

# Winter 2016 Leisure Times



## Thank You Volunteers!



Registration  
Deadline:  
December 18, 2015

### Inside this issue.....

Leisure News	2
Children Programs	3
Teen and Adult Programs	4
Adult and Family Programs	5-7
Networking and Support Groups	8



## New Face in Leisure Services

Please join us in welcoming Clinton Hall as the newest Coordinator of the Leisure Services team. Clinton will be coordinating the Active Living Project, Basketball, Softball, Soccer, Camp Warson, Family Camping Weekends, Arc Escape and Weekday Bowling. Prior to joining Leisure, Clinton worked in R&R camp and Teens in Motion Project. Clinton adds a fresh perspective to the St. Louis Arc, and has a strong skill set in outdoor camping, program planning and development, working with a variety of people of all abilities, supervising Activity Specialists, program documentation, and evaluation and direct care experience. Clinton graduated with a Bachelor of Science in Recreation Administration, with an option in Therapeutic Recreation, from Eastern Illinois University. In his spare time Clinton loves to sing in a choir, fish, canoe, hike, bowl, act in theater, and dance. Clinton is full of energy and enthusiasm and his favorite cartoon character is Goofy.

## 40 Year Celebration

Thank you to everyone who came out to celebrate the 40th anniversary of softball and basketball on Oct. 10. The room was packed with both current and past, coaches and players, sharing their favorite memories while enjoying good food, and music played by DJ Lauren Robb. It was perfect timing that the Cardinals were playing that night, so we could all cheer them on and share our love of St. Louis baseball. Thank you to all of our volunteer coaches, players and families for your support. Here's to 40 more years!



## Thank You Volunteers!

The leisure programs would not be what they are today if it were not for our dedicated, compassionate, and thoughtful volunteers. Our volunteers have given their weeknights or weekends to provide sports and social programs to hundreds of participants. Thank you to all our wonderful dedication volunteers. Volunteer time is valued by more than \$23 an hour and also in the relationships that are built between volunteer and participant. For more information about volunteering in the Leisure Department please contact Sarah Smith at 314-817-2234 or [ssmith@slarc.org](mailto:ssmith@slarc.org).

## Congratulations Rhonda!

Rhonda Hembree has been planning FUN at the St. Louis Arc for the past 15 years. After coming to the St. Louis Arc as an intern in 1991, she joined the ranks of the Leisure team as a coordinator, and summer camo Director and was later promoted to Assistant Director. Under Rhonda's leadership, the services offered by our Leisure department grew from 10 programs under the direction of two coordinators to 32 programs managed by six coordinators. Rhonda is an enthusiastic promoter of new opportunities for people we support and has nurtured new services like Arc United sports, Walking Club, Teens in Motion, and instructional programs like friendship fusion, book clubs, and healthy relationships, from idea to implementation. On July 1, Rhonda received a promotion to Director of Leisure Services where she will continue to innovate, collaborate and motivate everyone to be their best and have a good time! "Rhonda provides great leadership and vision for our leisure programs and staff. We know we will continue to grow our Leisure supports under her direction" said Mark A. Keeley, President and CEO of the St. Louis Arc.



## 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. Children have fun and learn to be successful in a small group setting. For more information, or a financial assistance form, contact Bre Ward at bward@slarc.org or 314-817-2226. Financial Assistance forms are available online at bit.ly/slarc-finaid.

**Dates:** Session I: Monday's, January 11 - February 22, 2016 (No Class Jan. 18)

Session II: February 29 - April 11, 2016 (No Class March 28)

Program Fee: \$50.00 per session

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



- Ages: 3 and under (with caregiver support)  
Times: 10:45 a.m. -11:30 a.m.
- Ages: 3 - 6, (caregiver support requested during first class, after which need will be evaluated)  
Times: 1:30 p.m. - 2:15 p.m.
- Ages: 5-9  
Times: 4:00 p.m. - 4:45 p.m.
- Ages: 9 - 12  
Times: 5:00 p.m. -5:45 p.m.

## Children's Sibshops (ages 6-12)



Being the brother or sister of a person with a developmental disability can be a good thing, sometimes a not-so-good thing, and many times, somewhere in between. Sibshops offers an opportunity for brothers and sisters of children with intellectual disabilities to get peer support and education within a recreation context. The program includes a fun mix of games, activities, friends, and discussion. Children will be split into age appropriate groupings. For more information, contact Gabrielle Szarek at gszarek@slarc.org or 314-817-2250.

