AuSM’s Guide to Sensory-Friendly Minnesota 2019

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Welcome to AuSM’s Guide to Sensory-Friendly Minnesota

Introducing AuSM’s Guide to Sensory-Friendly Minnesota, a reference tool and planning guide for families and individuals with autism and other sensory sensitivities. Learn why sensory-friendly events and activities are important, find recommendations for creating sensory-friendly events and activities, read personal stories, and check out the calendar guide of sensory-friendly community events and activities to unite our community.

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Over the past decade, organizations in Minnesota and across the country have increasingly committed to providing “sensory-friendly” experiences to the public. Such programming acknowledges the very real challenges posed by sensory processing issues, which is one of the hallmarks of Autism Spectrum Disorder (ASD). As autism prevalence rates continue to rise, so, too, does awareness of the many ways in which characteristics of autism can make it difficult to access and engage in community activities and spaces.

Meaningful community participation and recreational opportunities have long been recognized as indicators of quality of life – those who are able to forge social connections and enjoy leisure activities outside the home tend to have better long-term physical and mental health outcomes. However, the physical and social environment in which community activities take place often excludes many individuals with disabilities from participating.

Research further indicates that those with ASD experience consistently lower rates of community inclusion and recreational opportunities than their neurotypical peers as well as those with other developmental disabilities. Therefore, offering sensory-friendly programming that specifically addresses the needs of a diverse autistic audience is important, not just for inclusion, but for the well-being of all in the disability community.

The Autism Society of Minnesota (AuSM) is dedicated to helping the public create sensory-friendly opportunities for our community. AuSM offers a wide range of services, including general consulting, taking sensory and accessibility inventories, customized training, preparing social narratives, and more. Our partners have included zoos, museums, theaters, community centers, and sporting venues.

Contact AuSM’s education department at education@ausm.org or 651.647.1083, ext. 22, for more information about how we can help you support the Minnesota autism community.

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1. CSDH, 2008; Tint et al., 2017; 2. Myers et al., 2015; 3. Orsmond et al., 2013; Potvin et al., 2012; Shattuck et al., 2011; Tint et al., 2017.
FREE AT TPT!
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Meet PBS Kids characters and enjoy fun activities in an environment specially set up for kids of all ages with sensory needs.

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› Social narratives
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› Computer classes
› Sensory-Friendly programs
› Social narratives
› And more
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minnesotaorchestra.org/sensoryfriendly

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SENSORY-FRIENDLY PERFORMANCES

THE THREE SNOW BEARS
Feb. 2, 2019
10:00 AM

OWL MOON
Mar. 16, 2019
10:00 AM

THE MOST MAGNIFICENT THING
May 4, 2019
10:00 AM
May 8, 2019
10:00 AM

ROALD DAHL’S WILLY WONKA
July 13, 2019
10:00 AM

During sensory-friendly performances, house lights are on, sound levels are lowered, and crowds are minimized during these judgement-free, shush-free performances.

Also, check out

CAST

CAST, a Stages Theatre Company education program, is dedicated to creating a safe, welcoming and comfortable environment for children with autism.

STAGESTHEATRE.ORG
952-979-1111 OPTION 4

SENSORY FRIENDLY SUNDAY

WALKER ART CENTER
SECOND SUNDAY OF EVERY MONTH
8–11 AM FREE

Join us for this monthly event for people of all ages with sensory processing differences, autism spectrum disorder, and developmental disabilities. Make art, explore the galleries, watch a short film, and hang out in a relaxed setting.

Learn more at walkerart.org/sensory-friendly-sundays.

Sensory Friendly Sunday was developed in consultation with the Autism Society of Minnesota (AuSM) and the University of Minnesota’s Occupational Therapy Program.

This program is made possible in part by the Institute of Museum and Library Services.

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Swim Possible does not focus on diagnoses or labels. We teach swimming lessons to students of all ages who are not served successfully by traditional lessons, including those with Autism Spectrum Disorder, Anxiety, ADHD, Down’s Syndrome, and other sensory and learning differences. Locations in Maple Grove and St. Louis Park.

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What is sensory processing?
Our sensory processes are unique

All of us receive sensory input from the environment and our bodies that our brains turn into understandable information. Sensory processing refers to how the brain organizes this information and then directs the body to respond. Everyone’s sensory processing capabilities are different; most individuals are generally able to filter the more important sensory information from the less important, and instantly use that information to guide behavior. Think of the student who can tune out the buzzing of a fluorescent light in order to focus on his reading, or the colleague who ignores the blisters on her feet in order to make it through a presentation.

For many on the autism spectrum, processing sensory information poses a considerable challenge to successfully navigating the world. They may be over-sensitive (or hypersensitive) and/or under-sensitive (or hyposensitive) to any given sense. For hypersensitive individuals, sensory input is too much; while hyposensitive individuals seek more input. Others also may struggle to filter extraneous sensory information.

In addition to the five well-known senses – touch, sight, hearing, taste, and smell – sensory processing issues also apply to the sixth, seventh, and eighth senses. These additional senses are as follows:

Vestibular
This system governs the body’s spatial awareness by coordinating movement and balance. Those with vestibular hypersensitivity may get motion sickness easily, avoid heights or being upside down, and/or react strongly to lots of movement on a screen. Conversely, those who are hyposensitive to vestibular input may be constantly in motion (rocking, spinning, climbing, etc.) and may gravitate toward thrill-seeking activities like riding roller coasters or jumping off high places.

