

Spring - Summer 2015

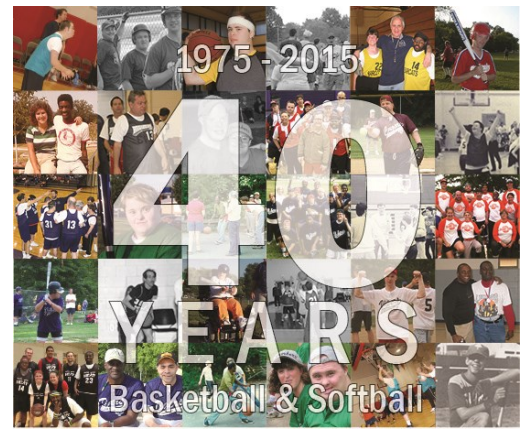
Inside This Issue

Leisure News.....2
 Children & Teen Programs.....3
 Teen & Adult Programs4
 Adult & Family Programs.....5-6
 Registration Information.....7
 Networking, Support Groups8



Celebrating 40 Years!

It's hard to believe that the St. Louis Arc's basketball and softball leagues have been around for 40 years. Currently, with eight basketball teams and now nine softball teams, these leagues have grown into wonderful programs with over 200 players. Each player brings an exceptional spirit to their team, creating lasting relationships from year to year. It doesn't stop at the players; every coach that has helped out over the years brings their own unique twist that exemplifies the heart and passion of every team. From those cold, wintery Saturday mornings or hot, summer Wednesday evenings, nothing stops our biggest fans from making the games to see their friend or family member make a big play. It has been a group effort to form these two leagues into something that will be remembered and cherished for years. Through all the fun memories and laughs, we are excited to see how these sports will continue to grow.



Here's to 40 more years of shooting hoops and hitting home runs!



New Face in Leisure

Please join the Leisure Services Department in welcoming Heather Reed as the newest Coordinator of Leisure Services. She graduated with a Bachelor of Science in Sociology with a minor in Athletic Coaching from Murray State University in Kentucky. Her most recent job was as a Support Manager at Easter Seals Midwest. She also worked her way up from a Program Assistant to the Canopy Lead Adult Program Coordinator at Giant Steps in Illinois. Heather will be overseeing Basketball, Softball, Soccer, Active Living, Weekday Bowling and Arc Escape. She brings to the St. Louis Arc a plethora of experience that includes; strong skill set in working with people with Autism and enhancing programs to meet individual's sensory needs, teaching daily living skills, intake assessment, supervision, fundraising, program development and direct care experience. The Leisure Services team is excited to have her join our team.

Leisure Services Contact Information

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

Gabrielle Kerlick
Coordinator
314-817-2250
gkerlick@slarc.org

Heather Reed
Coordinator
314-817-2293
hreed@slarc.org

Sharon Spurlock
Director
314-817-2222
sspurlock@slarc.org

Carly McElvaine
Coordinator
314-817-2233
cmcelvaine@slarc.org

Sonja Preston
Coordinator
314-817-2227
spreston@slarc.org

Breanne Ward
Coord./Admin. Mgr.
314-817-2226
bward@slarc.org

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

CHILDREN'S MUSIC (AGES BIRTH - 12)

Children's music groups utilize music therapy techniques that support children in developing abilities that are strengthened and transferred to other areas of their lives. They also have fun and learn to be successful in a small group setting. This program is funded in part by the Arthur and Helen Baer Foundation. For more information, or a financial assistance form, please contact Bre Ward at bward@slarc.org or 314-817-2226. Financial Assistance forms are available online at bit.ly/slarc-finaid. If you have received financial assistance in the past, you are not required to fill out another form.

Program Fee: \$30.00 per 3 week session

Location: St. Louis Arc Family Center, 1177 N. Warson Rd., Creve Coeur, MO 63132



Session I: Dates: Fridays, May 8 - May 22, 2015

Session II: Dates: Fridays, May 29 - June 12, 2015

Session III: Dates: Fridays, June 19 - July 10, 2015 (no class July 3)

Session IV: Dates: Fridays, July 17 - July 31, 2015

Session I: Dates: Mondays, May 4 - May 18, 2015

Session II: Dates: Mondays, June 1 - June 15, 2015

Session III: Dates: Mondays, June 22 - July 6, 2015

Session IV: Dates: Mondays, July 13 - July 27, 2015

Ages: 3 and under with caregiver support

Day: Friday

Times: 9:45 - 10:30 a.m.

