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REGISTRATION DEADLINE MARCH 16, 2018 LEISURE TIMES LEISURE NEWS

10 Years of Cooking

On behalf of the St. Louis Arc Leisure Services Department, we are proud to announce that this year marks the 10th anniversary of the Cooking for Comfort program! Due to its immense popularity, this program has grown from having just four sessions per year to offering four sessions during the Fall, Winter, and Spring/Summer seasons.

The Cooking for Comfort program began in 2008 with one class located at the Ranken Jordan Pediatric Hospital. Bruce Johndrow was the program leader, Sonja Preston was the Leisure Coordinator, and there were 10 participants in the class.



In the Fall of 2011, the program moved to the St. Louis Arc Family Center and Chef Dave Weston became our amazing cooking instructor. Dave came to the program from St. Louis Community College where he had been teaching cooking classes for 10 years. He has been a tremendous and remarkable instructor to have for this program. In 2012, Mary and David Steward generously donated funds to expand the educational kitchen at the Family Center and the program grew tremendously. In 2016, Cooking for Comfort won the Recreation Council's "Outstanding Recreation Program" award.

We salute this remarkable program which has been going strong for the past 10 years. Many thanks to the wonderful volunteers and to Dave for his dedication and commitment to instructing the program and developing new chefs with each session.



For more information about the dances contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.

Golf: 30 Years and Still Putting Along



The St. Louis Arc's golf program is celebrating 30 years, and we couldn't have done it without the help of Paradise Valley and Mike Miller, Manager. They have donated their time and the greens FORE us the whole 30 years.

John Russell started the golf program at the St. Louis Arc along with Patrice Coffin. In the second year Earl "The Eagle" McCree came on board to be our wonderful and professional golf instructor. Sadly Earl passed away in 2011, but he gave us 22 years of his love of this sport and now the golf tournament is honored in his name. We have also had some EAGLE volunteers: Fred Vishy for over 13 years, Ed Carlson and Henry Hill for 20 years, John Burke III and Bill Keller for 29 years. We couldn't have offered the golf program without these amazing volunteers!

We have also had many ACE athletes who have been golfing for over 20 years: Christopher Keller, John Kurtz, Bryan Miller, Tom Mankus, Joe Word, Bill Owens, Mark Carson, and Michael Gaglio. These amazing athletes enrich the world of golf. Thank you to all of the other incredible golfers who have putted and pitched there way on the green. Thank you also to the parents and volunteers for all you do on and off the FAIRWAY.

LEISURE TIMES TEEN PROGRAMS

MUSIC MOVES (ages 13-20)

Music Moves is a class filled with fun and high energy. You will learn popular dance moves, the art of singing, and musical skills. This well-balanced program allows you to develop within a supportive and empowering environment, stimulating your imagination while building confidence. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates: Mondays, June 25 - July 30

Program Fee: \$75.00



Times: 5:15 p.m. - 6:15 p.m.

Location: St. Louis Arc Family Center,

1177 N. Warson Road, Creve Coeur, MO 63132

THE WILD WITHIN (ages 16-30)

Join us for a summer of adventure and outdoor activities! The Wild Within is an outdoor recreation/education club for teens and young adults. During this six week session the group will learn the basics of camping, including building a camp fire, rock climbing, fishing, and more. For more information, contact Chelsea Larkin at 314-817-2249 or clarkin@slarc.org.

Dates: Tuesdays, April 10 - May 22 (No program 4/24) **Time:** 5:00 p.m. - 6:30 p.m.

Program Fee: \$75.00 Location: Varies weekly

TEEN MEET UP (ages 13-19)

Enjoy the company of teens while engaging in social and recreational activities. Activities may include crafts, karaoke, board games, and Wii. Come and join the fun! For more information, contact Carly McElvaine at cmcelvaine@slarc.org or 314-817-2233.

Dates: 2nd to last Friday, Monthly, April - August Times: 6:00 p.m. - 8:00 p.m.

