



Leisure Times

Fall 2020



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Registration Deadline

August 24, 2020



Updates & New Safety Protocols for Leisure Programs

The Leisure Services Department misses everyone, and we are excited to offer fall programs. While the COVID-19 pandemic weighs heavy on our mind, your safety, trust, and security are what makes us pause and reevaluate everyone returning to the Leisure programs. To protect your safety, we will be implementing new protocols to ensure the safest experience possible for everyone. After you register, you will receive the new protocols with your confirmation. Some of the new safety procedures we are following include: you will be asked a list of questions regarding your health upon arrival at the program; you will be required to wear a mask; you must wash hands before and during the program; maintain at least 6 feet of physical distancing; and no high fives, hand shakes, fist bumps, or hugging. The Arc will provide masks for those who do not have one and hand sanitizer. Program staff will monitor physical distancing, proper wearing of masks, hand washing, and will sanitize equipment. We will also be adhering to all of the CDC guidelines and the safety protocols of the St. Louis County Health Department. Maintaining your health and safety will take cooperation and consistent practices from everyone. We have designed these protocols to ensure we are all following the same guidelines to reduce the risk of contracting and spreading the COVID-19 virus.

Currently all outdoor programs are scheduled to be in person. We will offer virtual programs for all inside activities until the threat of COVID-19 subsides. All virtual programs will be done via Zoom. Once you register we will send you detailed instructions on how to create a Zoom account, and the Zoom link to access the program. Please contact the Recreation Council of Greater St. Louis at 314-726-6044 for more information on how to access a \$30 Samsung Tablet and free internet service for 6 months. (While supplies last).

We will also offer a new virtual Percussion Music Class, Arc United Kickball team and we have created a new sports video gaming league for people of all abilities called **PLUG IN!** Unfortunately, Bowling Leagues, Arc Escapes, and Family Fun Night will be cancelled until further notice.

Please keep in mind that any plans we make will, by necessity, be tentative, as information regarding the state of the Covid-19 emergency continues to evolve. Please be sure to sign up for the weekly Arc e-newsletter at www.slarc.org to receive information regarding program updates and COVID-19 resources.



Thank you so much for your support and patience through this challenging time.

Rhonda Hembree
Director of Leisure Services



Please Congratulate Stephanie Scott!

Stephanie Scott is the New Vice President of Support Services and Strategy

For nearly 10 years, Stephanie has overseen quality throughout the agency. She has been instrumental in establishing benchmarks and logic models for each service we provide. Stephanie has helped us successfully obtain our Accreditation with Distinction from the Council on Quality and Leadership (CQL), making us one of just a few organizations worldwide who have achieved this goal. In her new role, Stephanie will work with the Directors who oversee transitional age and limited supports, which includes: Employment, Leisure, Connect, Launch, in addition to Nutrition and Adult ABA services. Stephanie will continue to work on overall strategy and quality for the agency.





New Video Sports Gaming Program **PLUG IN!!**

PLUG IN – Do you miss playing sports with your friends? Do you like to play video games? Are you looking to have fun from the comfort of your own home? We are currently offering a new video game sports league for people of all abilities. We are also currently accepting new or used PlayStation 4 and Xbox 1 gaming systems, and the Madden 19 football game for both systems. The systems will be loaned out to individuals who want to participate but do not have the required gaming system. Please spread the word about our NEW PLUG IN Program. See page 6 for registration details.

LEISURE TIMES

TEEN PROGRAMS

VIRTUAL SHAKE, RATTLE, AND ROLL MUSIC CLASS (ages 16 & older)

Do you enjoy playing and listening to percussion instruments and drumming circles? Do you have the desire to learn how to make and play a drum and other various percussion instruments out of household items? Join us for Shake, Rattle, and Roll! The class, led by a board certified music therapist, is intended for expressing yourself and learning to play homemade percussion instruments. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates: Mondays, September 21 – November 9
Times: 5:30 p.m. - 6:15 p.m.
Location: Virtual Zoom meeting information will be sent with confirmations.
Program Fee: \$50.00

LEISURE TIMES

ADULT PROGRAMS

VIRTUAL ST. LOUIS SCENE (18+) & 20 SOMETHING'S MEET UP (ages 20 to 29)

St. Louis Scene Meet Up and 20 Something's Meet Up offer a variety of virtual games, tours, and recreational opportunities for participants to engage with others and meet new friends. For more information, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

Dates: September - August
Time: Varies with event
Location: Virtual Zoom information will be sent with confirmations.
Program Fee: \$35.00



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.