10:45 - 11:30 a.m.

Ages: 3- 6, (caregiver support requested during first class after which need will be evaluated)

Day: Friday

Times: 1:00-1:45 p.m.

2:00-2:45 p.m.

Ages: 5-9

Day: Monday

Times: 4:00 - 4:45 p.m.

Ages: 9-12

Day: Monday

Times: 5:00 - 5:45 p.m.

MUSIC MOVES (AGES 13-20)

Music Moves' class will be filled with fun and high energy. You'll get to try a little of everything and see what you like best! In addition to learning popular dance moves, you will learn the art of singing and developing musical skills. This well balanced program allows you to develop within a supportive and empowering environment, stimulating your imagination while building confidence. This class is funded in part by the Arthur and Helen Baer Foundation. For more information, please contact Bre Ward at bward@slarc.org or 314-817-2226.

Dates: Wednesdays, June 17 - July 29, 2015 (No class July 1, 2015)

Times: 5:00 - 6:00 p.m.

Program Fee: \$75.00

Location: St. Louis Arc Family Center, 1177 N. Warson Road, Creve Coeur, MO 63132

SUMMER PROGRAMS FOR TEENS (AGES 13-20)

Teens in Motion - A summer program, Monday through Friday; this program is an adventurous summer project for teens with disabilities who live in St. Louis County. For more information, or to inquire about enrollment, contact Carly McElvaine at cmcelvaine@slarc.org or 314-817-2233.

Neighborhood Experiences - A summer program, Monday through Friday; this program provides young adults who live in St. Louis County with developmental disabilities the supports needed to participate in volunteer or work experience opportunities in the community. For more information, or to inquire about enrollment, contact Gabrielle Kerlick at gkerlick@slarc.org or 314-817-2250.

Neighborhood Experiences in the City - A summer program, Monday through Friday; this program provides young adults with developmental disabilities who live in St. Louis City the supports needed to participate in volunteer or work experience opportunities in the community. For more information, or to inquire about enrollment, contact Gabrielle Kerlick at gkerlick@slarc.org or 314-817-2250.

TEEN MEET UP (AGES 13-19)

Enjoy the company of teens while engaging in social and recreational activities. Activities may include karaoke, board games, Wii and team sports. Come and join the fun! For more information, please contact Bre Ward at bward@slarc.org or 314-817-2226. *If you registered in the fall or winter, you DO NOT need to register or pay a fee again.*

Dates: January – September 2015

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

Program Fee: \$30.00

Location: St. Louis Arc Family Center, 1177 N Warson Rd, Creve Coeur 63132

20 SOMETHING'S MEET UP GROUP (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 please contact Gabrielle Kerlick at gkerlick@slarc.org or 314-817-2250. *If you registered in the fall or winter, you DO NOT need to register or pay the fee again.*

Dates: January – September 2015

Times: Varies with event

Program Fee: \$15.00 plus \$10.00 at the door OR \$30.00 Pre-pay option for remainder of year

Location: Varies with event



THE ARTIST IN YOU (AGES 16 & OLDER)

Explore your hidden artistic talents! Join our exciting art class, which offers basic instruction in drawing, painting, and multimedia art. An annual art exhibit will be held at the end of the session to display your artwork. For more information, please contact Sonja Preston at spreston@slarc.org or 314-817-2227.

Session I: Dates: Mondays, May 4 - June 15, 2015 (No class May 25)

Session II: Dates: Mondays, June 22 - Aug. 3 (no class July 6, 2015)

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

Program Fee: \$75.00 per session (includes supply fees)

Location: Living Arts, 2814 Sutton Blvd Maplewood, MO 63143



COOKING FOR COMFORT (AGES 16 & OLDER)

Enjoy hands-on experience in the kitchen while learning how to prepare easy, delicious meals. An experienced cooking instructor will assist participants in preparing tasty dishes. For more information, please contact Sonja Preston at spreston@slarc.org or 314-817-2227.