Program Fee: \$20.00 plus \$15.00 at the door **Location:** St. Louis Arc Family Center,

1177 N Warson Rd., Creve Coeur, MO 63132

ADULT PROGRAMS

THE ARTIST IN YOU (ages 18 & older)

Explore your hidden artistic talents! Join our exciting art class, which offers basic instruction in drawing, painting, and multimedia art. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Session I: Dates: Mondays, May 7 - June 18 (No program 5/28) Times: 6:30 p.m. - 8:30 p.m.

Session II: Dates: Mondays, July 9 - August 13 Location: Living Arts,

Program Fee: \$75.00 (includes supplies) 2814 Sutton Blvd., Maplewood, MO 63143

COOKING FOR COMFORT (ages 18 & older)

Enjoy a hands-on experience, lead by an experienced cooking instructor. This course allows participants to learn how to prepare easy and delicious meals. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates: Wednesdays, April 25 - May 9 **Dates**: Wednesdays, May 16 - 30 **Location**: St. Louis Arc Family Center

Topic:Spring DishesTopic:Summer Favorites1177 N. Warson Rd.,Time:4:30 pm - 6:30 p.m.4:30 p.m. - 6:30 p.m.Creve Coeur, MO 63132

Topic: The Independent Chef **Topic:** The Independent Chef **Program Fee:** \$45.00 per session

Time: 6:30 p.m. - 8:30 p.m. Time: 6:30 p.m. - 8:30 p.m.

LEISURE TIMES ADULT PROGRAMS

ADULT MUSIC (ages 21 & older)

These music classes are designed to provide a fun and supportive outlet for expressing yourself through music. We will maximize the benefits of music for people with communication and sensory challenges by providing smaller group sizes and more hands-on support. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates: Mondays, May 7 - August 13 (No class 5/28, 6/4, 6/18) Program Fees: \$110.00 per session

Time: 6:30 p.m. - 7:15 p.m. Location: St. Louis Arc Family Center,

1177 N. Warson Rd., Creve Coeur, MO 63132

Dates: Thursdays, May 3 - July 26 (No class 7/5)

Time: 10:00 a.m. - 10:45 a.m.

11:00 a.m. - 11:45 a.m. (small group)

AWAKE, AWARE, & ALIVE (ages 18 & older)

Join us for an experience you won't forget! Awake, Aware, & Alive educates participants about the elements of a balanced life, including mind, body, and spirit. This class will help individuals explore new strategies to manage stress and to improve overall wellbeing. It will also give participants a chance to explore new recreational experiences such as Yoga, meditation and mindfulness. For more information, contact Carly McElvaine at cmcelvaine@slarc.org or 314-817-2233.

Dates: Tuesdays, April 3 - May 8 **Time:** 5:30 p.m. - 6:30 p.m.

Program Fee: \$75.00 Location: St. Louis Arc Family Center,

1177 N. Warson Rd., Creve Coeur, MO 63132

ST. LOUIS SCENE MEET UP (ages 18 & older)

St. Louis Scene Meet Up offers a variety of recreation and leisure opportunities for adults to explore their community. Individuals receive a calendar of events every two months. Staff and volunteers will meet at fun and exciting locations in the St. Louis metro area on the weekends. For more information, contact Bre Ward at bward@slarc.org or 314-817-2226.

Dates:April - AugustTime:Varies with eventProgram Fee:\$20.00, plus event feesLocation:Varies with event

20 SOMETHING'S MEET UP (ages 20-29)

Join other people in their 20's at a monthly social activity. This club will provide a comfortable environment to make friends, enhance social skills, and have fun in a safe and supportive area. For more information, contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.

Dates: April 27 - Sunken Cities: Egypt's Lost Worlds Art Museum

Times: 6:00 p.m. - 8:00 p.m.

May 18 - Start Bar STL Arcade *21+; ID required Location: Varies with event

June 22 - Shakespeare Festival - Romeo & Juliet - Forest Park

Program Fee: \$20.00 plus

July 20 - St. Louis Zoo Jungle Boogie Concert Series \$15.00 at the door;

August 17 - Annual Kickball Game and BBQ @ Deer Creek Park plus event cost

*When you register for 20 Something's Meet Ups, you are automatically registered for St. Louis Scene Meet Up group and will be eligible to attend any of the events offered through that program as well.