On hold until further notice, but please check the Arc Escapes box on the registration to receive the latest Arc Escapes Brochure.

VIRTUAL BOOK CLUB (ages 18 & older)

Book Club will meet weekly through a virtual zoom session. Book Clubs give adults the opportunity to learn to read, talk about books, and make friends in a virtual 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 or 314-817-2250.

Dates: Thursdays, October 1 - December 10 (no book club on 11/26)
Time: 7:00 p.m. - 8:00 p.m.
Locations: Virtual Zoom information will be sent with confirmations.
Program Fee: \$25.00 per session



VIRTUAL ARTIST IN YOU (ages 18 & older)

Explore your hidden artistic talents! Join our exciting virtual 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, September 14 - October 19
Session II Dates: Mondays, November 2 - December 7
Times: 6:30 p.m. - 7:30 p.m.
Location: Virtual Zoom information will be sent with confirmations.
Program Fee: \$50.00 per session



VIRTUAL 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, September 21 - December 7
Time: 6:30 p.m. - 7:15 p.m.
Dates: Thursdays, September 17 - December 10 (no class 11/26)
Time: 10:00 a.m. - 10:45 a.m.
 11:00 a.m. - 11:45 a.m. (small group)
Location: Virtual Zoom information will be sent with confirmations.
Program Fees: \$60.00 per session



VIRTUAL COOKIE EXTRAVAGANZA (ages 18 & older)

Learn how to make fabulous holiday cookies with Dave. You will learn how to make a variety of cookies that you can share for the holidays. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Session I Dates: Wednesday, December 2
Session II Dates: Wednesday, December 9
Time: 5:00 p.m. - 6:15 p.m.
Location: Virtual Zoom information will be sent with confirmations.
Program Fees: \$30.00 per session



VIRTUAL COOKING FOR COMFORT (ages 18 & older)

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 Dan Correll at dcorrell@slarc.org or 314-817-2227.

Session I

Dates: September 16, 23, and 30
Day: Wednesdays
Topic: Fabulous Fall Foods
Time: 4:30 p.m. - 5:30 p.m.

Topic: The Independent Chef
Time: 6:00 p.m. - 7:00 p.m.

Session II

Dates: October 7, 14, and 21
Day: Wednesdays
Topic: Fabulous Fall Foods
Time: 4:30 p.m. - 5:30 p.m.

Topic: The Independent Chef
Time: 6:00 p.m. - 7:00 p.m.

Session III

Dates: October 28, November 4 & 11
Days: Wednesdays
Topic: Fabulous Fall Foods
Time: 4:30 p.m. - 5:30 p.m.

Topic: The Independent Chef
Time: 6:00 p.m. - 7:00 p.m.

Location: Virtual Zoom information will be sent with confirmations.

Program Fee: \$35.00 per session

VIRTUAL DANCE CLUB (ages 18 & older)

Get your dancing shoes ready and join us for virtual dancing with a live DJ spinning current hits, old favorites, and any requests. Virtually connect with friends and meet new people from the safety of your own home. For more information, contact Clinton Hall at 314-817-2293 or chall@slarc.org.

Dates: Saturdays, September 19 — August 21 (no dance 12/19)
Times: 3rd Saturday of month, 7:30 p.m. - 8:30 p.m.

Location: Virtual Zoom information will be sent with confirmations.