Session I: Appetizers and Spring Drinks

Dates: Wednesdays, May 6 - 20, 2015

Session II: Cooking with Turkey

Dates: Wednesdays, May 27 - June 10, 2015

Times: 4:30 - 6:30 p.m. OR 7:00 - 9:00 p.m.

Program Fee: \$40.00 per session

Location: St. Louis Arc Family Center,
1177 N. Warson Road., Creve Coeur, MO 63132



SOFTBALL (AGES 18 & OLDER)

Get your ball and glove ready to join the fun as you play in the St. Louis Arc softball league! With eight teams, you can find a team that is convenient for you. No experience necessary. For more information, contact Heather Reed at hreed@slarc.org or 314-817-2293.

Dates: Wednesdays, May 6 - July 22, 2015; Mini Arc tournament: Saturday, July 25, 2015

Program Fee: \$50.00

Time: 6:30 - 8:30p.m. (6p.m. at Kirkwood)

Locations: All around St. Louis



Team Name	Park/Complex	Area	Team Name	Park/Complex	Area
Blue Jays	Kirkwood City	Kirkwood	Cougars	Ohlendorf Park	South County
Bobcats	Hellebusch Park	Bridgeton	Jammers	Hzlwd Sports Complex	Hazelwood
Bombers	Wehner Park	Shrewsbury	Tigers	Tower Grove Park	Tower Grove
Cardinals	Kirkwood City	Kirkwood	Vipers	TBD	TBD

ARC UNITED SOFTBALL (AGES 18 & OLDER)



If you're interested in having fun, meeting new friends, and improving your softball skills, then this is just the team for you! Arc United is a unified team consisting of St. Louis Arc athletes and other athletes of all abilities. Arc United competes in St. Louis Sports Monster's co-ed adult recreational league at Shaw Park. For more information, please contact Rhonda Hembree at 314-817-2245 or rhembree@slarc.org.

Dates: Thursdays, June - August 2015

Times: Varies each week (from 6:00 - 9:00 p.m.)

Program Fee: \$50.00

Location: Shaw Park, 27 S. Brentwood Blvd 63105

GOLF (AGES 18 & OLDER)

Perfect your swing, practice your putting, or test your driving distance from the tee! All skill levels welcome. Professional instructors will assist you in learning proper techniques and learning to love the game of golf. For more information, please contact Bre Ward at 314-817-2226 or bward@slarc.org.

Dates: Tuesdays, May 5 - August 4, 2015; Tournament: August 11, 2015

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

Program Fee: \$45 per person + \$7 weekly ball fee

Location: Paradise Valley Golf Club, Near I-44 & Hwy. 141, Fenton, MO 63026



WALKING CLUB (AGES 18 & OLDER)

Get moving with the St. Louis Arc 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 the 10-week session for the chance to experience all three parks, or you can choose one park that you would like to visit. 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, please contact Sonja Preston at 314-817-2227 or spreston@slarc.org.

Dates: Thursdays, May 7 - July 2, 2015

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

Locations: Longview Park: May 7 - May 21

Des Peres Park: May 28 - June 11

Program Fees: \$50 per person (10 week session - all 3 parks) OR

\$30 per person (3 week session - 1 park)

Laumeier Sculpture Park: June 18-July 2

Celebration: July 9

DANCE CLUBS (AGES 18 & OLDER)

Do you like to dance or socialize with friends? Join the fun at two different locations. Come enjoy Club South, at St. Lucas Church (South City), where you will enjoy the sounds of a great band playing today's hits and yesterday's favorites or join us at Club 1177, in Creve Coeur, where a DJ spins the current hits, old favorites and any requests. Be with friends, meet new people, and enjoy refreshments. For more information, contact Gabrielle Kerlick at 314-817-2250 or gkerlick@slarc.org.

Program Fee: \$15.00, plus \$10.00 pay at the door OR Pre pay option: \$65.00 (includes program fee)
*If you registered in the fall or winter, you **DO NOT** need to register or pay fee again.*

Club 1177

April 18 - September 19, 2015
3rd Saturday of month, 7:00 - 9:30 p.m.
St. Louis Arc Family Center
1177 N. Warson Rd., Creve Coeur, MO 63132

Club South

April 17 - September 18, 2015
3rd Friday of month, 7:30 - 10:00 p.m.
April - May: St. Lucas Church Gym, 7100 Morganford, MO 63116
June - Aug.: St. Martin of Tours, 610 W. Ripa Ave MO 63124

ADULT MUSIC (AGES 21 & OLDER)

The adult 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. Class sizes are limited and additional support for personal care will not be provided. This class is funded in part by the Arthur and Helen Baer Foundation. For more information, please contact Bre Ward at bward@slarc.org or 314-817-2226.

