
contact: Al Bostelman

Minneapolis community group for mentally handicapped adults that encourages independent living. This group meets on Thursday evenings at 6:30 p.m. to do crafts, camping or to plan and participate in a monthly party.

PILLSBURY WAITE CULTURAL ARTS CENTER
724 E. 26th St.
Minneapolis, Minnesota 55404
871-2104
contact: Sara Jones

Family Night South. A program for families with mentally handicapped members living in south Minneapolis. This program meets monthly on a

Friday from 6 to 8 p.m. The evening is usually centered around expression or experience in the arts.

Fine Arts for Young Adults and Adults. A year around program for mentally handicapped individuals ages 16 and over who live in south Minneapolis. This group meets on Monday and Thursday evenings from 7 to 9 p.m. for classes in four arts areas - art, dance, drama, and music. A good social and educational opportunity.

Homebound Program is art therapy for those who are unable to leave their home. An individual will come out to the home for art therapy. A referral from an agency is requested for this service.

Small group activities meets on Tuesday or Wednesday nights and they will go to activities such as: plays, theatre and other culturally centered activities.

Middle Aged Women. A recreational and support group for women 40 to 60 years old. The purpose of this group is to help them build self-confidence and eventually mainstream them into regular groups. This program is co-sponsored by Southside Services and Pillsbury-Waite Cultural Arts Center.

ST. STEPHENS RECREATION PROGRAM
2211 Clinton Ave. S.
Minneapolis, Minnesota 55404
contact Mrs. Paul Koegl, 560-9263

A fall through spring program for mentally handicapped individuals ages 17 and older. The meeting is on the third Wednesday of each month at 7:30 p.m. Some of the activities are dances, picnics and bingo.

FAIRVIEW HOSPITAL
2312 S. 6th St.
Minneapolis, Minnesota 55406

Swimming lessons for individuals of any age who want to learn how to swim. There are two ten-week sessions available: one beginning in September and the other in April. These lessons are sponsored by MARC. Contact Jeri Stepan at the MARC office for more information (927-8626).

POWDERHORN COMMUNITY CENTER
14th Ave. S. and 34th St.
Minneapolis, Minnesota 55407
729-4860
contact: Marsha Wilson

Friday night social for adults who are mentally handicapped. This group meets from 7 to 9:30 p.m. The activities include outdoor activities, volleyball, games, dances and entertainment. A snack is served and the cost is \$.25 per meeting.

SOUTHSIDE SERVICES, Inc.
2830 Cedar Av. S.
Minneapolis, MN 55407
721-1697
contact: Roger Hacker

Recreational program for adults 18 years and older who reside in south Minneapolis. This group meets at Southside on the weekends and then goes to an event in the community. Some of the events planned are plays, roller skating, movies or visiting a nature center. The cost varies according to the event.

Music Group. The music group is for south Minneapolis adults 18 years and older who are interested in music. Whittier Park, located at 26th and Grand, is where the group meets every other Saturday from 2 to 4 p.m. There is a \$.50 membership dues. This group is co-sponsored by Southside and Pillsbury-Waite Cultural Arts Center.

Card Group. Adults who are 18 years old and older who are south Minneapolis residents meet once a month from 2 to 4 p.m. on Saturday to play cards. The location varies, the players themselves deciding where to meet. There is no charge for this group.

SOUTH AREA

DIAMOND LAKE CHURCH
5760 Portland Ave. S.
Minneapolis, Minnesota 55417
866-2579
contact: Rev. Gordon Bergin

Diamond Skippers and Spinners meets on Monday evenings at the Diamond Lake Church. The group meets from fall to spring months for activities including: swimming, dances, field trips, hayrides, campouts, arts and crafts, and games.

SHARONS SCHOOL OF DANCE
5352 Chicago Ave. S.
Minneapolis, Minnesota 55417
824-0848

Special classes in dancing and related tumbling activities. This class is for mentally handicapped individuals who are ambulatory. Call for information on fees and times.

LYNHURST COMMUNITY CENTER
1345 W. Minnehaha Parkway
Minneapolis, Minnesota 55419
922-6172
contact: Fran Dunning or Carolyne Ryn

RAH is a Saturday program from 1 to 2 p.m. that meets in six-week periods during the fall to spring months. All ages are welcome with an emphasis on participation for everyone and on everyone being a winner. The afternoon is spent in physical activity games, sharing treats and each other's company. The cost is \$5, which includes a LARC t-shirt with RAH-RAH-RAH printed on it.