LEISURE TIMES ADULT PROGRAMS

SOFTBALL (ages 18 & older)

Get your ball and glove ready to join the fun as you play in the St. Louis Arc softball league! No experience necessary. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Dates: Wednesdays, April 18 - July 11; tournament: Saturday, July 14

Program Fee: \$55.00

Time: 6:30 p.m. - 8:30p.m.

Locations: Greentree Park, Vatterott Park, Love Park, Hellebusch, and Southgate Church

Arc UNITED SOFTBALL (ages 18 & older)

If you're interested in playing in community leagues, having fun, meeting new friends, and improving your softball skills, then this is the team for you! Arc United consists of athletes of all abilities. For more information, contact Dan Correll at 314-817-2227 or dcorrell@slarc.org.

Dates: Tuesdays, April 17 - June 26 **Dates:** Thursdays, June - July

Team: Sliders Team: Crush

Location: Fenton Park, Fenton, MO **Location:** Shaw Park, Clayton, MO

Time: Double Header; 6:00 p.m. & 7:00 p.m. Time: Varies (from 6:00 p.m. - 10:00 p.m.)

Program Fee: \$55.00 Program Fee: \$55.00

Dates: Tuesdays, July - August

Team: Arcade

Location: Vatterott Park, St. Ann, MO

Time: Varies (from 6:30 p.m. - 9:30 p.m.)

Program Fee: \$55.00

BOWLING (ages 18 & older)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. For more information, contact Chelsea Larkin at clarkin@slarc.org or 314-817-2249.

Dates: Saturdays, June 2 - August 11 (No program 7/7, 7/28) **Program Fee:** \$35.00 plus \$8.00 pay-at-door fee

Time: 10:00 a.m.

Each time attending or Pre Pay option: \$105.00

Location: Olivette Lanes,

9520 Olive Blvd., Olivette, MO 63132

WEEKDAY BOWLING (ages 18 & older)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Dates: Wednesdays, May 2 - July 11 **Program Fee:** \$35.00 plus \$8.00 pay-at-door fee each

Time: 10:30 a.m. time attending or Pre Pay option: \$105.00

Location: Olivette Lanes,

9520 Olive Blvd., Olivette, MO 63132

GOLF (ages 18 & older)

Perfect your swing, practice your putting, or test your driving distance from the tee! All skill levels welcome. Professional golf instructors will assist you in learning proper techniques and learn to love the game of golf. For more information, contact Dan Correll at 314-817-2227 or dcorrell@slarc.org.

Dates: Tuesdays, May 1 - August 7, Tournament: August 14

Time: 6:30 p.m. - 8:30 p.m.

Program Fee: \$55.00 per person + \$7.00 weekly ball fee

Location: Paradise Valley Golf Club, 1055 Lochmoor Dr. High Ridge, MO 63049



LEISURE TIMES ADULT PROGRAMS

WALKING CLUB (ages 18 & older)

Get moving and join us for walks at local parks. Walking is a great way to exercise, stay healthy, socialize, and support your community. You can choose to participate in park walks at one or two park locations. The St. Louis Arc will provide pedometers every week to track your miles. We will accommodate the novice, as well as the fast paced walker. Family members and friends are encouraged to register as well. For more information, contact Dan Correll at 314-817-2227 or dcorrell@slarc.org.

Dates: Thursdays, May 3 - July 12

Locations: Longview Park: May 3 - June 7; Des Peres Park: June 8 - July 12 (no program July 5)

Time: 6:30 p.m. - 8:00 p.m.

Program Fees: \$55.00 per person (10 week session - 2 parks) OR \$30.00 per person (5 week session - 1 park)

Arc ESCAPES (ages 18 & older)

Individual trips are planned throughout the year to provide participants the opportunity to explore and travel to various Midwest locations. During this exploration, participants will have the opportunity to explore various sites, relax, try new and different cuisine, make new friends and learn how to travel. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.



