



**The Arc Minnesota
West Central
Region events**

Moorhead Dances every 2nd & 4th Mondays of the month, September-May, 7:15-8:15pm. Everyone is welcome to dance and socialize. DJ provides the music. **No charge.** Ellen Hopkins Elementary, 2020 S 11th St, Moorhead, MN. [The Arc Minnesota, West Central Region.](#)

February 10th, 7:15-8:30: The Arc Minnesota, West Central Region, is holding its [32nd Annual Valentine Dance.](#)

Popcorn, cookies, candy, and pop will be served. \$5 tickets available at the door. National Guard Armory, 1002 15th Ave. N, Moorhead

Arc Games & More every 3rd Monday of the month, September-May, 7-8:30pm (**note the new location starting January 2020). Join us for games & activities that appeal to children, teens and adults, using art, music, magic, dance, physical activities, baking, science, crafts, various hobbies, community groups and more. No charge. **2020 location **Murray Hall at MSUM**, where the Speech -Language & Hearing Clinic is located. Enter parking lot on 9th Ave. S by John Neumaier Hall (1510 9th Ave S, Moorhead). Park at the north side of lot G-10.

Schedule:

January 20th: Snowman Craft
February 17th: Card making
March 16th: Giant Games

February 21st, 6-8:30pm - Jersey Night Dance, Kennedy School, 601 Randolph Ave, Fergus Falls

February 27th, 6pm - parent session is not able to be presented online

Rose Sale Orders taken March 9th-20th. Delivery day April 9th.

Non Arc events in the region. Click on links for more information.



Thursday, March 19th
8:00AM to 5:00PM

Ramada by Wyndham
3333 13th Ave S
Fargo, ND

Opening – ND State Superintendent Kirsten Baesler
Keynote Speaker - Dr Ross Greene
[More information and registration](#)

Wednesday, March 18th , 6:30-8:00PM @ West Acres Cinema

Award Winning Documentary "The Kids We Lose"
Free Admission - Open to the Public

[ABC's of the IEP: Transition age Students & Parents](#)

Date: Tuesday, April 7, 2020 — 6 - 8PM

Location: [Detroit Lakes - Map and Address](#)

This workshop helps parents and students in 8th grade and above understand how to use the Individualized Education Program (IEP) to support the transition to adulthood. Students can register separately for their own workshop where they will have the opportunity to talk about what transition means to them, learn about the laws that support transition, get to know their IEP better, and create a self-advocacy tool.

On-going

[The Arc Cass County](#) - [YES! I AM CREATIVE](#), specifically designed art classes to engage, interact, support and celebrate the innate creative spirit of every individual. Project classes are offered usually on the second Tuesday of every month at The Arc office, Fargo

Aktion Clubs – (Kiwanis service club for people with a disability)

**Alexandria – contact jdbeck@centurylink.net

**Fargo-Moorhead – 2nd Monday of each month, September-May, 6:30-7:30 - A community-service group for adult citizens living with disabilities. Aktion Club is sponsored by Kiwanis. Contact [Barb Grabar](#). Fargo North High School.

Friday night **Activity Center** dances, 7-9pm, at **RDJ Rec Center**, 1104 2nd Avenue S, Fargo. \$1.50 fee. 701-235-2444.

Darby's Dancers for individuals with disabilities, divided into various age groups. FREE. [Schedule](#). [Red River Dance & Performing Company](#), Fargo.

[EHP Crossfit Adaptive Athlete Class](#) - M & W 3:30-4:30pm. Instructed and coached by a certified CrossFit Coach, this fitness program class runs year round for adaptive athletes to achieve their highest potential. 1400 25th St S, Moorhead. Scholarships available

FM [Autism Support Group](#)/[FM Special Needs Support Network](#) - 1st Thursday of the month, 6-8pm. Downtown YMCA, Fargo. Childcare available. [Brianna Schjei](#) 320-815-7288

Gigi's Playhouse, Fargo. Ongoing activities and tutoring for various ages.