SOUTH SUBURBS

EDINA

EDINA SPECIAL CHILDREN'S GROUP
925-1396
contact: Harold Lilgenquist, chairperson

Edina Special Children's Group, along with the Edina Park and Recreation Department, have many programs throughout the year. Swimming lessons at the YMCA, skating program and summer programs are just a few. The group also co-sponsors programs with Bloomington and Richfield Park and Recreation Departments. Contact Harold Lilgenquist for starting times and a listing of programs available.

BLOOMINGTON AND RICHFIELD CO-SPONSORED

BLOOMINGTON PARK AND RECREATION
2215 W. Old Shakopee Rd.
Bloomington, Minnesota 55431
888-5811 ext. 230
contact: Lorinda Pearson

RICHFIELD PARK AND RECREATION
6700 Portland Ave. S.
Richfield, Minnesota 55423
861-4148
contact: Betty Gillespie

Swimming Lessons are divided by age and ability:

- I For individuals who are mainstreamed or in a regular classroom setting, but cannot swim at the regular park and recreation swim program level. This group is for ages 8 to 14.
- II For T.M.R. children ages 8 to 14.
- III For T.M.R. individuals ages 14 and over.
- IV For individuals 14 years and older who are mainstreamed or in a regular classroom setting, but cannot swim at the regular park and recreation swim program level.

These four sessions run between 5 and 10 weeks in length, January through April. Cost is \$1.50 per lesson. Lessons are held at the Southdale YMCA, 7355 York Ave. S.

(BLOOMINGTON/RICHFIELD CO-SPONSORED, CONT.)

Basic Skill Development in Camping. Individuals aged 10 to 16 years who are mainstreamed and need more than average amount of attention in developing camping skills. The group meets for six sessions and an overnight in early Spring at the Woodlake Nature Center, 735 Lake Shore Drive in Richfield. The cost is \$10.

Open Bowling. This is designed for adults 16 years old and over who are mentally handicapped. The program runs for 6 weeks in the fall and again in the spring at the Diamond Lake Lanes, 5959 Nicollet Ave. S., on Saturdays. The cost for 6 weeks is \$8, which includes shoes and ball.

League Bowling. Adults 16 years and over who are mentally handicapped and have previous experience and some skill in the area of bowling. The participants should have a basic understanding of the game and a desire to bowl on a league. The league runs for 6 weeks at the Diamond Lake Lanes, 5959 Nicollet Ave. S., in the fall, with a banquet following the last game. The cost of the program is \$10.

Travel Club. The purpose of the Travel Club is to explore new experiences within the metropolitan area with minimal cost. The Travel Club helps to develop social skills in mentally handicapped children aged 8 to 13.

Cross Country Skiing. For ages 12 and older.

Session I For individuals who are mainstreamed, but cannot ski at the level of the regular park and recreation ski programs.

Session II For those individuals who are T.M.R.

Both sessions run for 5 Saturdays, January through February at the Woodlake Nature Center. The cost is \$5, which includes skis, poles and boots.

Craft Classes. This program is designed for those individuals who are trainable mentally retarded, ages 10 through 18. This program is held on Tuesdays during the month of May at Lee Wards, 7737 Nicollet Ave. S. Cost is \$6.

BLOOMINGTON

OAK GROVE PRESBYTERIAN CHURCH
10155 Penn Ave. S.
Bloomington, Minnesota 55431
contact: Lorinda Pearson, 881-5811 ext. 230

Seekers is for adults aged 18 and older who are mentally handicapped. The group meets on the 2nd and 4th Tuesdays of each month between 7:30 and 9 p.m. at the church. There is a \$.25 charge per meeting, with special events costing more.

(BLOOMINGTON, CONT.)

CREEKSIDE COMMUNITY CENTER
9801 Penn Ave. S.
Bloomington, Minnesota 55431
contact: Lorinda Pearson, 881-5811 ext. 230

Teen Council is designed for those individuals who are between the ages of 13 and 18 and are mainstreamed or in a regular classroom setting and could benefit from a program that focuses on improving socialization skills. Teen Council is a general recreation program consisting of field trips and activities planned by the teens. The group meets on alternating Friday nights from 7:30 to 9 p.m. and on Saturday afternoons from 2 to 3:30 during the school year. Each event is paid for individually and the fee varies.

