

Recreational Activities for the Developmentally Disabled

5801 Washington Ave Suite #103, Racine, WI 53406
Phone: 262-633-0291 • Fax: 262-633-0299
Email: info@radd-cpa.org • Website: www.radd-cpa.org



Fall 2017 Dates

Dance Club

Tuesdays from 6-8pm
St. Patrick's Church - 1100 Erie St
- September 12th - Favorite Sport Team Theme
- October 10th - Harley Theme
- October 24th - Halloween Theme
- November 14th - Western Theme
- December 5th - Holiday Theme

Bowling Club

Saturdays from 12:30pm-2:30pm
Castle Lanes Bowling Alley - 5615 Castle Court
- September 16th
- September 30th
- October 14th
- October 28th
- November 11th

Cooking Class

Thursdays from 6-8pm
Mt Pleasant Lutheran Church - 1700 S. Green Bay Rd.
- October 5th
- October 12th
- October 19th
- October 26th
- November 2nd
- November 9th

Overnight Adult Respite

- Friday Oct 20th - Saturday Oct 21st @ Days Inn
- Friday Nov 17th - Saturday Nov 18th @ Days Inn
- Friday Dec 15th - Saturday Dec 16th @ Days Inn

Walk & Roll with Me ****NEW****

Sundays from 1-3pm
- September 17th @ Lake Michigan Pathway
drop off at Splash pad, pick up at Samuel Myers Park
- September 24th @ Root River Pathway
Drop off and pick up at the Root River REC Center
- October 1st @ Franksville Park
Drop off and pick up in the parking lot
- October 8th @ Johnson's Park & Golf Course
Drop off and pick up in the parking lot
- October 15th - location TBD

Sunshine Club ****NEW****

First Series - Volunteer for the Elderly!
- Sunday September 10th - 12:30pm to 4:30pm
@ Mount Pleasant Police Department
- Saturday September 23rd - 9:30am to 1:30pm
@ Ridgewood Care Center

Second Series - Volunteer for the Animals!
- Saturday October 7th - 12:30pm to 4:30pm
@ Mount Pleasant Lutheran Church
- Sunday October 22nd - 12:30pm - 4:30pm
@ 16th Street Cop House

Third Series - Volunteer for the Veterans & RADD!
- Saturday November 11th - 12:30pm to 4:30pm
@ Mount Pleasant Lutheran Church
- Sunday November 12th - 12:30pm to 3:45pm
@ Castle Lanes Bowling Alley

Fourth Series - TBD
- Saturday December 9th - 12:30pm to 4:30pm
@ Mount Pleasant Lutheran Church
- Saturday December 23rd - 12:30pm to 4:30pm
@ TBD

Description of RADD Activities

Dance Club

Who doesn't love dancing to YMCA, Limbo, Chicken Dance, Macarena, and the Cha Cha Slide? Dance Club promotes healthy living and results in improved balance, coordination, and motor skills. Through dance, members gain confidence, strengthen peer interactions and enhance cognitive development. Members of all ability levels learn the hottest new dances and enjoy dressing the part for monthly themes. Dance Club also improves mood, muscle coordination, motor skills, balance, and flexibility. Dance Club is offered for individuals ages 18 and older.

Bowling Club

Members cheer on their friends and have a fantastic time no matter how many strikes or gutter-balls they have. RADD's Bowling Club allows individuals of every level to participate. Physical benefits include improved balance, coordination, and gross motor skills. Social benefits are widespread allowing clients to work on interpersonal relationships, turn taking skills, and behavioral control. With such diverse functioning levels, bowlers learn to respect and value differences of their teammates and other players. Bowlers can choose between league bowling where they play competitive games or leisure bowling where they play 2 non competitive games with possible bumpers. Bowling Club is offered for individuals ages 18 and older.

Cooking Class

Cooking class is a fun and interactive way to learn about making healthy choices, basic kitchen etiquette, hygiene, and safety. Participants prepare, cut, measure, bake and cook healthy recipes! Most importantly, they proudly taste the food they prepared. At each cooking class three different recipes will be made by the participants and at the end we will all enjoy a meal together. Cooking class is offered for individuals ages 16 and older.

Overnight Adult Respite

An incredibly fun packed overnight stay at a local hotel or camp site. Participants have the opportunity to engage in conversation with peers and staff, swim, play games, make crafts, all while gaining skills in daily living, contributing to greater independence. The benefits that accompany being able to take a break from the demands of daily routines reach well beyond our participants. The impact extends deep into the lives of the families and caregivers, as well. Overnight Adult Respite is offered for individuals ages 18 and older.

Walk & Roll with Me

'Walk and Roll with Me' will provide RADD participants with another great physical fitness and wellness activity that will service their needs in an all inclusive way through walking and wheelchair rolling. Being able to just get outside and enjoy the outdoors can have a very positive impact on everyone's overall well being. Providing a safe and all inclusive environment where all of our participants have the ability to exercise together, socialize and enjoy nature to help them achieve a higher quality of life. Each session will take place at a different park or trail within the Racine Community. All trails and paths are explored beforehand for safety and accessibility. Family members and caregivers are encouraged and welcome to attend. Walk & Roll with Me is offered for individuals ages 16 and older.

Sunshine Club

Sunshine Club stands for **S**upporting **U**nique **N**eeds in **S**atisfying **H**umankind **I**nitiatives through **N**ew **E**xperiences. A large portion of our participants seldom have the opportunity to volunteer and for that Sunshine Club's foundation is built on the common good of others. We will incorporate a variety of social experiences, community involvement and integration by partnering with local nursing homes, assisted living facilities and other agencies within our community. This season there will be four series of services projects we will be focusing on. In each series there will be two sessions. The first session of every month our participants will learn about a service project and the second session will be partaking in that service project. A few of the ways we will be making a difference are by baking, making toys for animals, care packages for soldiers, cards for the elderly, friendship bracelets or care blankets for children who are chronically ill and many more unique ways of giving back to the community. Sunshine Club is offered for individuals ages 18 and older.