Friendship Club - Special Needs Group

Wednesdays

Supper served 5:30p-6:30p; Friendship Club 6:45p-8p. 101 Foundation Ave, Glyndon, MN

Cost: Free will donation for supper

Info: Special needs students ages 7th grade and up Bible study, crafts, and fellowship time together!! For more information please contact Karen Urlacher (218) 790-4771 or gkurlacher@yahoo.com

J-Team Special Needs Teen/Adult Sunday School

Sundays, 10:30am-11:45am. Salem Evangelical Free Church Moorhead Campus, 1111 30th Ave S, Moorhead.

Info: Geared for ages 5th grade to adult. Bible lesson, games, worship, and prayer focus. For more information please contact Karen Swanson (218) 329-0281 or lkswanon@midco.net

[Jesus Cares Ministry](#). 6:30 pm - 7:30, 3rd Tuesdays of each month, September - May. Please sign up ahead of time. **Ascension Evangelical Lutheran Church, Moorhead.** jcm@ascensionmoorhead.org.

Red River Valley Asperger-Autism Network sponsors:

- * **Game On**" days, 6-9pm, on the 1st and 3rd Mondays of each month, for Middle and High School; Ages 17 and up – Meets every 4th Monday. Section 9 Cyber Café, 1142 17th Street N, Fargo.

* **Poker & Game Night** at Rosey's meets every other month from 6 pm– 8 pm at Rosey's in downtown Fargo. Refreshments and non-alcoholic beverages are served free of charge

* **Lunch & Learn**, 3rd Thursday of each month, noon to 1pm. Anne Carlsen Center, 4152 30th Ave. S, Fargo

* **Lego Group** For Children and Teens- 3rd Saturday of each month - 9:30 -10:30, **Olivet Lutheran Church**, Fargo.

[S.U.P.E.R. Adventures Thursday](#), an informal social group for youth and young adults with disabilities. Typically, from 6:30pm-8:30pm, but not always. Fargo Moorhead area. Year round. Mandy Johnson (701) 799-6742 or Kristen Salier (763) 486-2111

Special Olympics

[MN Special Olympics Area 4](#)

Dilworth Young Athletes - an innovative sports play program that introduces children ages 2-7 years old with and without intellectual disabilities to the world of sports.

Sundays, October 6 - December 22nd @ 4pm – 5:30 pm contact Nicole Reno - 218.299.5120

Dilworth Elementary School

108 Main St N, Dilworth

Area 4 Special Olympics Contacts

Alexandria Lakes Area Team Area 4, community-based Contact: [Kari Tomoson](#)

Breckenridge Community Area 4, community-based Contact: [Amanda Hinrichs](#)

Detroit Lakes Area Area 4, community-based Contact: [Krysta Lipton](#)

DGF Special Olympic Area 4, school-based Contact: [Kari Middendorf](#)

Fergus Falls Community Area 4, community-based Contact: [Cate Walz](#)

Fergus Falls Junior Team Area 4, school-based Contact: [Dawn Birch](#)

Frazee Super Stars Area 4, school-based Contact: [Lynn Tappe](#)

Moorhead Special Olympics Area 4, community-based

Contact: [Wayne Brendemuhl](#)

Morris Community Prairie Stars Area 4, community-based

Contact: [Christine Hopkins](#)

Pelican Rapids Special Olympics Area 4, school-based

Contact: [Karli Kirkwood](#)

Pinecones Area 4, independent

Contact: [Jerilyn Skjegstad](#)

SOMN Perham Area 4, community-based

Contact: [Corinne Schattschneider](#)

West Central Area Schools Area 4, school-based

Contact: [Maggie Dahl](#)

Wheaton Area Special Olympics Area 4, school-based

Contact: [Mary Armstrong](#)

[Fargo Area 6 Special Olympics](#)

[Calendar](#). Moorhead residents welcome