Junior Bowling Leagues. Individuals who are attending Junior and Senior High Schools and are mainstreamed or in a regular classroom setting, but cannot bowl at the level of the regular Park and Recreation Bowling programs are encouraged to participate.

To find out about other groups offered through the Bloomington Park and Recreation Department, contact Lorinda Pearson, 881-5811, ext. 230.

RICHFIELD

RICHFIELD COMMUNITY CENTER
7000 Nicollet Ave. S.
Richfield, Minnesota 55423
861-4148
contact: Betty Gillespie

Playground. TMR children aged 7 to 14 meet at the community center weekdays during the months of June and July from 1 to 4 p.m. The cost is \$2 per week, with field trips costing extra.

Young Adult Day Program. Young adults aged 15 and over who are mentally handicapped meet weekdays during the months of June and July at the community center. The program is from 1 to 4 p.m. with a cost of \$2 per week, field trips extra.

Canoeing. Mentally handicapped individuals aged 13 and over meet on Tuesday evenings during the month of July to learn the art of canoeing. These lessons are held at Bush Lake for 5 sessions and the cost is \$7.50.

Summer Specials. Mentally handicapped adults aged 16 and older meet on 2 Thursday evenings per month during June, July and August. All events start and end at the Community Center. Cost varies with activity.

(RICHFIELD, CONT.)

Creative Dramatics. This is especially good for, but not limited to, those students who receive instruction in the reading resource rooms. The emphasis is not on training actors and actresses but on using the techniques and skills of theatre for the enjoyment and enrichment of the participants. This program is offered three times a year for students in grades K, 1, 2 and 3. For more information call the Richfield Community Education Department, 861-7521.

Winter Playground. This program is designed for T.M.R. children aged 6 to 13. The group meets 5 Saturday afternoons during January and February from 1 to 3 p.m. at the Richfield Community Center. The cost is \$4 for the 5 sessions.

For information on these and other programs offered by the Richfield Park and Recreation Department, contact Betty Gillespie, 861-4148.

WOODLAKE NATURE CENTER
735 Lake Shore Rd.
Richfield, Minnesota 55423
861-4507
contact: Debby

Year around Woodlake Nature Center is available for families of physically and mentally handicapped children. A family may visit the center on their own or they can arrange a special tour for the family. There are walking and hiking trails, picnic areas and a museum. There is no charge.

HOPE PRESBYTERIAN CHURCH
7132 Portland Ave. S.
Richfield, Minnesota 55423
866-4055
contact: Ruth Connors

Happy Hoppers meets every Thursday from fall to spring months at 7 to 9 p.m. This is a program for mentally handicapped individuals aged 14 and older.

M I N N E A P O L I S N O R T H A R E A

PHYLLIS WHEATLEY COMMUNITY CENTER
919 Fremont Ave. N.
Minneapolis, Minnesota 55411
374-4342
contact: Paul Norman

Large and small motor skills development program meets on Tuesdays at 4 p.m. This is for mentally handicapped children aged 7 to 12.

A Music Therapy group for mentally handicapped individuals aged 12 to 18 meets on Wednesdays at 3:30 p.m.

Both of these programs are co-sponsored with NOMAR.

NORTH COMMONS COMMUNITY CENTER
1801 James Ave. N.
Minneapolis, Minnesota 55411
522-2537

This is a year around program that meets on Mondays and Wednesdays from 2 to 4:30 p.m. The program is for mentally handicapped individuals aged 10 to 17. Their activities include games, arts and crafts, field trips and swimming.

PLYMOUTH CHRISTIAN YOUTH CENTER
2301 Oliver Ave. N.
Minneapolis, Minnesota 55411
522-4417
contact: Ann Long

Northside Swingers is a weekly social recreation program for mentally handicapped adults living in north Minneapolis. Programs are planned by the participants and include such activities as movies, bowling, pizza parties, and field trips. Meets on Wednesdays from 7:30 to 9 p.m.

NOMAR
1315 Penn Ave. N.
Minneapolis, Minnesota 55411
348-4789

Consumer Education. This group is for women who could benefit from the support of a group. Primary purpose is to encourage a broader range of problem solving and self-help skills. Also involved in recreational activities that take the form of field trips and sports. This group meets on Mondays from 9 to 11:30 a.m. during the school year.