**Dates:** 3rd Wednesday of every month, January - May 2016

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

Program Fee: \$60.00

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

## Friendship Fusion I & II (ages 7-12)

This program is designed to help children work together as a team, while learning social skills and developing friendships. It incorporates the Superflex curriculum and philosophies from books by author Scott Bellini. Session I is for new participants that have not taken the class before. This class will introduce social skills such as introductions, engaging in conversation, body language and making friends. Session II is for returning participants. This class will expand on the skills learned from Session I and incorporate new concepts such as problem solving and building confidence. For more information, contact Gabrielle Szarek at gszarek@slarc.org or 314-817-2250.

**Dates:** Monday's, February 1 - March 7, 2016

Times: Session I - 5:30 p.m. - 6:30 p.m. Session II - 7:00 p.m. - 8:00 p.m.

Program Fee: \$75.00 for 6 - week session

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

## Kreative Art for Kids (ages 7-12)

Kids will enjoy hands on art projects and learn skills to create various forms of art projects. This five week class will bring out your child's creative side and introduce children to art through self exploration. Projects include using water colors, paint, pencil drawing, finger painting, and combining art exploration with music and more. For more information, please contact Sonja Preston at spreston@slarc.org or 314-817-2227.



**Dates:** Thursday's, January 14- February 11, 2016

Time: 6:00 p.m. - 7:15p.m.

Program Fee: \$75 per session (includes supply fees)

Location: Art Unleashed, 13379 Olive Blvd, Chesterfield, 63017





## Camp Warson (ages 7-21)

Come enjoy a week-long spring break camp for individuals of all abilities. Activities range from arts and crafts, cooking, playing Wii and karaoke. Staffing is a 1:4 ratio. For more information, contact Clinton Hall at [chall@slarc.org](mailto:chall@slarc.org) or 314-817-2293.

**Dates:** Monday - Friday, March 21 - March 25, 2016

**Times:** 9:00 a.m. - 3:00 p.m.

**Ages:** 7 - 21 (priority given to those living in their natural home and school age)

**Program Fee:** \$250.00 for the week

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

## Teen Scene (ages 13-20)

This is a class designed to help teens learn the social skills they need to develop healthy relationships. Some of the topics include: understanding social cues, improving communication, managing anger, developing healthy friendships, and dating. For more information, contact Carly McElvaine at [cmcelvaine@slarc.org](mailto:cmcelvaine@slarc.org) or 314-817-2233.

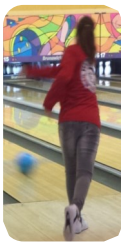
**Dates:** Tuesday's, February 2 - March 8, 2016

**Times:** 5:30 - 6:30 p.m.

**Program Fee:** \$75.00

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

## Teen Bowling (ages 13-20)



This is our third year for teen bowling and it is continuing to grow at a rapid rate. So, grab your bowling ball and shoes and let's hit the lanes for some bowling. For more information, contact Bre Ward at [bward@slarc.org](mailto:bward@slarc.org) or 314-817-2226.

**Time:** 9:00 a.m. on the 1st & 3rd Saturday of each month

**Dates:** January 16, 2016 - May 21, 2016

**Program Fee:** \$30.00 plus \$8.00 pay-at-door fee each time attending

**Location:** Sunset Lanes, 7777 Watson Rd., St. Louis, 63119

## Teen Meet Up (ages 13-19)

Enjoy the company of other 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, contact Bre Ward at [bward@slarc.org](mailto:bward@slarc.org) or 314-817-2226.

**Dates:** Second to last Friday of each month, January - September 2016

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

**Program Fee:** \$30.00 plus \$5 at the door

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

## Teen & Adult Program

### 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. A special art exhibit will be held during the Spring/Summer to display your artwork. For more information, contact Sonja Preston at [spreston@slarc.org](mailto:spreston@slarc.org) or 314-817-2227.

**Dates:** Mondays, January 11 - February 22, 2016 (no class Jan 18)

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

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

**Location:** Living Arts, 7190 Manchester Road, Maplewood, 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, contact Sonja Preston at [spreston@slarc.org](mailto:spreston@slarc.org) or 314-817-2227.

**Sessions: I: Sauces & Gravy**

**Dates:** Wednesday's, January 13 - January 27, 2016

**Session II: Low Calorie Low Fat Meals**

**Dates:** Wednesday's, February 3 - February 17, 2016

**Times:** 4:30 p.m. - 6:30 p.m. OR 6:30 p.m. - 8:30 p.m.

**Program Fee:** \$40.00 per session

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

## Family Cooking



Families 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 family cooking competition. For more information, contact Sonja Preston at [spreston@slarc.org](mailto:spreston@slarc.org) or 314-817-2227.