LEISURE TIMES FAMILY PROGRAMS

COOKING WITH FAMILY AND FRIENDS

Families and friends will enjoy four weeks of entertaining, educational, and delicious recipes that you can take home and prepare together. The last class will consist of a cooking competition. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates: Wednesdays, August 1 - 22 **Time:** 5:00 p.m. - 7:30 p.m.

Program Fee: \$100.00 per family **Location:** St. Louis Arc Family Center,

1177 N. Warson Rd.,

FAMILY FUN NIGHTS

Family Fun Nights are free family-friendly activities for families of all ages and abilities to get together for fun. To RSVP, or for more information, contact Bre Ward at bward@slarc.org or 314-817-2226.

Dates: Last Friday of the month; Time: 6:00 p.m. - 8:00 p.m.

April 27 - BINGO Location: St. Louis Arc Family Center

June 29 - Rhythm and Moves 1177 N. Warson Rd.,

July 27– Bingo Creve Coeur, MO 63132

Registration Deadline: March 16, 2018

Program Registration

- Completely fill out both sides of the enclosed registration form. Program fee(s) must accompany your registration.
- Programs are filled on a first-come, first-served basis. Only paid registrants will be accepted. Confirmation is sent before programs begin.

Weather Cancellation Procedures

- In the event of inclement weather, the Leisure Services Department will make decisions about the program status two hours prior to program starting time.
- Weather cancellations may include programs cancelled due to a heat index of 97° or above, or when temperatures dip below 10° for an extended period of time.
- Participants, families, and volunteers should call the RECREATION HOTLINE at 314-817-2244, or view our Facebook or Twitter, to check the status of the program.

Financial Assistance

For financial assistance with program fees, please go to our website and download a financial assistance form <u>prior to</u> <u>registering</u> for a program and email the form to Rhonda Hembree at rhembree@slarc.org.

Refund Policy

Cancellation by the participant must be made two weeks prior to the start of program to receive a full refund. No refunds will be made after that time.

Additional Information

- Rules of acceptance and participation in our programs are the same for everyone, without regard to race, color, gender, national origin, age, or ability.
- If you need accommodations to participate fully, please indicate this on the registration form.
- The participant acknowledges that she/he is in good health and able to participate in all activities of the program.
- The St. Louis Arc reserves the right to cancel programs.
- Participants are responsible for any medical expenses incurred during recreation/leisure programs.
- All participants and spectators are expected to be respectful of themselves and others. Violence and/or abusive language or behaviors will not be tolerated. Any participant or spectator may be excluded at any time during the program by the Leisure Services Staff, if it is judged that the participant or spectator has hampered the safety, welfare, or enjoyment of other participants.



It's Game time! Come cheer on the St. Louis Cardinals as they take on the New York Mets and help support the St. Louis Arc! \$12 of every ticket goes directly to the St. Louis Arc Leisure Services scholarship fund.

For more information, please contact

Meghan Murphy at 314-817-2250 or memurphy@slarc.org

or visit our website at www.slarc.org Tickets will be mailed 2 weeks prior to the game

Unable to attend the Game?
Please sponsor a ticket for an arc
Participant



St. Louis Arc

Night at the Ballpark

Cardinals vs. Mets

Tuesday, April 24, 2018

7:15 pm

Busch Stadium

700 Clark Ave, 63102

\$30 per ticket

Name:				
Mailing Address:				
Phone:				
Email Address:				
# of Tickets (\$30/each):				
Do you need accessible seats? Yes No				
# of Sponsored Tickets (\$30/each):				
Ticket Delivery:Mail Ticket Pick Up Ticket				
Payment Method: Check Credit Card (circle one)				
Credit Card #:				
Expiration Date:				
*Note: St. Louis Arc Residential Individuals may only pay via escrow, check or personal credit card.				
Office Use Only: Pay Code: 46000-4540				
Staff Initials: Amt. Paid:				
Please enclose check payable to St. Louis Arc and mail to:				
St. Louis Arc Attn: Meghan– Arc Night at the Ballpark 1177 North Warson Road St. Louis, MO 63132				

Networking Socials & Support Groups

Whether a sibling, a parent, a family member, or a friend, you can gather with others who understand the unique challenges of having a loved one with a disability.