Family Night North is a once a month social activity for the entire family. This event is held on the third Friday of the month at the Zion Lutheran Church from 6:30 to 8:30 p.m. A meal, entertainment and transportation are all provided, but it is necessary to make a reservation by calling the NOMAR office.

Wizards is a recreational program for youths aged 13 to 17 and is co-sponsored by NOMAR and Northside Settlement Services. The Wizards meet at the Northside Settlement Services, 2507 Fremont N. on Monday evenings from 6 to 8:30 p.m. The participants plan the activities and transportation is provided. Contact Howard at the NOMAR office for more information.

FOLWELL COMMUNITY CENTER
36th and Knox Ave. N.
Minneapolis, Minnesota 55412
522-3400
contact: Janine Duke

Summer program for 6-to 15-year-old mentally handicapped youths. This group meets 2 days a week for about 2 1/2 hours each day.

MINNEAPOLIS NORTHEAST

UNITED CEREBRAL PALSY, INC.
360 Hoover Street N.E.
Minneapolis, Minnesota 55413
331-5958
contact: Cindi Wall

This group meets both on weekday evenings and weekends. There are both large and small group activities to choose from such as dinner, theatre, bowling, crafts, sports events or political discussions. The \$2 membership fee includes group participation and transportation to and from the door.

LOGAN COMMUNITY CENTER
Monroe and 13th Ave. N.E.
Minneapolis, Minnesota 55413
335-3095

Offers programs both during the school year and the summer. Logan Community Center has many different programs such as arts and crafts and ceramics. Call for a list of activities and times.

A program for Senior High students and young adults who are mainstreamed meets on Tuesday evenings at 6:30 p.m. their activities include sports such as volleyball, Softball and floor hockey. For further information contact Mrs. Kluwe at 789-5153.

ST. CLEMENTS CHURCH
911 24th Ave. N.E.
Minneapolis, Minnesota 55418
contact: Al Jelinek
1811 Filmore St. N.E.
Minneapolis, Minnesota 55418
781-7883

Happy Days is a group that meets on Monday evenings from 7 to 9 p.m. at St. Clements Church. Mentally handicapped individuals aged 14 and older are encouraged to grow through social situations in this club. Some of the activities include bowling, arts and crafts, and dancing. Contact Al Jelinek for more information.

COLUMBIA HEIGHTS PARK BOARD
530 Mill Street N.E.
Columbia Heights, Minnesota 55421
788-1697
contact: Pat Bush

PALS is a recreational program for mentally handicapped individuals 18 years old and older who live in the Columbia Heights and Anoka County area. This program meets on Monday evenings from 7 to 9 at the field house. Activities of PALS are bingo, sing alongs, games, movies and parties. Special religious classes are held each Monday prior to PALS at St. Matthews Church, 4101 Washington St. N.E.

NORTHWEST SUBURBS

MAPLE GROVE PARK AND RECREATION DEPARTMENT
14310 93rd Ave. N.
Osseo, Minnesota 55369
425-4521
contact: Flo Gordon

Swimming lessons for mentally handicapped individuals of all ages. Five half-hour private lessons for \$15. Contact Flo Gordon to set up lesson time.

ROBBINSDALE PARK AND RECREATION DEPARTMENT
4221 Lake Road
Robbinsdale, Minnesota 55422
537-4534
contact: Chris Gove

Softball team starts in the spring and runs through the summer. The team is for mentally handicapped boys ages 10 and up. A lot of fun for all the players.

ELIM LUTHERAN CHURCH
40th Ave. N. and West Broadway
Robbinsdale, Minnesota 55422
537-8481
contact: John Werr

Marquees is a fall to spring program for mentally handicapped teenagers 16 years old and older. The group meets on Monday evenings at 7 p.m. to take part in gym, cooking, swimming, arts and crafts, shop, or a special event. The group also goes bowling once a month.

BROOKLYN CENTER COMMUNITY CENTER
6301 Shingle Creek Parkway
Brooklyn Center, Minnesota 55430
561-5448
contact: Kathy Flesher

Adaptive Swimming Lessons for both children and adults who are physically / mentally handicapped. Classes are 1/2 hour in length with a ratio of one student to one instructor. Fee is \$7.50 for 10 lessons, which are held on Saturday mornings at the Community Center.