Proprioceptive
Proprioception refers to awareness of body position based on pressure applied to the muscles and joints. Proprioceptive hypersensitivity may cause an individual to avoid tight clothing or firm touch, as well as contribute to fine motor issues, such as gripping handles or writing utensils too loosely to use such items effectively. Those who experience proprioceptive hyposensitivity may purposefully bump/crash into things or may inadvertently hurt others or break objects by exerting too much pressure.

Interoceptive
The interoceptive system helps individuals understand how they feel inside their bodies. Those who struggle with interoception may have trouble knowing when they are hungry or thirsty, hot or cold, in pain, need to use the bathroom, etc. This also can complicate a person’s ability to identify and regulate feelings, as he or she may not be able to sense the bodily cues that help interpret emotions. For example, many people eat because they are bored or anxious, not hungry. Someone with tensed muscles and racing heartbeat may not recognize that they are in a situation where they should be on high alert.
1. Acceptance and Nonjudgment
Feedback from the autism community indicates that a culture of acceptance and nonjudgement is the most significant factor in creating a sensory-friendly environment. It is impossible to meet every person’s sensory needs, as some will have concerns that are at odds with another person’s preferences. Even if effective supports are available, those supports matter little if individuals cannot feel free to be their authentic selves. Staff training and commitment to neurodiversity is crucial.

2. Predictability
New experiences often cause anxiety for individuals on the spectrum. Providing a variety of resources before an event (such as social narratives, detailed FAQs, sensory maps, etc.) can reduce the stress of trying something new. Spaces may be compliant with the Americans with Disability Act (ADA) without being truly accessible. Note the ways your space addresses a variety of disabilities or accessibility concerns. For example: What tools are in place to support vision or hearing impairment? How are those with mobility issues expected to navigate the environment? Be prepared to clearly explain these resources and how your patrons with complex needs can make use of them.

3. Sensory Tools
Having a variety of sensory tools available is another crucial component. Offer items that address each of the sensory systems as well as hyper- or hyposensitivity to each sense. Identify quiet spaces that can be used for self-calming, and keep a number of sensory supports in that space. Remember that some individuals require ample opportunities for movement to stay regulated. Pinpoint places where people can jump, spin, and more; teach your staff/other members of the public that such movement is perfectly acceptable as long as everyone is safe.

To learn how to make your environment sensory-friendly, contact AuSM’s education department at education@ausm.org or 651.647.1083, ext. 22.
Teen Mayor welcomes theatergoers

Being the mayor is an important job. Mayors must help people feel welcome and engage people in the community.

For Miller Hertaus, this is all in an evening’s work.

Miller, a Farmington teen diagnosed with autism at age 2, has been pulling on his white gloves and volunteering for sensory-friendly productions at Children’s Theatre Company (CTC) since 2015. The self-proclaimed “Mayor of CTC,” Miller takes his volunteer job seriously.

Sarah Hertaus, Miller’s mom, thinks his idea of being “Mayor” came from watching the mayor in CTC’s “Wizard of Oz” production. “Miller prepares for being the Mayor by dressing ‘handsome’ – he wears nice pants, a button down shirt, usually a suit coat, and his signature white gloves,” she said.

When he arrives at CTC, Miller knows what his mayoral duties entail. He promptly heads up the stairs, introduces himself to CTC staff as the Mayor, and then excitedly waits for theatergoers to arrive so he can greet them and answer questions.

Miller said his main job for shows is to greet people, but his favorite part of volunteering is seeing the children and watching the show.

“My main job is to greet people, but his favorite part of volunteering is seeing the children and watching the show. It makes me so proud when he volunteers at CTC,” Hertaus said. “He takes ownership, responsibility, and pride in his role as Mayor.”

As active theatergoers, the Hertaus family held CTC season tickets for years and participated as audience members for sensory-friendly shows when they began in 2013. Miller also has attended Stages Theatre Company performances and shows at his school, Lakeview South High School.

As a volunteer for more than a dozen CTC shows and the Guthrie Theater’s first sensory-friendly performance in 2018, Miller has found a sense of purpose.

“Volunteering gets Miller involved in the community and opens him to new experiences,” Hertaus said. “It helps him understand that no matter what our abilities are, there always are ways we can help. Volunteering helps Miller become a better person through helping others.”

Miller has become a much-beloved part of CTC’s sensory-friendly programming.

“I once overheard a little boy tell his Mom his favorite part of coming to CTC was seeing the Mayor,” Hertaus said. “It makes my heart full when I see the self-esteem, confidence, and value that this volunteer experience has given Miller.”

CTC’s sensory-friendly offerings have paved the way to inclusion, opening the world of theater to those who might otherwise not have felt it to be accessible.

“Sensory-friendly programming is important because it allows families to participate in events without judgment or worry,” Hertaus noted. “While others might take these experiences for granted, this type of programming affords a safe environment for people to be exactly who they are. It also allows families to relate to each other, find support, and build connections.”

Having an engaging Mayor who gives theatergoers the white-glove treatment is pretty special, too. 🙌
Our show-specific guides, Social Narratives, and technical modifications for these performances empower individuals with sensory sensitivities to experience engaging theatre at CTC!

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“Infiniteach has a good balance of technical skills, experience working with individuals with autism, and familiarity with similar organizations,” Ross said. “They guided us in collecting and sifting through a large amount of information to develop a product that already had been successfully tested by highly-regarded peer organizations.”

Katie Hench, Co-Founder and CEO of Infiniteach, said their apps are opening new worlds to those affected by autism and other disabilities.

“Our apps are tools for the community to experience new places,” Hench said. “Not only do they serve the individual, but they also make it possible for the whole family to engage in experiences together.”

