

Disabilities Program

Opportunities for Adults & Teens with Disabilities

Fun, Friends & Fitness

A CLUB HAPPENINGS PROGRAM

In partnership with Hastings Community Education Disabilities Program and the Hastings Sharks.

For persons 14+. For details or to sign up, see:
www.HastingsCommunityEd.com



Event	Date	Time	Location	Cost	Sec. #
Kick-Off Party	Mon Jan 7	6-7 pm	TCC, #107	\$5	#51008A
Recreational Gym Night	Mon Jan 14	6-7 pm	TCC, Gym	\$5	#51009A
Gentle Yoga	Tue Jan 22 - Feb 26	6-7 pm	TCC, 116	\$10	#51014A
Birthday Bash	Fri Jan 11	6-7:30 pm	TCC, 107	\$5	#51010A
Guy's Night Out	Fri Jan 18	6:15 pm	Hastings High School	\$12 \$6*	#51011A
Friday Night at the Movies	Fri Jan 25	TBD	Marcus Theater	\$8	#51012A
Mall of America - Scavenger Hunt	Mon Jan 28	5-8:30 pm	MOA	\$10	#51013A
Friday Night Gals' Spa Night	Fri Feb 1	6-7:30 pm	TCC, #107	\$10	#51019A
Snow Shoe Hike at Carpenter Nature Center	Sat Feb 9	2-4 pm	CNC	\$7	#51015A
Recreational Gym Night	Mon Feb 11	6-7 pm	TCC, Gym	\$5	#51009B
Friday Improv Night with Black Dirt Theatre	Fri Feb 15	7-8:30 pm	Hastings Arts Center, 216 E 4th St	\$12	#51016A
Friday Bingo & Game Night	Fri Feb 22	6-7:30 pm	TCC, #107	\$5	#51017A
Shamrock Ball	Fri Mar 1	6:30-8:30 pm	TCC, Gym	\$10	#51018A
Recreational Gym Night	Mon Mar 11	6-7 pm	TCC, Gm	\$5	#51009C



LIVE UNITED



Program for High School, STAARS students and young adults ages 18-21 with special needs.

There will be no YAC only opportunities this Winter; however, all YAC participants are encouraged to participate in any or all of the above Fun, Friends & Fitness opportunities, designed for ages 14 through adults. For information, contact Laurie at 651-480-7689.