CAVANAUGH SCHOOL
5400 Corvallis
Minneapolis, Minnesota 55429

Social Night is an adapted recreational program for ages 13 and older, that is jointly sponsored by Brooklyn Center and Crystal. The group meets on Fridays from 6:30 to 8:30 p.m. at the Cavanaugh school during the school year. Both learning and leisure activities will be planned, (cont.)

including crafts, games, music and special events. The cost is \$7.50 for residents of Brooklyn Center and Crystal, \$10 for non-residents.

CRYSTAL PARK AND RECREATION DEPARTMENT

4141 N. Douglas Drive
Crystal, Minnesota 55422
537-8421

contact: Dick Fredricks

Swimming instruction for mentally handicapped individuals during the summer.
Call for dates and fees.

HOSTERMAN JR. HIGH SCHOOL

5530 Zealand Ave. N.
New Hope, Minnesota 55428

contact: Dick Fredricks, 537-8421

A recreational program for mentally handicapped youths aged 6 to 12 is being co-sponsored by: Crystal, New Hope, Plymouth, Robbinsdale, Golden Valley and Brooklyn Center. The group will meet at Hosterman Jr. High on Saturdays from 1:30 to 3:30 p.m. There will be two 9-week periods during this school year: January 21 through March 18 and April 1 through June 3. Activities planned are centered around sports, games and parties. The fee for residents is \$9 and \$11.25 for non-residents.

W E S T S U B U R B S

ST. LOUIS PARK COMMUNITY EDUCATION

St. Louis Park Senior High School
6425 W. 33rd St.
St. Louis Park, Minnesota 55416
925-4300

contact: Mike Williams

Six-week summer programs for educable mentally handicapped children of school age. Primarily for persons living in St. Louis Park, but others considered.

JEWISH COMMUNITY CENTER OF GREATER MINNEAPOLIS

4330 S. Cedar Lake Rd.
St. Louis Park, Minnesota 55416
377-8330

contact: Jon Weiss

Superfriends is a club for mentally handicapped, learning disabled or cerebral palsied children from 7 to 12 years old. This group meets in 12-week periods on Tuesdays from 6:30 to 8 p.m. Superfriends encourages independence and social skills. The group is involved with gym, crafts and swimming activities. The cost is \$15 for members of JCC and \$20 for non-members.

OLD GLEN LAKE COMMUNITY SCHOOL
14300 Excelsior Blvd.
Glen Lake, Minnesota 55343
contact: Mary Searcy, 545-6767

New Horizons meets on Thursdays from 7 to 9 p.m. The group is for mentally handicapped individuals aged 16 and older. Some of the activities are dances, plays, gym and cooking. There is a \$1 fee per meeting. The group is sponsored by Suburban Community Services.

TONKA TEENS
471-9257

Recreational program for youths aged 14 to 22 who are mentally handicapped. Tonka Teens meets the second Sunday of the month from September to May, 2 to 5:30 p.m. One of the local churches in the Minnetonka district hosts the party. Call each month to find out what church will be hosting and the location.

M I N N E S O T A C A M P S

Region 3 Camp is sponsored by Environmental Learning Center, Isabella, Minnesota. Serves educable and trainable adults and children aged 8 and over, residents of ARC region 3 and Douglas County, Wisconsin. Three five-day summer sessions and week-end programs for specific groups are planned. Two winter weekends are also planned this year.

Location: near Isabella, Minnesota
contact: Environmental Learning Center
Isabella, Minnesota 55607
(218) 293-4345
(218) 293-4185

Region 4 Camp is sponsored by region 4 MinnARC. Serves educable and trainable children and adults, both community residents and residents of Fergus Falls State Hospital. Practically barrier-free, serves non-ambulatory persons. Two one-week sessions; one for children aged 4 through 21, and one for adults.

Location: Ottertail County
contact: Linda Gress, Region 4 field rep
P.O. Box 394
717 S. 16th St.
Moorhead, Minnesota 56560
(218) 236-2674

Camp Confidence is sponsored by Northern Minnesota Therapeutic Camp, Inc. Serves residents of Brainerd State Hospital, day activity centers in Minnesota, and families with a retarded member. Year around camp with camping and outdoor education for the retarded person. The emphasis is upon small unit camping and modified programs of outdoor education.

Location: Sylvan Lake, 12 miles west of Brainerd
contact: Dick Endres
Box 349
Brainerd, Minnesota 56404
(218) 829-7830
(218) 829-1741

Camp New Hope serves residents of Cambridge State Hospital and day activity centers in north central and east central Minnesota. There are ten five-day sessions each summer with staff provided. Winter camping is available, but you must provide your own staff.

