

# LEISURE TIMES BROCHURE

# Winter 2023



**REGISTRATION DEADLINE:  
DECEMBER 16, 2022**

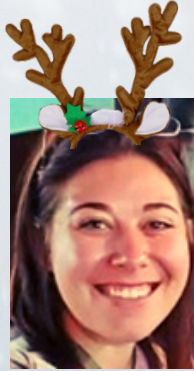
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## Shaking Up the Leisure Department!!

Happy winter! In the past month, the Leisure Management team has been in the process of reorganizing the department. As a part of this process, we gave careful consideration to everyone's input and feedback to ensure the continued success and implementation of high quality programs. As you review the new line up below, you will notice that the program coordinator's faces may be familiar, but some of the programs they support have changed. Below is the new line up:



Clinton Hall will be coordinating Neighborhood Experiences, NE in the City, Dances, Cooking, Yoga & Meditation, Soccer and Basketball. Clinton can be reached at [chall@slarc.org](mailto:chall@slarc.org) or 314-817-2293



Bri Reyes will be coordinating St. Louis Scene, Sunday Funday, Bowling, Book Club, Softball, Golf, Arc Escapes, Special Events/Fundraisers. Bri can be reached at [breyes@slarc.org](mailto:breyes@slarc.org) or 314-817-2250



Dan Correll will be coordinating all Arc United Sports (Softball, Basketball, Indoor Soccer, Golf, Walking Club, Kickball, Pickleball, and Bowling), Plug In and ISkate. Dan can be reached at [dcorrell@slarc.org](mailto:dcorrell@slarc.org) or 314-817-2227.



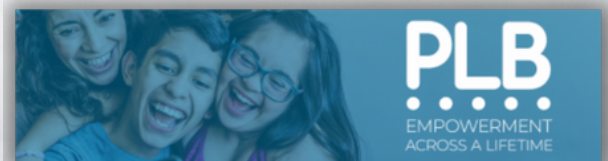
Sarah Ballance will be coordinating R&R Camp, Artist in You, Adult Music, Ukulele Club, and Virtual Weekday Fun Day. Sarah can be reached at [sballance@slarc.org](mailto:sballance@slarc.org) or 314-817-2229

## Special Acknowledgement



The St. Louis Arc's Leisure Services Department would like to recognize and thank the Productive Living Board of St. Louis County. In May, the Board approved \$511,123 for the R&R Camp project and the Neighborhood Experiences teen summer employment project. This funding provides services for 120 individuals.

PLB ensures funding for a spectrum of high-quality services that create opportunities for St. Louis County residents with developmental disabilities to thrive in the home, community, and employment settings of their choosing. In the 2023 fiscal year, they have committed to a \$25,121,134 investment that will serve nearly 4,000 individuals with intellectual and developmental disabilities through the 114 programs provided by their 39 funded partners.







## Teen Bowling (ages 13 & older)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. Games can last anywhere from 1-1/2 hours to 2 hours depending on the speed of bowlers at each lane. For more information, contact Bri Reyes at [breyes@slarc.org](mailto:breyes@slarc.org) or 314-817-2250.

**Dates:** 1st & 3rd Saturday of each month, January 7 - May 6, 2023  
**Time:** 9:00 a.m. - 11:00 a.m.  
**Location:** Sunset Lanes, 7777 Watson Rd. St. Louis, MO 63119  
**Program Fee:** \$35.00 plus \$10.00 pay-at-door fee each time attending



## PLUG IN (ages 16 & older)

PLUG IN is an ESports video gaming league where you will compete against another player each week. All are welcome to play in the league, including your family and friends! The featured video game is Rocket League. To participate, you will need a PlayStation 4, Nintendo Switch, or an Xbox 1, and the ability to connect to the internet. You will also get a chance to participate in a tournament where the 1st place team will win a \$50 gift card. For more information, contact Dan Correll at [dcorrell@slarc.org](mailto:dcorrell@slarc.org) or 314-817-2227.