No stranger to special needs, Hench has a brother who was diagnosed with autism at age 6. Observant of her parents’ dedication and advocacy for her brother throughout the years, she learned early on that caregivers and individuals can help make change in the community.

Once the Infiniteach team came together, they shared their experiences in conducting international trainings for creating inclusive spaces, and they realized the importance of well-researched intervention approaches. This experience fueled their new mission.

“We were motivated to develop technology that promotes
Lopez was key in developing the Navigating MSP Airport program, which includes monthly airport events that guide families and individuals with autism and other disabilities through the steps of an airport visit, from walking in the door to finding their seats on a plane.

Creating an app was a logical step in the growth of the program and supporting MSP Airport’s vision of helping everyone feel comfortable with the airport process.

Lopez said, “MSP strives to be the best airport, accessible for everyone. We support making traveling together easier for individuals and families with special needs.”

Because it is important for families to have shared experiences and the ability to create lasting memories, Ross believes that finding ways to make community spaces accommodating and welcoming is essential. “By providing inclusive and sensory-friendly spaces, we are offering opportunities for those experiences for all,” she said. “It also is important for people to have these experiences to develop important social skills.”

Hench agrees. “Sensory-friendly can be a lifeline for people with autism,” she said. “It can mean the difference between going and not going.”

Chris Walker, a Northfield, Minn. father of a 7-year-old-boy with autism, said he used the MNZoo4All app for his son during a school field trip to the Minnesota Zoo. He appreciated having access to the sensory map so he could make a plan for areas to visit and areas to avoid.

Walker said sensory-friendly events and activities mean a lot to his family. “Sensory-friendly access reduces my anxiety as an ASD parent,” he said. “Sensory-friendly events have been less busy in my experience and so they decrease opportunities for overstimulation and dysregulation.”

Walker noted that participating in the Como Park Zoo & Conservatory’s Sensory-Friendly Autism Early Entry was one of their best family outings in years.

Hench is excited about the future of sensory-friendly offerings. “The Minnesota community is strong on inclusion. People in Minnesota understand the value of making all welcome, and they are championing the cause.”
Art studio addresses sensory needs

Jane Elias has known since she was young that she reacted more strongly to stimuli than people around her.

“I am a highly sensitive person and was overwhelmed by light, sound, smells, repetition, and hyped-up energy. I had frequent panic attacks and would cry and hyperventilate until I fainted. I have spent my life trying to exist in what seemed to me to be a very abrasive world,” Elias explains.

After years of searching for a space that would feel comfortable, she decided that the best way for her to find a welcoming environment was to create her own. This is how Simply ArtAble came into being. Elias’s art studio is a place where individuals with all kinds of sensory needs can find education, community, and social engagement.

“I designed and built the studio to be a sensory-friendly environment,” Elias said. “All of our staff are trained to work with people of all abilities and to adapt and be sensitive to different types of learners.”

The environment has been a comforting space for many individuals. Elias said her employees include those with autism, bipolar disorder, cognitive disabilities, obsessive compulsive disorder, physical disabilities, and cerebral palsy. Simply ArtAble provides services for all ages and abilities.
2019 GUIDE LISTINGS

Events and activities listed in this guide have been submitted by community partners and are subject to change. AuSM encourages you to visit the websites provided at least one month prior to attending an event or activity as many require advance registration and some have limited capacity. An event or activity may be postponed or canceled without notice. AuSM does not endorse events and activities included in this guide. Events and activities listed in GREEN are offered by AuSM’s Guide to Sensory-Friendly Minnesota advertisers, businesses and organizations that make this guide possible. Thank you!

JANUARY

ASD Respite Nights
YMCA Austin
Jan. 18 | 6-8:30 p.m.
Austin | $5
www.hormelhistorichome.org/asd-respite-events.html

Third-Friday Dances
St. Louis Park Recreation Center
Reach For Resources
Jan. 18 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

Sensory-Friendly Saturdays
Wescott Library
Jan. 19 | 10:30-11:15 a.m.
Eagan | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Sunday
Science Museum of Minnesota
Jan. 20 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
Jan. 20 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Experiences at the Aquarium!
Great Lakes Aquarium
Jan. 26 | see website
Duluth | Regular Admission Rates
www.glaquarium.org

Sensory-Friendly Play
Eagles Nest Indoor Playground
Jan. 27 | 5:30-7:30 p.m.
New Brighton | FREE, RSVP Required
www.newbrightonmn.maxgalaxy.net/home.aspx

FEBRUARY

Parents’ Night Out
Trinity Church/Special Journeys
Feb. 1 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

Teen Night
ARC Mower County
Feb. 1 | 6-8 p.m.
Austin | $10
www.hormelhistorichome.org/asd-respite-events.html

The Three Snow Bears
Stages Theatre Company
Feb. 2 | 10 a.m.
Hopkins | $10

Sensory-Friendly Saturdays
Wentworth Library
Feb. 2 | 10:30-11:15 a.m.
West St. Paul | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Tuesdays
Cheap Skate
Feb. 5 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

Sensory-Friendly Second Saturdays
TPT, Twin Cities PBS
Feb. 9 | see website
St. Paul | FREE
www.tpt.org/sensory

Sensory-Friendly Sunday
Walker Art Center
Feb. 10 | 8-11 a.m.
Minneapolis | FREE
www.walkerart.org

Sensory Jump Night
Pump It Up Plymouth
Feb. 11 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

Sensory-Friendly Saturdays
Wentworth Library
Feb. 12 | see website
Duluth | Regular Admission Rates
www.glaquarium.org

www.ausm.org
2019 GUIDE LISTINGS

Sensory-Friendly Storytime
Wild Rumpus
Feb. 14 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlstorytime

Third-Friday Dances
St. Louis Park Recreation Center
Reach For Resources
Feb. 15 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

ASD Respite Nights
YMCA Austin
Feb. 15 | 6-8:30 p.m.
Austin | $5
www.hormelhistorichome.org/asd-respite-events.html

Sensory-Friendly Sunday
Science Museum of Minnesota
Feb. 17 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
Feb. 17 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Day
Duluth Children's Museum
Feb. 17 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

Sensory Jump Night
Pump It Up Eden Prairie
Feb. 19 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

Mr. Popper’s Penguins
Children’s Theatre Company
Feb. 22 | 7 p.m.
Minneapolis | $15-$20
www.childrenstheatre.org/plan/sensory-friendly-programming

Sensory-Friendly Saturdays
Wescott Library
Feb. 23 | 10:30-11:15 a.m.
Eagan | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Family Concert featuring Nirmala Rajasekar
Schubert Club
Feb. 23 | 10:30-11:30 a.m.
Minneapolis | $0-$5
www.schubert.org/concerts/family

Sensory-Friendly Experiences at the Aquarium!
Great Lakes Aquarium
Feb. 23 | see website
Duluth | Regular Admission Rates
www.glaquarium.org

MARCH

Parents’ Night Out
Trinity Church/Special Journeys
March 1 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

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Schubert Club
March 1 | 10:30-11:30 a.m.
Minneapolis | $0-$5
www.schubert.org/concerts/family

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Wentworth Library
March 2 | 10:30-11:15 a.m.
West St. Paul | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

AuSM’s Steps for Autism in Minnesota 2019
Southdale Center
March 8 | 8:30-11 a.m.
Edina | FREE
www.ausm.org

Sensory-Friendly Tuesdays
Cheap Skate
March 5 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

Sensory-Friendly Second Saturdays
TPT, Twin Cities PBS
March 9 | see website
St. Paul | FREE
www.tpt.org/sensory

Family Concert: Carnival of the Animals
Minnesota Orchestra
March 10 | 1 and 3 p.m.
Minneapolis | Varies
www.minnesotaorchestra.org

Sensory-Friendly Sunday
Walker Art Center
March 10 | 5:30-7:30 p.m.
Minneapolis | FREE
www.walkerart.org

Sensory Jump Night
Pump It Up Plymouth
March 11 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

Minnesota's First Autism Resource®
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March 15 | 6-8:30 p.m.
Austin | $5
www.hormelhistorichome.org/asd-respite-events.html

Owl Moon
Stages Theatre Company
March 16 | 10 a.m.
Hopkins | $10

Sensory-Friendly Saturdays
Wescott Library
March 16 | 10:30-11:15 a.m.
Eagan | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Sunday
Science Museum of Minnesota
March 17 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
March 17 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Day
Duluth Children’s Museum
March 17 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

Sensory Jump Night
Pump It Up Eden Prairie
March 19 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

Sensory-Friendly Experiences at the Aquarium!
Great Lakes Aquarium
March 30 | see website
Duluth | Regular Admission Rates
www.glaquarium.org

SAW
www.ausm.org

APRIL

Sensory-Friendly Open House
Minnetonka Fire Department
April | see website
Minnetonka | FREE
www.minnetonka.com

Sensory-Friendly Bunny
Northtown Mall
April | 8-10 a.m.
Blaine | FREE
www.thenorthtownmall.com/events

Sensitive Bunny
Maplewood Mall
April | 9-11 a.m.
Maplewood | FREE
www.maplewoodmall.com

Sensory-Friendly Tuesdays
Cheap Skate
April 2 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

Parents’ Night Out
Trinity Church/Special Journeys
April 5 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

Teen Night
ARC Mower County
April 5 | 6-8 p.m.
Austin | $10
www.hormelhistorichome.org/asd-respite-events.html

Sensory Jump Night
Pump It Up Plymouth
April 8 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

Sensory-Friendly Storytime
Wild Rumpus
April 11 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

The Hobbit
Children’s Theatre Company
April 12 | 7 p.m.
Minneapolis | $15-$20
www.childrenstheatre.org/plan/sensory-friendly-programming
2019 GUIDE LISTINGS

Sensory-Friendly
Second Saturdays
TPT, Twin Cities PBS
April 13 | see website
St. Paul | FREE
www.tpt.org/sensory

Sensory-Friendly Sunday
Walker Art Center
April 14 | 8-11 a.m.
Minneapolis | FREE
www.walkerart.org

Sensory Jump Night
Pump It Up Eden Prairie
April 16 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

Third-Friday Dances
St. Louis Park Recreation Center
Reach For Resources
April 19 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

ASD Respite Nights
YMCA Austin
April 19 | 6-8:30 p.m.
Austin | $5
www.hormelhistorichome.org/asd-respite-events.html

Sensory-Friendly Sunday
Science Museum of Minnesota
April 21 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
April 21 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Day
Duluth Children’s Museum
April 21 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

AuSM’s 24th Annual Minnesota Autism Conference
Marriott Minneapolis Southwest
April 24-27 | see website
Minnetonka | see website
www.nusm.org

Sensory-Friendly Saturdays
Wescott Library
April 27 | 10:30-11:15 a.m.
Eagan | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Fire Department
Open House
Minnetonka Fire Department
April 27 | 9:30 a.m.-12:30 p.m.
Minnetonka | FREE
www.eminnetonka.com