Program Fee: \$35.00

VIRTUAL YOGA (ages 18 & older)

This Yoga class is designed to teach participants yoga poses and the art of staying in the present. Benefits of the class include increased flexibility and muscle strength, weight reduction, improved respiration, energy, and vitality. Yoga can lead to a better quality of life. This class will be lead by a certified Yoga Instructor. For more information, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

Session I Dates: Tuesdays, September 15—October 20

Session II Dates: Tuesdays, November 3—December 8

Time: 6:00 p.m.—7:00 p.m.

Location: Virtual Zoom information will be sent with confirmations.

Program Fee: \$60.00



KICKBALL (ages 18 & up)

Have you ever caught yourself wondering if there was a sport that combined your love of baseball with your love of kicking things? If so, look no further than kickball. Arc United kickball consists of athletes of all abilities. So stretch out those legs and let's have a kickin' good time. For more information, contact Dan Correll at 314-817-2227 or dcorrell@slarc.org.

Dates: Tuesdays, September 8 - October 13

Time: Possible start times—6:00 p.m., 7:00 p.m. & 8:00 p.m.

Locations: Virtual Zoom information will be sent with confirmations.

Program Fee \$55.00



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. 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, September 10 - October 8
Time: 5:30 p.m. - 7:00 p.m.
Locations: Des Peres Park
Program Fees: \$55.00 per person

**SOCCER (ages 18 & older)**

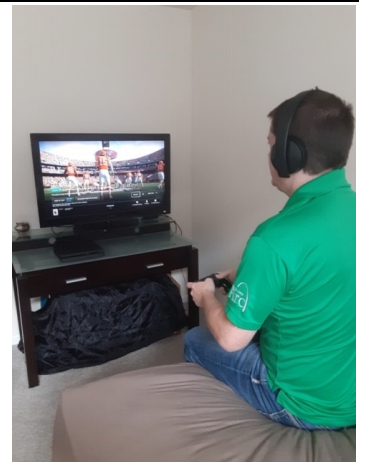
Grab your soccer ball and cleats and head to the field to learn the basics and continue to develop your soccer skills on the field. For more information, contact Dan Correll at dcorell@slarc.org or 314-817-2227.

Dates: Saturdays, September 12 - October 17
Time: 10:00 a.m. - 12:00 p.m. (Noon)
Locations: Sugar Creek Park and Dr. H. Phillip Venable Memorial Park (Formally known as Beirne Park)
Program Fee: \$55.00

**PLUG IN Program (ages 16 & up)****ESports—PLUG IN (Play Leisure's United Games)**

PLUG IN is an ESports video gaming league where you will compete against another player each week. PLUG IN will provide hours of fun and engaging entertainment with your Arc friends. Potential video games could include football, baseball, basketball, hockey, and soccer. All are welcome to play in the league, including your family and friends! To participate, you will need a PlayStation 4 or an Xbox 1, and the ability to connect to the internet. You will get a tee shirt, participate in the End of the Year Celebration, and Tournament with the 1st place team winning a \$50 gift card. For more information, contact Dan Correll at dcorell@slarc.org or 314-817-2227.

Dates: Thursdays, September 17—November 19
Time: Anywhere from 6:00 p.m. to 9:00 p.m.
Location: Esports App and instructions will be sent to you prior to start
Program Fee: \$60.00



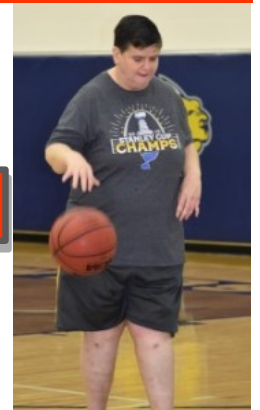
SPECIAL EVENTS



Shoot 'n Hoops

Date to be determined

Check the box on the registration form to receive more information.





The St. Louis Arc Leisure Services department offers 31 programs throughout the year. Twenty-eight of those 31 programs are facilitated strictly by volunteers, like yourself. We are always in need of volunteers to help oversee programs; whether helping to coach softball, assisting with a cooking class, or dancing at a dance; there is an opportunity for everyone.