Location: Glacier Lake, near McGregor
contact: Tom Kittok, resident manager
Camp New Hope, Inc.
Route 3
McGregor, Minnesota 55760
(218) 426-3560

Camp Joy is sponsored by region 6 MinnARC. Serves educable and trainable mentally retarded youth and adults aged 10 and over. Fee is \$50/week for one-week session July 9 through 14, 1978.

Location: Green Lake Bible Camp - Spicer
contact: Mrs. Merl Mammen
Chippewa-Yellow Medicine DAC
Fairgrounds
Montevideo, Minnesota 56265
(612) 269-6134

Camp Friendship is sponsored by MinnARC. Serves educable, trainable and severely retarded children and adults from throughout the state, aged 5 and over. Also serves blind and non-ambulatory retarded persons, persons not toilet-trained and persons on medication. Fee is \$110/six-day session and \$220/eleven-day session. There are nine six-day and two eleven-day sessions, June through middle September. There is also winter camping by the week or week-end.

Location: Clearwater Lake, Annandale
contact: LeRoy Robertson
Camp Friendship
Route 3
Annandale, Minnesota 55302
(612) 274-8376

Camp S.O.S. is sponsored by region 8 MinnARC. Two one-week sessions serving educable and trainable children and adults with a wide variety of recreational and creative activities. Fee and schedule information available in April.

Location: Shetek Lutheran Bible Camp on Lake Shetek, near Slayton
contact: Eleanor Larson, region 8 field rep
Hadley, Minnesota 56133
(507) 836-6545

Camp Omega is sponsored by Minnesota South District, Lutheran Church - Missouri Synod. Provides a year around retreat center, summer Bible camp, tenting and trailer area. Two one-week sessions (June 11-16 and July 30-August 4, 1978) for educable and trainable children and adults over age 10. Cost is \$45 per session.

Location: Horseshoe Lake, Waterville
contact: Rev. Karl Petzke, director
Camp Omega
Route 2, Box 117-B
Waterville, Minnesota 56096
(507) 685-4266

Christian Friendship II is sponsored by the United Methodist Church. Serves educable and trainable youths ages 8 to 20. Fee is \$50 for one-week session in August.

Location: Camp Frontenac on Lake Pepin
contact: Keith E. Horning, manager
Christian Friendship II
United Methodist Campus
Frontenac, Minnesota 55026

Camp Winnebago serves educable and trainable children and adults in Minnesota, Iowa and Wisconsin. Two two-week sessions in June and July and six one-week sessions throughout the summer. The camp is also open for off-season retreats. Fees and dates are available through Jerome Housker.

Location: 5 miles south of county road 5, Caledonia, Minnesota
contact: Jerome Housker
Spring Grove, Minnesota 55974

MARC-sponsored Summer Leisure Programs

Camp Indian Chief has special sessions for residents of Faribault State Hospital, day program for teenagers in August (through Minneapolis School District 1, contact Thad Krantz, 348-5627), and special session for less able community adults for a six-night session. The camp is located at Glen Lake, near Minneapolis. (See next page for contact person.)

Alternative programs (to Camp Indian Chief) are offered throughout the summer for the more able community resident. May include programs like boundary water canoe area experience, lake cabin vacations or houseboating. Alternative programs vary from y from the Camp Indian Chief site.

contact: Jeri Stepan
M.A.R.C.
3100 W. Lake St.
Minneapolis, Minnesota 55416
(612) 927-8626

Holiday Camp is for mentally handicapped girls ages 6 to 21. This camp is for one week in July. Registration starts in March. Sponsored by the Girl Scout Council.

contact: Judith Doull or Colleen Edwards
Girl Scout Council
127 N. 7th St.
Minneapolis, Minnesota 55403
(612) 338-0721

Camp Tamarac is for Junior and Senior High students who are mentally handicapped and residents of Minneapolis.

contact: Mary O'Connor
Emerson School
1421 Spruce Pl.
Minneapolis, Minnesota 55403
(612) 871-5810

Programs offered at many of the camps listed:

Arts and crafts projects
Nature hikes
Swimming in a lake or pool
Boating
Overnight camping
Picnics
Team Sports
Field trips
Music
Dances

MINNEAPOLIS ASSOCIATION FOR RETARDED CITIZENS
3100 West Lake Street
Minneapolis, Minnesota 55416
927-8626

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