Session I- Thursdays, May 7 - July 16, 2015 (No class July 2)

Time: 10:00 - 10:45 a.m. (large group) or 11:00 - 11:45 a.m. (small group)

Program Fees: \$50.00 per person for either 10-week session

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

Session II - Mondays, May 4 - June 15, 2015 (no class May 25)

Time: 6:30 - 7:15 p.m.

Program Fees: \$40.00 per person for 6-week session

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

Session III- Mondays, June 22 - July 27, 2015

Time: 6:30 - 7:15 p.m.

Program Fees: \$40.00 per person for 6-week session

Location: St. Louis Arc Family Center,
1177 N. Warson Rd., 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 be stationed at fun and exciting locations in the St. Louis metro area on weekends. For more information, please contact Sonja Preston at spreston@slarc.org or 314-817-2227. *If you registered in the fall or winter, you **DO NOT** need to register or pay fee again.*

Dates: April - September 2015

Program Fee: \$15.00, plus event fees

COOKING MATTERS

Come enjoy family style cooking with hands-on experience and create some of your favorite meals. Participants will learn basic cooking techniques, useful nutritional information, and new recipes through cooking demonstrations. Attendance of all six sessions is required in order to register. At the end of the session, you receive a free cookbook. For more information contact Sonja Preston at spreston@slarc.org or 314-817-2227.

Dates: Thursday's, April 30 - June 4, 2015

Time: 10:00a.m. - 12:00 p.m.

Program Fee: \$50.00 per family

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

FAMILY FUN NIGHTS

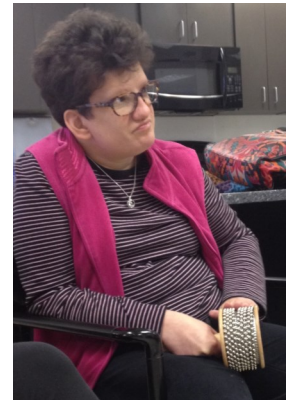
The St. Louis Arc offers a series of family-friendly activities once a month on a Friday night from 6:00-8:00 p.m. These events are an opportunity for families of all ages and abilities to get together for fun at the St. Louis Arc Family Center. Some events will have a small fee. To RSVP, or for more information, contact Bre Ward at bward@slarc.org or 314-817-2226.

April 24 - Bingo

May 29 - Artsy Party

June 26 - Backyard Games

July 31 - Bingo



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 website, www.slarc.org, to check the status of the program.



FINANCIAL ASSISTANCE

New this year: For financial assistance with program fees, please go to bit.ly/slarc-finaid and download financial assistance form **prior to registering** for a program and email 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 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.



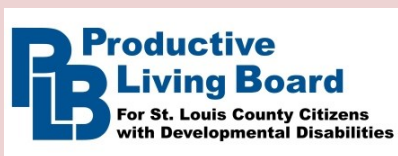
VISIT OUR WEBSITE WWW.SLARC.ORG

You can register for the Leisure Services programs listed in this guide, or view the upcoming Family Organization Workshops and other events through our website.

Leisure Registration Deadline

April 10, 2015

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, St. Louis Office for Developmental Disabilities Resources, Variety, The Children's Charity, the Arthur & Helen Baer Foundation and private donations.



Networking Socials & Support Groups

To register online for any of the following go to www.slarc.org.

Transition Families - 3rd Thursday quarterly meetings, 6:30 - 8:30 p.m. Network with other families with teenagers and gain information and resources to plan for the future. Bring your teenager, we'll have something fun for them to do while you visit! Held at St. Louis Arc Family Center, 1177 N. Warson Road, Creve Coeur 63132. For more information or actual meeting dates, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Caregivers of Adults who are 40 & older - 4th Friday of every month, 10:00 - 11:30 a.m. Meet and network with caregivers who are supporting a person with a disability who is 40 years old or older. St. Louis Arc Family Center, 1177 N. Warson Road, Creve Coeur 63132. For more information, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Dads Group - Dates and location vary. For dads who understand the unique challenges of raising a child with a disability. Check www.slarc.org for regular updates. For more information, contact Mark Keeley at mkeeley@slarc.org or 314-817-2269.