To get involved in the fun with the St. Louis Arc Leisure Services Department, please contact Megan Blackburn at 314-817-2234 or mblackburn@slarc.org.

Registration Deadline: August 24, 2020

LEISURE TIMES

REGISTRATION AND PROGRAM INFORMATION

Program Registration

- Completely fill out both sides of the enclosed registration form or online. **Program fee(s) must accompany your registration.**
- Programs are filled on a first-come, first-served basis. Only paid registrants will be accepted. Confirmation and program flyers are 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, Twitter or Instagram, 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 **prior to registering** 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 they are 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.

Networking Socials & Support Groups

**VIRTUAL
BINGO**

Join "BINGO Brianne" and "Dauber Dan" for Virtual BINGO.

Dates: Saturdays, September 26, October 31 & December 19 at 3:30 p.m.

For more information, please contact: Brianne Smith at bsmith@slarc.org or 314-817-2226. If you would like to be emailed a BINGO card to print at home, please contact Brianne Smith 5:00 p.m. the Friday prior to game day.

Registration is limited to 25 participants

Our **Family-to-Family** Meetups provide a place to share stories, resources, and get the tools you need to plan for a great life! For more information contact Sharon Spurlock, Senior 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 the weekly Arc Calendar 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 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 John Taylor at 314-817-2240 or 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.



Leisure Services Contact Information

Dan Correll
Coordinator
314-817-2227
dcorrell@slarc.org

Clinton Hall
Coordinator
314-817-2293
chall@slarc.org

Kara Huffman
Coordinator
314-817-2249
khuffman@slarc.org

Bri Reyes
Coordinator
314-817-2250
breyes@slarc.org

Jeanine Springer
Coordinator
314-817-2226
jspringer@slarc.org

Rhonda Hembree
Director
314-817-2245
rhembree@slarc.org

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

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Visit our website www.slarc.org

Like us on
facebook



St. Louis Arc Participant Profile

Please complete both sides of this registration form.

Participant Name _____	Date of Birth _____	Social Security Number (print legibly—confirm by viewing card or appropriate documentation as necessary) _____
Home phone _____	Cell phone _____	E-mail Address _____
Street Address _____	City _____	State _____ Zip Code _____
Participant's Employer _____		

1	Gender	Are you a resident of:	Marital Status: Single Married
	Male Female Other	St. Louis City St. Louis County	No. of Dependents: _____
		St. Charles County Jefferson County	

2	Participant Lives:		
	w/Family	Specialized Facility	Foster Home
	Independently	Nursing Home	Group Home
	Individual Supported Living	Habilitation Center	Other _____

3	When did disability manifest itself?	Prior to age 19	Prior to age 22	4	Participant's Race:	
	Participant's Diagnosis:	Learning Disability			Asian	Caucasian
	Intellectual Disability	Traumatic Brain Injury			African-American	Native American
	Autism Spectrum Disorder	Other _____			Bi-Racial	Hispanic
				5	Are you an active St. Louis Regional Office client?	
Seizure Disorder			Other _____		Yes No	
Cerebral Palsy					Regional Office Service Coordinator Name:	
If "Other" diagnosis or "Learning Disability" is checked, select the substantial functional limitations in two or more of the following areas of major life activities:					Service Coordinator Phone: DMH ID#	
	Receptive-Expressive Language	Learning				
	Capacity for Independent Living	Self Care				
	Self Direction or Economic Self Sufficiency	Mobility				

6	Do you receive Medicaid Waiver Funds? Yes No	
	Type of Waiver Funding:	Comprehensive Waiver Community Waiver Sarah Lopez Waiver Partnership for Hope Waiver