The Most Magnificent Thing
Stages Theatre Company
May 4 | 10 a.m.
Hopkins | $10

Sensory-Friendly Saturdays
Wescott Library
May 4 | 10:30-11:15 a.m.
Eagan | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Saturdays
Wescott Library
May 4 | 10:30-11:15 a.m.
Eagan | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Sensory-Friendly Storytime
Wild Rumpus
May 9 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

Sensory-Friendly Storytime
Wild Rumpus
May 9 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

Sensory-Friendly Storytime
Wild Rumpus
May 9 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

Sensory-Friendly Second Saturdays
TPT, Twin Cities PBS
May 11 | see website
St. Paul | FREE
www.tpt.org/sensory

Sensory-Friendly Saturdays
Wentworth Library
May 11 | 10:30-11:15 a.m.
West St. Paul | FREE
www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

Family Concert: The Tin Forest
Minnesota Orchestra
May 12 | 1 and 3 p.m.
Minneapolis | Varies
www.minnesotaorchestra.org

MAY

Parents’ Night Out
Trinity Church/Special Journeys
May 3 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

Teen Night
ARC Mower County
May 3 | 6-8 p.m.
Austin | $10
www.hormelhistorichome.org/asd-respite-events.html
Sensory Jump Night
Pump It Up Plymouth
May 13 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

Third-Friday Dances
St. Louis Park Recreation Center
Reach For Resources
May 17 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

ASD Respite Nights
YMCA Austin
May 17 | 6-8:30 p.m.
Austin | $5
www.hormelhistorichome.org/asd-respite-events.html

Sensory-Friendly Sunday
Science Museum of Minnesota
May 19 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
May 19 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Play
Eagles Nest Indoor Playground
May 19 | 5:30-7:30 p.m.
New Brighton | FREE, RSVP Required
www.newbrightonmn.maxgalaxy.net/home.aspx

JUNE

Sensory-Friendly Sunday
Science Museum of Minnesota
June 16 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
June 16 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Day
Duluth Children’s Museum
June 16 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

Sensory Jump Night
Pump It Up Eden Prairie
June 18 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

Sensory-Friendly Tuesday
Cheap Skate
June 4 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

Parents’ Night Out
Trinity Church/Special Journeys
June 7 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

Sensory-Friendly
Second Saturdays
TPT, Twin Cities PBS
June 8 | see website
St. Paul | FREE
www.tpt.org/sensory

Sensory Jump Night
Pump It Up Plymouth
June 10 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

Sensory-Friendly Storytime
Wild Rumpus
June 13 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

Roald Dahl’s Matilda the Musical
Children’s Theatre Company
June 21 | 7 p.m.
Minneapolis | $15-$20
www.childrenstheatre.org/plan/sensory-friendly-programming

www.ausm.org
**2019 GUIDE LISTINGS**

**JULY**

**Sensory-Friendly Tuesdays**  
**Cheap Skate**  
July 2 | 6-9 p.m.  
Coon Rapids | $4+  
www.cheapskatecr.com

**Parents’ Night Out**  
**Trinity Church/Special Journeys**  
July 5 | 5:30-7:30 p.m.  
Lakeville | FREE, RSVP Required  
Facebook.com/Trinity-ChurchMNSpecialJourneys

**Sensory Jump Night**  
**Pump It Up Plymouth**  
July 8 | 6-7:30 p.m.  
Plymouth | $7  
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

**Sensory-Friendly Storytime**  
**Wild Rumpus**  
July 11 | 9:30-10 a.m.  
Minneapolis | FREE  
www.wildrumpusbooks.com/sensoryfriendlystorytime

**AuSM’s 2nd Annual AuSM Connections Jigsaw Puzzle Competition**  
**Mall of America Rotunda**  
July 13 | 9 a.m.-5 p.m.  
Bloomington | $50 per team  
www.ausm.org

**Roald Dahl’s Willy Wonka**  
**Stages Theatre Company**  
July 13 | 10 a.m.  
Hopkins | $10  

**Sensory-Friendly Second Saturdays**  
**TPT, Twin Cities PBS**  
July 13 | see website  
St. Paul | FREE  
www.tpt.org/sensory

**Sensory Jump Night**  
**Pump It Up Eden Prairie**  
July 16 | 6-8 p.m.  
Eden Prairie | $7  
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

**Third-Friday Dances**  
**St. Louis Park Recreation Center**  
**Reach For Resources**  
July 19 | 7-9 p.m.  
St. Louis Park | $5-$7  
www.reachforresources.org

**Sensory-Friendly Sunday**  
**Science Museum of Minnesota**  
July 21 | 9 a.m.  
St. Paul | $8.95-$24.95  
www.smm.org/sensorysunday

**Adaptive Climbing Nights**  
**Midwest Climbing Academy**  
July 21 | 6-8 p.m.  
Minneapolis | $20  
www.midwestclimbingacademy.com/adaptive-1

**Sensory-Friendly Day**  
**Duluth Children’s Museum**  
July 21 | 10 a.m.-12 p.m.  
Duluth | $5  
www.playduluth.org

**Minnesota Family Fringe Festival**  
**Minnesota Fringe**  
July 26-Aug. 4 | see website  
Minneapolis | $14 Adults, $6 Kids  
www.minnesotafringe.org

**Family Concert: Joyful Rhythms, Joyful Sounds**  
**Minnesota Orchestra**  
July 28 | 2 p.m.  
Minneapolis | Varies  
www.minnesotaorchestra.org

**AUGUST**

**Parents’ Night Out**  
**Trinity Church/Special Journeys**  
Aug. 2 | 5:30-7:30 p.m.  
Lakeville | FREE, RSVP Required  
Facebook.com/Trinity-ChurchMNSpecialJourneys