Our new monthly **Family-to-Family** Meetups provide a place to share stories, resources, and get the tools you need to plan for a great life! For the next Meetup dates and to RSVP, join our Meetup group at: http://www.meetup.com/St-Louis-Arc-Community-Connections/



For more information on the Family to Family Meetups, contact Sharon Spurlock, Director of Family Supports at sspurlock@slarc.org or 314-817-2222.

Dads' Group:



Dates and locations vary. For dads who understand the unique challenges of having a family member with a disability. Check www.slarc.org for regular updates.

For more information, contact Mark A. Keeley at mkeeley@slarc.org or 314-817-2280.

JOIN THE TEAM WITH A GIFT TO LEISURE!

Join in on the fun to support Leisure participants! A gift to Leisure helps ensure that our participants have access to places to play, sports equipment, musical instruments, art supplies, and books. St Louis Arc's inclusive leisure programs are activities geared to help people make friends, learn new skills, increase confidence, and have tons of fun.

CHOOSE SOMETHING MEANINGFUL TO YOU:

- The Leisure Endowment Fund to make a permanent difference
- ♦ Sports Sponsorships to help make the crowds go wild
- ♦ Summer Employment Programs to prepare youth for the future
- ♦ General Leisure Programs to support the greatest need
- ♦ Camp Sponsorships to ensure memories with friends and family
- ♦ Life Skills and Education to support personal growth and success

If you would like to designate your gift to one of the choices or another preference, please include in the memo line of your check or note section if making an online contribution.

For more information, contact Jennifer Adams at 314-817-2296 or jadams@slarc.org.



Visit Our Website www.slarc.org



VIP Funders: The St. Louis Arc services are funded in part by the fees you pay and by the United Way of Greater St. Louis, the Productive Living Board for St. Louis County, Citizens with Developmental Disabilities, and private donations.