**Dates:** Thursdays, February 9 - March 23, 2023  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Location:** A Zoom link and instructions will be sent prior to start of the program.  
**Program Fee:** \$60.00

## Ukulele Club (ages 16 & older)

Do you enjoy music? Do you have the desire to learn how to play an instrument? Join us for Ukulele Club! The Ukulele Club provides a great leisure opportunity while promoting social and fine motor skills. The club is led by a board certified music therapist. For more information, contact Sarah Ballance at [sballance@slarc.org](mailto:sballance@slarc.org) or 314-817-2229.

**Dates:** Wednesdays, March 1 - April 19, 2023  
**Time:** 5:30 p.m. - 6:15 p.m.  
**Location:** St. Louis Arc Family Center, 1177 N. Warson Rd. St. Louis, MO, 63132  
**Program Fee:** \$100.00



## Weekday Fun Day - Virtual (ages 16 & older)

Please join us for a night of fun during the week! We are excited to offer all kinds of fun from BINGO, games, and crafts. For more information, contact Sarah Ballance at [sballance@slarc.org](mailto:sballance@slarc.org) or 314-817-2229.

**Dates:** Tuesdays, February 21 - March 28, 2023  
**Time:** 7:00 p.m. - 8:00 p.m.  
**Location:** A Zoom link and instructions will be sent prior to the start of the program.  
**Program Fee:** \$35.00

## Adult Music (ages 18 & older)

Music classes are designed to provide a fun and supportive outlet for expressing yourself. Weekly activities may include using instruments, sing-alongs, collaborative songwriting, music and movement. To maximize the benefits of music for people of all abilities, we will provide smaller group sizes. For more information, contact Sarah Ballance at [sballance@slarc.org](mailto:sballance@slarc.org) or 314-817-2229.

**Dates:** Mondays, January 23 – March 27, 2023  
**Time:** 6:30 p.m. – 7:15 p.m.  
**Dates:** Thursdays, January 26 – March 30, 2023  
**Time:** 10:00 a.m. & 11:00 a.m.  
**Location:** St. Louis Arc Family Center, 1177 N. Warson Rd. St. Louis, MO 63132  
**Program Fee:** \$110.00



## 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. To maximize the benefits of the Artist in You program, we will provide smaller group sizes. Program fee covers the cost of all art supplies. For more information, contact Sarah Ballance at [sballance@slarc.org](mailto:sballance@slarc.org) or 314-817-2229.

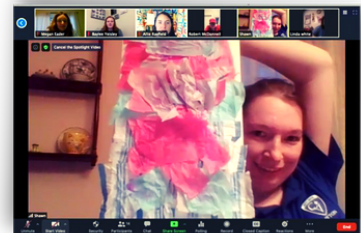
**Session I:** Mondays, January 30 – March 6, 2023  
**Session II:** Mondays, April 3 – May 8, 2023  
**Times:** 6:30 p.m. – 8:00 p.m.  
**Location:** Center of Clayton, 50 Gay Ave. Clayton, MO 63105  
**Program Fee:** \$85.00



## The Artist in You - Virtual (ages 18 & older)

Explore your hidden artistic talents! Join our exciting virtual art class which offers basic instruction in drawing, painting, and multimedia art. To maximize the benefits of the Artist in You program, we will provide smaller group sizes. Participants will receive a list of needed supplies to purchase for the class prior to the scheduled start date. For more information, contact Sarah Ballance at [sballance@slarc.org](mailto:sballance@slarc.org) or 314-817-2229.

**Session 1:** Wednesdays, February 1 – March 8, 2023  
**Session 2:** Wednesdays, April 5 – May 10, 2023  
**Times:** 6:30 p.m. – 7:45 p.m.  
**Location:** A Zoom link with instructions will be sent out prior to the start of the program.  
**Program Fee:** \$50.00



## Cooking for Comfort - In-Person (ages 18 & older)

Join us and enjoy an in-person experience in the kitchen while learning how to prepare easy, delicious meals. An experienced cooking instructor will guide participants in preparing tasty dishes. For more information, contact Clinton Hall at [challeslarc.org](mailto:challeslarc.org) or 314-817-2293.