Mom of Children with Asperger Syndrome - 3rd Thursday and 3rd Saturday of each month, 9:00–11:00 a.m. at St. Louis Arc Family Center, 1177 N. Warson Rd., Creve Coeur 63132. Contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Adults with Asperger Syndrome Meet Up - 2nd Friday of the month, 6:30 -8:00, location varies. Join other adults with Asperger Syndrome or similar experiences for conversation. We meet at restaurants or coffee shops where everyone can get a meal if they choose and network in a relaxed atmosphere. For more information, contact Sharon Spurlock at sspurlock@slarc.org or (314) 817-2222. Allies, friends and partners are welcome.

MAKE A PERMANENT DIFFERENCE

Leisure Endowment Fund

By including the Leisure Endowment Fund in your estate plans you can make a lasting impact by providing critical funding for our programs.

- ◆ Financial assistance for participants, siblings and families
- ◆ Reduction of costs for facility rentals such as gyms, soccer and softball fields
- ◆ New sports equipment, uniforms, art supplies, and books
- ◆ Recognition of coaches, volunteers and direct support staff who provide superior services



For more information please contact John Taylor at 314-817-2240 or jtaylor@slarc.org.

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 <input type="checkbox"/> Male <input type="checkbox"/> Female	2	Participant Lives: (include agency name when appropriate) <input type="checkbox"/> w/Family <input type="checkbox"/> Specialized Facility _____ <input type="checkbox"/> Independently <input type="checkbox"/> Nursing Home _____ <input type="checkbox"/> Foster Home <input type="checkbox"/> Habilitation Center _____ <input type="checkbox"/> Group Home/ISL _____ <input type="checkbox"/> Individual Supported Living Arrangement _____ <input type="checkbox"/> Other _____
----------	---	----------	---

3	When did disability manifest itself? <input type="checkbox"/> Prior to age 19 <input type="checkbox"/> Prior to age 22 Participant's Diagnosis: <input type="checkbox"/> Intellectual Disability <input type="checkbox"/> Learning Disability <input type="checkbox"/> Autism Spectrum Disorder <input type="checkbox"/> Traumatic Brain Injury <input type="checkbox"/> Seizure Disorder <input type="checkbox"/> Other _____ <input type="checkbox"/> Cerebral Palsy	4	Participant's Race: <input type="checkbox"/> African-American <input type="checkbox"/> Caucasian <input type="checkbox"/> Asian <input type="checkbox"/> Native American <input type="checkbox"/> Bi-Racial <input type="checkbox"/> Hispanic <input type="checkbox"/> Other _____
	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: <input type="checkbox"/> Receptive-Expressive Language <input type="checkbox"/> Learning <input type="checkbox"/> Capacity for Independent Living <input type="checkbox"/> Self Care <input type="checkbox"/> Self Direction or Economic Self Sufficiency <input type="checkbox"/> Mobility	5	Do you receive case management services? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, choose one: <input type="checkbox"/> Regional Office <input type="checkbox"/> DDRB/DDR Support Coordinator/Case Manager Name: _____

6	Medical/Dietary Concerns OR Accommodation Needed: _____ _____		Service Coordinator Phone: _____ DMH ID# _____
----------	--	--	--

7	1st Emergency Contact: Guardian? <input type="checkbox"/>		Emergency Contact priority: 1 2 3
	Name _____	Relationship _____	(Area Code) Home Phone Number _____
	Address _____		(Area Code) Work Phone Number _____
	City _____	State _____	ZIP _____
	E-mail _____		(Area Code) Cell Phone Number _____
	Employer _____		

	2nd Emergency Contact:		Emergency Contact priority: 1 2 3
	Name _____	Relationship _____	(Area Code) Home Phone Number _____
	Address _____		Work Phone Number _____
	City _____	State _____	ZIP _____
	Employer _____		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. _____

Spring/Summer 2015