Leisure Services Contact Information

Dan Correll

Coordinator 314-817-2227 dcorrell@slarc.org

Clinton Hall

Coordinator 314-817-2293 chall@slarc.org

Chelsea Larkin

Coordinator 314-817-2249 clarkin@slarc.org

Carly McElvaine

Coordinator 314-817-2233 cmcelvaine@slarc.org

Meghan Murphy

Coordinator 314-817-2250 memurphy@slarc.org

Breanne Ward

Coordinator/ Administrative Manager 314-817-2226 bward@slarc.org

Rhonda Hembree

Director 314-817-2245 rhembree@slarc.org

Shaughnessy Daniels

Vice President Community Supports 314-817-2218 sdaniels@slarc.org

> Arc TTY 314-569-2021 MO TTY Relay: 1-800-735-2966

Participant	Name		Date of Birt	h		ecurity Number (print legibate documentation as nec	oly—confirm by viewing card or essary)
Home phone Cell phone E-mail Addre		E-mail Address					
Street Address		City			State	Zip Code	
Participant	's Employer					_	·
1	Gender Male Female	St. Louis		et. Louis County		Marital Status:	Single Married
2	Participant Lives: w/Family Independently Individual Supported Live	Specialized Nursing Hor	me		Foster H Group H Other		_
0	When did disability manife Participant's Diagnosis: Intellectual Disability Autism Spectrum Disor Seizure Disorder	Learning Disab	bility	age 22		Articipant's Race: Asian African-American Bi-Racial Other	☐ Caucasian ☐ Native American ☐ Hispanic
3	Cerebral Palsy If "Other" diagnosis or "Lear functional limitations in two Company Receptive-Expressive	or more of the following are Language					uis Regional Office client? Coordinator Name:
	Capacity for Independence Self Direction or Econo	•	Self Care Mobility		Sei	rvice Coordinator Pho	one: DMH ID#
6 7	Do you receive Medicaid Type of Waiver Funding: Medical/Dietary Concer	Comprehensive Waive			Sarah l Bluten F		artnership for Hope Waiver
	1st Emergency Contact: 0	Guardian? Yes	No Check here	if address sar	ne as ab	oove: Eme	rgency Contact: 1 2
8	Name		Relations	hip	(Are	ea Code) Home Phone Nu	mber
x	Address	Cit	ty State	ZIP	(A	rea Code) Work Phone Nu	ımber
107	Employer				_ _ _		
K;	E-mail		No. Gt. 1		`	ea Code) Cell Phone Num	
SUMMER 2018	2nd Emergency Contact: Guardian? ■ Yes ■ No Check here if Name Relationship			ress same as above: Emergency Contact: 1 2 (Area Code) Home Phone Number			
	Address	Cit	y State	ZIP	(Area	Code) Work Phone Numb	per
SPRING	Employer				(Are	a Code) Cell Phone Numb	per
Z	E-mail				_		
Louis SP	participant as named on this f indemnify said Association, it	orm at my expense. By signing, s agents and employees, and ag	gram director to hospit I give permission to the ree to hold it and the	he St. Louis Arc to m harmless from	er treatme o release r any and a	ny personal information to Il liability arising out of an	ion, anesthesia or surgery for the the program leader. I do hereby y injury, illness, or accident that sociation or its agents of employ-
	I have read the above, which I Signature of Participant	understand and agree to abide b Date		Parent or Guardi		Date	
	I hereby authorize the use of n	ny name, photographs and/or vi to this statement.	Ö				. Louis Arc.

Participant's Name:	T-Shirt Size (please circle size)				
Teen Programs	s m l xl xxx xxxx				
	OGRAM Adult Programs FEES				
MUSIC MOVES Fee: \$75.00	ARC UNITED SOFTBALL Fee: \$55.00 per team Sliders (Fenton) Crush (Shaw Park) Arcade (Vatterott)				
THE WILD WITHIN Fee: \$75.00	BOWLING (Sat.) Fee \$35.00				
TEEN MEET UP Fee: \$20.00	Program Fee: \$35.00 or Pre Pay Option: \$105.00				
Adult Programs	WEEKDAY BOWLING Fee \$35.00 Program Fee: \$35.00 or Pre Pay Option: \$105.00				
ARTIST IN YOU Fee: \$75.00 per session Session II Session II	Golf Fee: \$55.00				
COOKING FOR COMFORT Fee: \$45.00 per session Session I: 4:30 p.m. Session II: 4:30 p.m. Spring Dishes Summer Favorites Session 1: 6:30 p.m. Session 2: 6:30 p.m. The Independent Chef The Independent Chef	WALKING CLUB:All Parks (10 week session) Fee: \$55.00 Fee:\$30 per session/park Longview Park only Des Peres Park only				
ADULT MUSIC Fee \$110.00 Mon. 6:30 - 7:15 p.m.	Arc ESCAPES To receive brochure				
ADULT MUSIC Fee: \$110.00 per session Thursday 10:00 a.m10:45 a.m 11:00 a.m11:45 a.m. AWAKE, AWARE, ALIVE Fee: \$75.00 ST. LOUIS SCENE MEET UP Fee: \$20.00 20 SOMETHINGS MEET UP Fee: \$20.00 SOFTBALL Fee: \$55.00 Blue Jays Cougars	Family Programs COOKING WITH FAMILY & FRIENDS Fee: \$100.00 # attending + \$10 per additional member over 4 FAMILY FUN NIGHT Fee: \$0 Total fee from Column 2: Total fee from Column 1:				
Bobcats Jammers Bombers Tigers Cardinals Vipers Total fee from Column 1:	GRAND TOTAL:				
METHOD OF PAYMENT					
PLEASE RETURN FORM AND FEES TO St. Louis Arc/Leisure Services Attention: Accounts Receivable 1177 N. Warson Rd. St. Louis, MO 63132 St. Louis Arc Resident ONLY—Payment from Escrow For Office Use Only Amt 1 coded to Amt 2 coded to Payment Amount Date Received Payment Method	Please charge my credit card Visa MasterCard Discover Credit Card number: Expiration Date: Name on Card: (Required-Please Print)				