

# Recreational Activities for the Developmentally Disabled

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## Fall 2018 Adult Activities

<p><b><u>Chair Yoga Class</u></b> Sundays 1:00 - 3:00 pm Sealed Air YMCA 8501 Campus Drive Mt. Pleasant</p> <ul style="list-style-type: none"> <li>● Oct. 28</li> <li>● Nov. 4</li> <li>● Nov. 11</li> <li>● Nov. 18</li> <li>● Nov. 25</li> </ul> <p><i>Activity Fee: \$80.00</i></p> <p><b>16 &amp; Up Sessions: 5</b></p>	<p><b><u>Bowling Club</u></b> Saturdays 12:30 - 2:30 pm Castle Lanes 5615 Castle Court Racine</p> <ul style="list-style-type: none"> <li>● Sept. 15</li> <li>● Sept. 29</li> <li>● Oct. 13</li> <li>● Oct. 27</li> <li>● Nov. 10</li> </ul> <p><i>Bowling League Fee: \$60.00</i></p> <p><i>Bowling Leisure Fee: \$45.00</i></p> <p><i>Sessions: 5</i></p>	<p><b><u>Movies</u></b> Times Vary Marcus Renaissance Cinema 10411 Washington Ave. Sturtevant, WI 53177</p> <ul style="list-style-type: none"> <li>● Oct. 2</li> <li>● Oct. 30</li> <li>● Nov. 20</li> <li>● Dec. 4</li> <li>● Jan. 8</li> </ul> <p>Office will call participants ahead of movie day to give time.</p> <p><i>Activity Fee: \$75.00</i></p> <p><b>ALL AGES Sessions: 5</b></p>	<p><b><u>Cooking Class</u></b> Thursdays 6:00 – 8:00 pm Mt. Pleasant Luth. Church 1700 S. Green Bay Road Mt. Pleasant</p> <ul style="list-style-type: none"> <li>● Oct. 4</li> <li>● Oct. 11</li> <li>● Oct. 18</li> <li>● Oct. 25</li> <li>● Nov. 1</li> <li>● Nov. 8</li> </ul> <p><i>Activity Fee: \$80.00</i></p> <p><b>16 &amp; Up Sessions: 6</b></p>
<p><b><u>Dance Club</u></b> Tuesdays 6:00 – 8:00 pm *See our Facebook page for themes! St. Patrick's McCarthy Hall 1100 Erie Street Racine</p> <ul style="list-style-type: none"> <li>● Sept. 11</li> <li>● Oct. 9</li> <li>● Oct. 23</li> <li>● Nov. 13</li> <li>● Dec. 11</li> </ul> <p><i>Activity Fee: \$30.00</i></p> <p><b>AGES 16 &amp; Up Sessions: 5</b></p>	<p><b><u>Sunshine Club</u></b> Dates and locations vary. A detailed schedule will be sent to you after registration is received.</p> <ul style="list-style-type: none"> <li>● Oct. 7</li> <li>● Oct. 21</li> <li>● Nov. 4</li> <li>● Nov. 18</li> <li>● Dec. 9</li> <li>● Dec. 23</li> </ul> <p><i>Activity Fee: \$80.00</i></p> <p><i>Sessions: 6</i></p>	<p><b><u>Adult Respite</u></b> Friday 5:00 pm to Noon Saturday Country Inn &amp; Suites 13339 Hospitality Court Sturtevant</p> <ul style="list-style-type: none"> <li>● Sept. 21 - 22</li> <li>● Oct. 19 - 20</li> <li>● Nov. 16 - 17</li> <li>● Jan. 11 - 12</li> </ul> <p>*A 24 hour cancellation notice is required for all Respite(s)!</p> <p><i>Activity Fee: \$200.00 per Respite</i></p>	<p><b><u>Dance Class</u></b> Thursday 6-8pm Country Inn &amp; Suites 13339 Hospitality Court Sturtevant</p> <ul style="list-style-type: none"> <li>● Nov. 15</li> <li>● Nov. 29</li> <li>● Dec. 13</li> <li>● Dec. 27</li> <li>● Jan. 10</li> </ul> <p><i>Activity Fee: \$50.00</i></p> <p><b>AGES 16 &amp; UP Sessions: 5</b></p>

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

# Fall 2018 Adult Activity Guide

## Chair Yoga Class

Ages 16 and up

\$80.00 for 5 Sessions

Chair yoga is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises while being in a chair. Participants can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

## Bowling Club

Ages 18 and up

League Bowling \$60.00 for 5 sessions

Leisure Bowling \$45.00 for 5 sessions

Participants 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.

## Cooking Class

Ages 16 and up

\$80.00 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.

## Dance Club

Ages 16 and up

\$30.00 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.

## Dance Class

Ages 16 and Up

\$50.00 for 5 Sessions

At Dance Class participants will explore movement concepts, develop dance skills, and give teens and adults the opportunity to learn simple developmentally-appropriate choreography.

## Sunshine Club

Ages 18 and up

\$ 80.00 for 6 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 three 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.

## Movies

All Ages

\$75.00 for 5 Sessions

A wonderful opportunity to be in the community socializing with friends enjoying the newest released movies with a bag of popcorn & beverage. Come join the fun! Participants will be notified 1 week prior to event with start & end time of movie as well as title.