**Sensory-Friendly Tuesdays**  
**Cheap Skate**  
Aug. 6 | 6-9 p.m.  
Coon Rapids | $4+  
www.cheapskatecr.com

**Leo Lionni’s Inch by Inch**  
**Theatre for the Very Young Stages Theatre Company**  
Aug. 7-25 | Various Times  
www.ausm.org

**Third-Friday Dances**  
**St. Louis Park Recreation Center**  
**Reach For Resources**  
July 19 | 7-9 p.m.  
St. Louis Park | $5-$7  
www.reachforresources.org

**Adaptive Climbing Nights**  
**Midwest Climbing Academy**  
July 21 | 6-8 p.m.  
Minneapolis | $20  
www.midwestclimbingacademy.com/adaptive-1

**Sensory-Friendly Storytime**  
**Wild Rumpus**  
Aug. 8 | 9:30-10 a.m.  
Minneapolis | FREE  
www.wildrumpusbooks.com/sensoryfriendlystorytime

**Sensory-Friendly Second Saturdays**  
**TPT, Twin Cities PBS**  
Aug. 10 | see website  
St. Paul | FREE  
www.tpt.org/sensory
2019 GUIDE LISTINGS

**SEPTEMBER**

**Sensory Jump Night**
**Pump It Up Plymouth**
Aug. 12 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

**Third-Friday Dances**
**St. Louis Park Recreation Center**
**Reach For Resources**
Aug. 16 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

**Sensory-Friendly Sunday**
**Science Museum of Minnesota**
Aug. 18 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

**Adaptive Climbing Nights**
**Midwest Climbing Academy**
Aug. 18 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

**Sensory-Friendly Day**
**Duluth Children’s Museum**
Aug. 18 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

**Sensory Jump Night**
**Pump It Up Eden Prairie**
Aug. 20 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

**Sensory-Friendly Tuesdays**
**Cheap Skate**
Sept. 3 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

**Parents’ Night Out**
**Trinity Church/Special Journeys**
Sept. 6 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

**Sensory Jump Night**
**Pump It Up Plymouth**
Sept. 9 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

**Sensory-Friendly Storytime**
**Wild Rumpus**
Sept. 12 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

**Sensory-Friendly**
**Second Saturdays**
**TPT, Twin Cities PBS**
Sept. 14 | see website
St. Paul | FREE
www.tpt.org/sensory

**Sensory-Friendly Sunday**
**Science Museum of Minnesota**
Sept. 15 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

**AuSM’s 2nd Annual Self-Advocacy Summit**
**Union Depot**
Sept. 21 | 8:30 a.m.-3:30 p.m.
St. Paul | see website
www.ausm.org

**Sensory-Friendly Play**
**Eagles Nest Indoor Playground**
Sept. 22 | 5:30-7:30 p.m.
New Brighton | FREE, RSVP Required
www.newbrightonmn.maxgalaxy.net/home.aspx

**Adaptive Climbing Nights**
**Midwest Climbing Academy**
Sept. 15 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

**Sensory-Friendly Day**
**Duluth Children’s Museum**
Sept. 15 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

**Sensory Jump Night**
**Pump It Up Eden Prairie**
Sept. 17 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

**Third-Friday Dances**
**St. Louis Park Recreation Center**
**Reach For Resources**
Sept. 20 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

**Sensory-Friendly Play**
**Eagles Nest Indoor Playground**
Aug. 12 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

**Sensory-Friendly Day**
**Duluth Children’s Museum**
Aug. 18 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

**Sensory Jump Night**
**Pump It Up Plymouth**
Aug. 18 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

**Sensory-Friendly Sunday**
**Science Museum of Minnesota**
Aug. 18 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

**Adaptive Climbing Nights**
**Midwest Climbing Academy**
Aug. 18 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

**Sensory-Friendly Day**
**Duluth Children’s Museum**
Aug. 18 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

**Sensory Jump Night**
**Pump It Up Eden Prairie**
Aug. 20 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/
OCTOBER

Sensory-Friendly Tuesdays
Cheap Skate
Oct. 1 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

Parents’ Night Out
Trinity Church/Special Journeys
Oct. 4 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

Sensory-Friendly Storytime
Wild Rumpus
Oct. 10 | 9:30-10 a.m.
Minneapolis | FREE
www.wildrumpusbooks.com/sensoryfriendlystorytime

Sensory-Friendly
Second Saturdays
TPT, Twin Cities PBS
Oct. 12 | see website
St. Paul | FREE
www.tpt.org/sensory

AuSM Pumpkin Trolley
Minnesota Streetcar Museum
Oct. 13 | 10:30 a.m.-12 p.m.
Minneapolis | $10-$15
www.ausm.org

Sensory Jump Night
Pump It Up Plymouth
Oct. 14 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

NOVEMBER

Sensory Jump Night
Pump It Up Eden Prairie
Oct. 15 | 6-8 p.m.
Eden Prairie | $7
www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/

Third-Friday Dances
St. Louis Park Recreation Center
Reach For Resources
Oct. 18 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org

Sensory-Friendly Sunday
Science Museum of Minnesota
Oct. 20 | 9 a.m.
St. Paul | $8.95-$24.95
www.smm.org/sensorysunday

Adaptive Climbing Nights
Midwest Climbing Academy
Oct. 20 | 6-8 p.m.
Minneapolis | $20
www.midwestclimbingacademy.com/adaptive-1