7	Medical/Dietary Concerns OR Accommodation Needed: Epi Pen Gluten Free
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8	1st Emergency Contact: Guardian? Yes No Check here if address same as above:		Emergency Contact: 1
	Name _____	Relationship _____	(Area Code) Home Phone Number _____
	Address _____	City _____ State _____ ZIP _____	(Area Code) Work Phone Number _____
	Employer _____		(Area Code) Cell Phone Number _____
	E-mail _____		
	2nd Emergency Contact: Guardian? Yes No Check here if address same as above:		Emergency Contact: 2
Name _____	Relationship _____	(Area Code) Home Phone Number _____	
Address _____	City _____ State _____ ZIP _____	(Area Code) Work Phone Number _____	
Employer _____		(Area Code) Cell Phone Number _____	
E-mail _____			

Release and Agreement Statement

I hereby give permission to the physician selected by the program director to hospitalize, secure proper treatment for, and to order injection, anesthesia or surgery for the participant as named on this form at my expense. By signing, I give permission to the St. Louis Arc to release my personal information to the program leader. I do hereby indemnify said Association, its agents and employees, and agree to hold it and them harmless from any and all liability arising out of any injury, illness, or accident that might happen to the participant and from any damage the participant might cause to any person(s) or property while in the care of the Association or its agents of employees.

I have read the above, which I understand and agree to abide by.

Signature of Participant _____ Date _____ Signature of Parent or Guardian _____ Date _____

I hereby authorize the use of my name, photographs and/or videotape for newspaper, radio, website, advertisement or publication by the St. Louis Arc. Please initial here if you agree to this statement. _____

Participant's Name: _____

T-Shirt Size (please circle size)
 S M L XL XXL XXXL



Teen Programs

PROGRAM FEES	
VIRTUAL SHAKE RADDLE & ROLL MUSIC CLASS	Fee: \$50.00

Adult Programs

Arc ESCAPES	To receive brochure
VIRTUAL ST. LOUIS SCENE & 20 SOMETINGS & MEET UP	Fee: \$35.00
VIRTUAL NEXT CHAPTER BOOK CLUB	Fee: \$25.00
VIRTUAL ARTIST IN YOU	Fee: \$50.00 per session
Session I	Session II
VIRTUAL ADULT MUSIC	Fee \$60.00 per session
Mon. 6:30 - 7:15 p.m.	
VIRTUAL ADULT MUSIC	Fee: \$60.00 per session
Thursday	
10:00 a.m. -10:45 a.m.	11:00 a.m. -11:45 a.m.
VIRTUAL COOKIE EXTRAVAGANZA	Fee: \$30.00 per session
Session I	Session II
Total fee from Column 1: <input type="text"/>	

Adult Programs

VIRTUAL COOKING FOR COMFORT	
Session I: 4:30 p.m.	Fee: \$35.00 per session
Session I: 6:30 p.m.	
Session II 4:30 p.m.	Session III: 4:30 p.m.
Session II 6:30 p.m.	Session III: 6:30 p.m.
VIRTUAL DANCE CLUB	Fee: \$35.00
VIRTUAL YOGA	
Session I	Session II
Fee: \$60.00 per session	
KICKBALL	Fee: \$55.00
WALKING CLUB	Fee: \$55.00
SOCCER	Fee: \$55.00
Thunder	Green Machine
Dr. H. Phillip Venable Park	Sugar Creek Park
(Formally Bierne Park)	
PLUG IN ESports	Fee: \$60.00
SHOOT 'n HOOPS	To receive information
Total fee from Column 2: <input type="text"/>	
Total fee from Column 1: <input type="text"/>	
GRAND TOTAL: <input type="text"/>	

New online payment process:

To securely register and pay for programs. Click the link below:

https://slarc.formstack.com/forms/fall_formstack

or return form and fess to:

St. Louis Arc/Leisure Services - Attention: Accounts Receivable 1177 N. Warson Rd. St. Louis, MO 63132

METHOD OF PAYMENT

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 _____

Check Enclosed (Payable to St. Louis Arc/Leisure Services)
 Please charge my credit card
 Visa MasterCard Discover

Credit Card number:

Expiration Date:

Name on Card: _____
 (Required—Please Print)

Registration Deadline: August 24, 2020