<b>Session I</b>	<b>Session II</b>	<b>Session III</b>
<b>Dates:</b> Jan. 23, 30, Feb. 6, 2023	<b>Dates:</b> Feb. 13, 20, 27, 2023	<b>Dates:</b> March 6, 13, 20, 2023
<b>Day:</b> Mondays	<b>Day:</b> Mondays	<b>Day:</b> Mondays
<b>Time:</b> 4:30 p.m. – 6:15 p.m.	<b>Time:</b> 4:30 p.m. – 6:15 p.m.	<b>Time:</b> 4:30 p.m. – 6:15 p.m.
OR	OR	OR
<b>Time:</b> 6:30 p.m. – 8:15 p.m.	<b>Time:</b> 6:30 p.m. – 8:15 p.m.	<b>Time:</b> 6:30 p.m. – 8:15 p.m.

**Location:** St. Louis Arc Family Center, 1177 N. Warson Rd. St. Louis, MO 63132  
**Program Fee:** \$55.00







## Cooking for Comfort - Virtual (ages 18 & older)

Join us and enjoy a virtual experience in the kitchen while learning how to prepare easy, delicious meals. An experienced cooking instructor will guide participants in preparing tasty dishes. For more information, contact Clinton Hall at [chall@slarc.org](mailto:chall@slarc.org) or 314-817-2293.

**Dates:** Mondays, March 27, April 3, 10, 2023  
**Time:** 6:00 p.m. to 7:30 p.m.  
**Location:** A Zoom link and instructions will be sent out prior to the start of the program.  
**Program Fee:** \$35.00

## Yoga & Meditation - Virtual or In-Person (ages 18 & older)

This Yoga class is designed to teach participants Yoga poses. The benefits of this class include increased flexibility and muscle strength, weight reduction, improved respiration, energy, vitality and an overall better quality of life. This class will be led by a certified Yoga instructor. For more information, contact Clinton Hall at [chall@slarc.org](mailto:chall@slarc.org) or 314-817-2293.



**Dates:** Thursdays, February 23 - March 30, 2023  
**Time:** 6:00 p.m. - 7:00 p.m.  
**Location:** In-Person - St. Louis Arc Family Center, 1177 N. Warson Rd. St. Louis, MO 63132.  
 Virtual - A Zoom link and instructions will be sent prior to the start of the program.  
**Program Fee:** \$75.00 in-person or \$60.00 virtual

## Arc Escapes 2023 (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 Bri Reyes at [breyes@slarc.org](mailto:breyes@slarc.org) or 314-817-2250.



## Book Club (ages 18 & older)

Book Clubs give adults the opportunity to learn to read, talk about books, and make friends in a fun community setting. Participants range from those who read well, to those who do not read at all. For more information, contact Bri Reyes at [breyes@slarc.org](mailto:breyes@slarc.org) or 314-817-2250.

**Dates:** Thursdays, January 26 - April 27, 2023  
**Time:** 6:30 p.m. - 7:30 p.m.  
**Locations:** **Des Peres:** Barnes & Noble, 113 West County Center, 63131  
**Ladue:** Barnes & Noble - 8871 Ladue Rd., 63124  
**Sunset Hills:** St. Louis Bread Co. - 10740 Sunset Hills Plaza, 63127  
**Program Fee:** \$35.00





## Arc United Basketball (ages 18 & older)

This league is for people with and without disabilities playing together and competing on the same team. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

**Dates:** Mondays, January 23 – March 13, 2023  
**Time:** 6:00 p.m., 7:00 p.m., & 8:00 p.m.  
**Teams:** Blazers, Heat, Hurricanes, Jets, Slam, and Thunder  
**Location:** Overland Community Center  
**Program Fee:** \$55.00



## Basketball (ages 18 & older)

Got game? Bring it on. Join the excitement of the Arc basketball leagues! Each Saturday your team will either play at Bayless Jr. High School or Fee Fee Baptist Church. For more information, contact Clinton Hall at chhall@slarc.org or 314-817-2293.