Sensory-Friendly Day
Duluth Children’s Museum
Oct. 20 | 10 a.m.-12 p.m.
Duluth | $5
www.playduluth.org

Ghostly Gala Halloween Party
Brooklyn Park Community Center
Reach For Resources
Oct. 26 | 5-8 p.m.
St. Louis Park | $10-$15
www.reachforresources.org

Survival Guide to Minnesota’s First Autism Resource®

2019 GUIDE LISTINGS

Parents’ Night Out
Trinity Church/Special Journeys
Nov. 1 | 5:30-7:30 p.m.
Lakeville | FREE, RSVP Required
Facebook.com/Trinity-ChurchMNSpecialJourneys

Sensory-Friendly Tuesdays
Cheap Skate
Nov. 5 | 6-9 p.m.
Coon Rapids | $4+
www.cheapskatecr.com

Sensory-Friendly
Second Saturdays
TPT, Twin Cities PBS
Nov. 9 | see website
St. Paul | FREE
www.tpt.org/sensory

Sensory Jump Night
Pump It Up Plymouth
Nov. 11 | 6-7:30 p.m.
Plymouth | $7
www.pumpitupparty.com/plymouth-mn/calendar/20181112/3204126/

Third-Friday Dances
St. Louis Park Recreation Center
Reach For Resources
Nov. 15 | 7-9 p.m.
St. Louis Park | $5-$7
www.reachforresources.org
### December

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<th>Event</th>
<th>Venue</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Adaptive Climbing Nights</td>
<td>Midwest Climbing Academy</td>
<td>Nov. 17</td>
<td>6-8 p.m.</td>
<td>Minneapolis</td>
<td>$20</td>
<td><a href="http://www.midwestclimbingacademy.com/adaptive-1">www.midwestclimbingacademy.com/adaptive-1</a></td>
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<tr>
<td>Sensory-Friendly Day</td>
<td>Duluth Children's Museum</td>
<td>Nov. 17</td>
<td>10 a.m.-12 p.m.</td>
<td>Duluth</td>
<td>$5</td>
<td><a href="http://www.playduluth.org">www.playduluth.org</a></td>
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<tr>
<td>Sensory Jump Night</td>
<td>Pump It Up Eden Prairie</td>
<td>Nov. 19</td>
<td>6-8 p.m.</td>
<td>Eden Prairie</td>
<td>$7</td>
<td><a href="http://www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/">www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/</a></td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Northtown Mall</td>
<td>December</td>
<td>8-10 a.m.</td>
<td>Blaine</td>
<td>FREE</td>
<td><a href="http://www.thenorthtownmall.com">www.thenorthtownmall.com</a></td>
</tr>
<tr>
<td>Sensory Santa</td>
<td>Southdale Center</td>
<td>December</td>
<td>see website</td>
<td>Edina</td>
<td>FREE</td>
<td><a href="http://www.simon.com/mall/southdale-center">www.simon.com/mall/southdale-center</a></td>
</tr>
<tr>
<td>Sensory Santa</td>
<td>Maplewood Mall</td>
<td>Dec. 1</td>
<td>9-11 a.m.</td>
<td>Maplewood</td>
<td>FREE</td>
<td><a href="http://www.maplewoodmall.com">www.maplewoodmall.com</a></td>
</tr>
<tr>
<td>Sensory-Friendly Tuesdays</td>
<td>Cheap Skate</td>
<td>Dec. 3</td>
<td>6-9 p.m.</td>
<td>Coon Rapids</td>
<td>$4+</td>
<td><a href="http://www.cheapskatecr.com">www.cheapskatecr.com</a></td>
</tr>
<tr>
<td>Parents’ Night Out</td>
<td>Trinity Church/Special Journeys</td>
<td>Dec. 6</td>
<td>5:30-7:30 p.m.</td>
<td>Lakeville</td>
<td>FREE, RSVP Required</td>
<td>Facebook.com/Trinity-ChurchMNSpecialJourneys</td>
</tr>
<tr>
<td>Sensory Jump Night</td>
<td>Pump It Up Plymouth</td>
<td>Dec. 9</td>
<td>6-7:30 p.m.</td>
<td>Plymouth</td>
<td>$7</td>
<td><a href="http://www.pumpitupparty.com/plymouth-mn/20181112/3204126/">www.pumpitupparty.com/plymouth-mn/20181112/3204126/</a></td>
</tr>
<tr>
<td>Sensory-Friendly Storytime</td>
<td>Wild Rumpus</td>
<td>Dec. 12</td>
<td>9:30-10 a.m.</td>
<td>Minneapolis</td>
<td>FREE</td>
<td><a href="http://www.wildrumpusbooks.com/sensoryfriendlystorytime">www.wildrumpusbooks.com/sensoryfriendlystorytime</a></td>
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<tr>
<td>Sensory-Friendly</td>
<td>Second Saturdays</td>
<td>TPT, Twin Cities PBS</td>
<td>Dec. 14</td>
<td>see website</td>
<td>St. Paul</td>
<td>FREE</td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Maplewood Mall</td>
<td>Dec. 8</td>
<td>9-11 a.m.</td>
<td>Maplewood</td>
<td>FREE</td>
<td><a href="http://www.maplewoodmall.com">www.maplewoodmall.com</a></td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Maplewood Mall</td>
<td>Dec. 17</td>
<td>6-8 p.m.</td>
<td>Eden Prairie</td>
<td>$7</td>
<td><a href="http://www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/">www.pumpitupparty.com/eden-prairie-mn/other-ways-to-play/special-events/</a></td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Maplewood Mall</td>
<td>Dec. 9</td>
<td>6-7:30 p.m.</td>
<td>Plymouth</td>
<td>$7</td>
<td><a href="http://www.pumpitupparty.com/plymouth-mn/20181112/3204126/">www.pumpitupparty.com/plymouth-mn/20181112/3204126/</a></td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Maplewood Mall</td>
<td>Dec. 12</td>
<td>9:30-10 a.m.</td>
<td>Minneapolis</td>
<td>FREE</td>
<td><a href="http://www.wildrumpusbooks.com/sensoryfriendlystorytime">www.wildrumpusbooks.com/sensoryfriendlystorytime</a></td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Maplewood Mall</td>
<td>Dec. 15</td>
<td>9 a.m.</td>
<td>St. Paul</td>
<td>$8.95-$24.95</td>
<td><a href="http://www.smm.org/sensorysunday">www.smm.org/sensorysunday</a></td>
</tr>
<tr>
<td>Adaptive Climbing Nights</td>
<td>Midwest Climbing Academy</td>
<td>Dec. 15</td>
<td>6-8 p.m.</td>
<td>Minneapolis</td>
<td>$20</td>
<td><a href="http://www.midwestclimbingacademy.com/adaptive-1">www.midwestclimbingacademy.com/adaptive-1</a></td>
</tr>
<tr>
<td>Sensory-Friendly Day</td>
<td>Duluth Children's Museum</td>
<td>Dec. 15</td>
<td>10 a.m.-12 p.m.</td>
<td>Duluth</td>
<td>$5</td>
<td><a href="http://www.playduluth.org">www.playduluth.org</a></td>
</tr>
<tr>
<td>Sensitive Santa</td>
<td>Northtown Mall</td>
<td>Dec. 20</td>
<td>7-9 p.m.</td>
<td>St. Louis Park</td>
<td>$5-$7</td>
<td><a href="http://www.reachforresources.org">www.reachforresources.org</a></td>
</tr>
</tbody>
</table>
**2019 GUIDE LISTINGS**

