

Recreational Activities for the Developmentally Disabled

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Spring 2018 Adult Activities

<p><u>Aquasize Class</u> Sundays 1:00 - 3:00 pm Sealed Air YMCA 8501 Campus Drive Mt. Pleasant</p> <ul style="list-style-type: none"> • March 25 • April 8 • April 15 • April 22 • April 29 <p><i>Activity Fee: \$75.00 for 5 Sessions</i></p>	<p><u>Bowling Club</u> Saturdays 12:30 - 2:30 pm Castle Lanes 5615 Castle Court Racine</p> <ul style="list-style-type: none"> • February 10 • February 24 • March 10 • March 24 • April 7 <p><i>Activity Fee: League \$55.00 for 5 Sessions Leisure \$40.00 for 5 Sessions</i></p>	<p><u>Bowling Banquet</u> Sunday 12:30 – 3:30 pm Fountain Banquet Hall 8505 Durand Avenue Sturtevant</p> <ul style="list-style-type: none"> • May 6 <p>A brunch style buffet complete with beverages will be provided, as well as dessert, awards and entertainment!</p> <p><i>Activity Fee: \$15.00 for 1 Session</i></p>	<p><u>Cooking Class</u> Thursdays 6:00 – 8:00 pm Mt. Pleasant Luth. Church 1700 S. Green Bay Road Mt. Pleasant</p> <ul style="list-style-type: none"> • April 5 • April 12 • April 19 • April 26 • May 3 • May 10 <p><i>Activity Fee: \$75.00 for 6 Sessions</i></p>
<p><u>Dance Club</u> Tuesdays 6:00 – 8:00 pm St. Patrick’s McCarthy Hall 1100 Erie Street Racine</p> <ul style="list-style-type: none"> • January 16 • February 20 • March 13 • April 10 • May 8 <p>*See our website for themes!</p> <p><i>Activity Fee: \$25.00 for 5 Sessions</i></p>	<p><u>Sunshine Club</u> Dates and locations vary. A detailed schedule will be sent to you after registration is received.</p> <ul style="list-style-type: none"> • January 7 & 21 • February 4 & 18 • March 4 & 18 • April 14 & 28 <p><i>Activity Fee: \$75.00 for 8 Sessions</i></p>	<p><u>Adult Respite</u> Friday 5:00 pm to Noon Saturday Country Inn & Suites 13339 Hospitality Court Sturtevant</p> <ul style="list-style-type: none"> • January 19 - 20 • February 16 - 17 • March 16 - 17 • April 20 - 21 <p>*A 24 hour cancellation notice is required for all Respite(s)!</p> <p><i>Activity Fee: \$200.00 per Respite</i></p>	<p><u>Walk & Roll with Me’</u> Sundays 1:00 – 3:00 pm Locations vary. A detailed schedule will be sent to you after registration is received.</p> <ul style="list-style-type: none"> • May 13 • May 20 • May 27 • June 3 • June 10 <p><i>Activity Fee: \$25.00 for 5 Sessions</i></p>

*Each participant is responsible for a seasonal registration fee of \$10.00 for join RADD.

Spring 2018 Adult Activity Guide

Aquasize Class

Ages 16 and up

\$75.00 for 5 Sessions

Make a splash with our Aquasize Class! This low impact exercise is thoroughly enjoyed and inspires increased coordination, repetition and movement! Under the interactive direction of a qualified instructor and supportive staff, participants are able to maintain greater mobility and reach fitness goals.

Bowling Club

Ages 18 and up

League Bowling \$55.00 for 5 sessions

Leisure Bowling \$40.00 for 5 sessions

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 Banquet

Ages 18 and up

\$15.00 for 1 Session

Bowling Club participants take pleasure in socializing with co-bowlers all while enjoying a wonderful buffet style meal. Smiles fill the room as awards are handed out. Entertainment will be provided!

Cooking Class

Ages 16 and up

\$75.00 for 6 Sessions

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! Three different recipes will be made at each session. Most importantly, participants get to proudly taste the healthy food they have prepared. The spring cooking class sessions will focus on Foods from all around the World!

Dance Club

Ages 18 and up

\$25.00 for 5 Sessions

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.

Sunshine Club

Ages 18 and up

\$75.00 for 8 Sessions

Sunshine Club stands for **Supporting Unique Needs in Satisfying Humankind Initiatives through New Experiences**. 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 other local organizations. Each season will hold four series of services projects we will be focusing on. 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.

Overnight Adult Respite

Ages 18 and up

\$200.00 per overnight 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.

Walk & Roll with Me'

Ages 16 and up

\$25.00 for 5 Sessions

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 though 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.