**Dates:** Saturdays, January 21 – March 11, 2023  
**Time:** 9:30 a.m. & 10:30 p.m.  
**Teams:** Bearcats, Blue Devils, Hawks, Phantoms, Rattlers, Roadrunners, Northstars, and Stingrays  
**Location:** Fee Fee Church and Bayless Jr. High  
**Program Fee:** \$55.00



## Bowling (ages 18 & older)

Grab your bowling ball and shoes, and hit the lanes for some bowling! For more information about Bowling leagues, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

### SUNSET LANES - AM 1ST & 3RD SATURDAY

9:00 a.m. – 11:00 a.m.  
 January 7 – May 6, 2023  
 Sunset Lanes, 7777 Watson Rd.  
 St. Louis, MO 63119

### SUNSET LANES - PM 2ND, 4TH & 5TH SATURDAY

3:00 p.m. – 5:00 p.m.  
 January 14 – May 13, 2023  
 Sunset Lanes, 7777 Watson Rd.  
 St. Louis, MO 63119

### OLIVETTE BOWL - AM WEDNESDAYS

10:00 a.m. – 12:00 p.m.  
 Every Wednesday,  
 September 21 – May 10 (no 1/4)  
 Olivette Lanes, 9520 Olive Blvd.  
 Olivette, MO 63132



**Program Fee:** \$35.00 plus \$10.00 pay-at-door fee each time attending.

## Arc United Indoor Soccer (ages 18 & older)

Grab your ball and cleats and head to the in-door soccer field. This league is for people with and without disabilities playing together and competing on the same team in the community. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

**Dates:** Thursdays, February 16 – April 6, 2023  
**Time:** 6:00 p.m., 7:00 p.m., and 8:00 p.m.  
**Team:** Smash  
**Location:** Vetta Sports Webster Groves  
**Program Fee:** \$55.00





## Creative Music Making (ages 18 & older)

Join members of the St. Louis Symphony Orchestra and Maryville University's Music Therapy department for an amazing three day journey to create and perform an original piece of music. For two days, participants will explore different kinds of music, and craft a new piece that will be performed on the third night on stage at Powell Hall. For more information and to receive the application, contact Brianne Smith at bsmith@slarc.org or 314-817-2216.



### Rehearsal

**Rehearsal Dates:** Monday & Tuesday, February 13-14, 2023

**Rehearsal Times:** 9:00 a.m. – 3:00 p.m.

**Rehearsal Location:**

St. Louis Arc Family Center 1177 N. Warson Rd. St. Louis MO 63132

### Performance

**Performance Date:** Wednesday, February 15, 2023

**Performance Time:** 7:00 p.m.

**Performance Location:**

Powell Hall – 718 N Grand Blvd, St. Louis, MO 63103

## Registration & Program Information

### Program Registration

Please use our online registration process to securely register and pay for programs by clicking on the link below.

<https://slarc.formstack.com/forms/winterformstack>

You may also complete the attached/enclosed registration form. Please see mailing address at the bottom of the registration form for mailing instructions.

Programs are filled on a first-come, first-served basis. Only paid registrants will be accepted. Confirmations will be sent two weeks prior to the start of the program.

### 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 to check the status of the program.

### Financial Assistance

Please go to the St. Louis Arc website and download a financial assistance form prior to registering for a program and email form to Rhonda Hembree at rhembree@slarc.org. Or call Rhonda at 314-817-2245 to receive the financial assistance form via mail.

### 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, gender identity, sexual orientation, national origin, religion age, or ability.

If you need accommodations to participate fully, please indicate your specific accommodations 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.

### St. Louis Arc's Statement Regarding Virtual Zoom Programs

When participating in virtual Zoom programs and using the Zoom link, you agree to hold harmless the St. Louis Arc and its representatives, directors, agents, and employees from any and all claims, liability, damages and/or costs in connection with participating in this activity/service. You also agree to follow St. Louis Arc and program policies and procedures. If the host feels any conduct does not follow these standards, they have the right to mute or remove participants from the meeting.



### 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](http://www.slarc.org) for regular updates.

For more information, contact Mark A. Keeley at [mkeeley@slarc.org](mailto:mkeeley@slarc.org) or 314-817-2280.

*meetup*

Join our monthly Family-to-Family Meetups provide a place to share stories, resources, and get the tools you need to plan for a great life! 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.

For the next Meetup dates and to RSVP, join our Meetup group at: <http://www.meetup.com/St-Louis-Arc-Community-Connections/>

### 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.

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.

- 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



**For more information, contact John Taylor at 314-817-2240 or [jtaylor@slarc.org](mailto:jtaylor@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, DD Resources, and private donations.



**Visit our website [www.slarc.org](http://www.slarc.org)**



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### Leisure Services Contact Information

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