**DATES TO COME**

- **Autism Friendly Hour**
  - Battlecreek Waterworks Water Park
  - Summer 2019 | see website
  - Maplewood | $7, Discounts Available
  - www.ramseycounty.us/waterworks

- **All Access Community Explorations**
  - Historic Hormel House
  - Summer 2019 | varies
  - Austin | see website
  - www.hormelhistorichome.org/all-access-community-explorations.html

- **Sensory-Friendly Day**
  - The Bakken Museum
  - see website | 11 a.m.-3 p.m.
  - Minneapolis | Regular Admission
  - www.thebakken.org

**RECURRING**

- **Navigating MSP**
  - MSP Airport
  - Monthly | 1 p.m.
  - Bloomington | see website
  - www.mspairport.com/airport/accessibility/navigating-msp-program

- **Sensory-Friendly Saturdays**
  - Wescott Library
  - Monthly | 10:30-11:15 a.m.
  - Eagan | FREE
  - www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

- **Sensory-Friendly Saturdays**
  - Wentworth Library
  - Monthly | 10:30-11:15 a.m.
  - West St. Paul | FREE
  - www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

- **Sensory-Friendly Early Open**
  - Galaxie Library, Dakota County
  - see website | 11 a.m.-1 p.m.
  - Apple Valley | FREE
  - www.co.dakota.mn.us/libraries/Programs/Pages/default.aspx

- **MNZoo4All - A Sensory Guide**
  - Minnesota Zoo
  - Year Round | anytime
  - Apple Valley | FREE
  - www.mnzoo.org/mnzoo4all

- **Drop-In Paint Time**
  - Simply ArtAble
  - Year Round | Wed.-Sat. 10 a.m.-5 p.m.; Sunday 12-5 p.m.
  - Minneapolis | $5+
  - www.simplyjanestudio.com

- **Sensory Friendly P3**
  - Planet 3 Extreme Trampoline Park
  - Quarterly | 11 a.m.
  - Duluth | $11+
  - www.planet3duluth.com

- **Autism and Special Needs Gym**
  - Tony’s Place
  - Year Round | 10 a.m.-9 p.m.
  - Blaine | $12
  - www.inclusiveplayplaces.org

- **Autism Friendly Saturdays**
  - Wentworth Library
  - Monthly | 10:30-11:15 a.m.
  - West St. Paul | FREE
  - www.co.dakota.mn.us/libraries/Programs/Kids/Pages/sensory-friendly-saturdays.aspx

**LESSONS**

- **Swimming Lessons**
  - Foss Swim School
  - Year Round | Times Vary
  - Eden Prairie | $21 per class; 4 classes per month
  - www.fossswimschool.com

- **Horseback Riding Lessons**
  - St. Croix Trailblazers
  - Year Round | Times Vary
  - Stillwater | $21 per class
  - www.stcroixtrailblazers.org

- **Adaptive Gymnastics, Dance, Karate**
  - Mini Hops Gymnastics
  - Year Round | Various Times independent, ages 6+
  - Plymouth | Varies
  - www.Mini-Hops.com/Programming/Adaptive

- **Adaptive Gymnastics**
  - Mini Hops Gymnastics
  - Year Round | Various Times independent, ages 6+
  - Plymouth | Varies
  - www.Mini-Hops.com/Programming/Adaptive

- **Adult Fitness**
  - Mini Hops Gymnastics
  - Year Round | Various Times no limits
  - Plymouth | Varies
  - www.Mini-Hops.com/Programming/Adaptive

- **AuSM Social Skills Classes**
  - Year Round | see website
  - Offered with community partners throughout Minnesota
  - www.ausm.org
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