**Dates:** Wednesday's, February 24 - March 16, 2016

**Time:** 6:30 p.m. - 9:00 p.m.

**Program Fee:** \$100.00 per family

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

## Next Chapter Book Club (ages 18 & older)

The Next Chapter Book Club meets weekly at local bookstores and cafes. It gives adults the opportunity to read, 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 Carly McElvaine at [cmcelvaine@slarc.org](mailto:cmcelvaine@slarc.org) or 314-817-2233.

**Dates:** Thursday's, January 28 - March 31, 2016

**Session I:** 6:00 p.m. - 7:00 p.m. OR **Session II:** 7:00 p.m. - 8:00 p.m.

**Program Fee:** \$15.00 per session, plus cost of books



**LOCATIONS** (Please mark 1st & 2nd Choice on registration form)

• **Ladue:** Barnes & Noble, Ladue Crossing Shopping Center

• **Des Peres:** Barnes & Noble, 113 West County Center\*

(\*only 7:00-8:00 p.m. session at Des Peres)

• **Crestwood:** St. Louis Bread Co., 1074 Sunset Hills Plaza

• **Chesterfield:** Barnes & Noble, 1600 Clarkson Rd.

## Healthy Relationships I (ages 18 & older)

The Healthy Relationship I class is designed to give people tools to navigate life's social interactions. Topics covered are: types of relationships, communication, friendships, public and private boundaries, dating, and intimate relationships. For more information, contact Carly McElvaine at [cmcelvaine@slarc.org](mailto:cmcelvaine@slarc.org) or 314-817-2233.

**Dates:** Thursday's, February 4 - March 10, 2016

**Time:** 6:00 p.m. - 7:00 p.m.

**Program Fee:** \$75.00

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

## Dance Clubs (ages 18 & older)

Do you like to dance or socialize with friends? Join the fun at two different locations. 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. 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 Szarek at [gszarek@slarc.org](mailto:gszarek@slarc.org) or 314-817-2250.

**Program Fee:** \$30.00, plus \$10.00 pay at the door.



### Club 1177

January 2016 - September 2016

3rd Saturday of month, 7:00 p.m. - 9:30 p.m.

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

### Club South

January 2016 - September 2016

3rd Friday of month, 7:30 p.m. - 10:00 p.m.

St. Lucas Church Gym, 7100 Morganford, St. Louis, 63116

## Basketball (ages 18 & older)

Got game? Bring it on. Join the excitement of the basketball leagues! For more information, contact Clinton Hall at [chall@slarc.org](mailto:chall@slarc.org) or 314-817-2293.

**Dates:** Saturday's, January 9 - April 2, 2016

**Time:** 9:30 a.m. - 11:30 a.m.

**Program Fee:** \$50.00

**Locations:** All around St. Louis County



Bearcats - South County

Northstars - Ferguson

Phantoms - Crestwood

Roadrunners - South County

Hawks - Crestwood

Rattlers - Crestwood

Stingrays - Town & Country

Blue Devils - Crestwood

## Arc United Basketball (ages 18 & older)

This league is for people of all abilities to play together and compete at Centennial Commons. A "united" team combines St. Louis Arc athletes and community athletes playing on the same team. For more information, contact Alyssa Renaud at [arenaud@slarc.org](mailto:arenaud@slarc.org) or 314-817-2249.

**Dates:** Tuesday's, January 12 - March 29, 2016

**Times:** 7:00 p.m. - 9:00 p.m.

**Program Fee:** \$50.00

**Location:** University City Centennial Commons, 7210 Olive Blvd., University City, 63130



## Smash (ages 18 & older)

Smash is a unified team consisting of St. Louis Arc athletes and community athletes of all abilities. Smash compete in a co-ed adult recreational league at the Brentwood Soccerdome. **Each athlete will need to register with Vetta Sports (Brentwood Soccerdome) and pay a \$20 annual registration fee to Vetta Sports.** For more information, contact Alyssa Renaud at [arenaud@slarc.org](mailto:arenaud@slarc.org) or 314-817-2249.

**Dates:** January - March 2016 (to be determined)

**Time:** Varies each week (6:00 p.m. - 11:20 p.m.)

**Program Fee:** \$50.00 (does not include Vetta Sports fee)

**Locations:** Brentwood Soccerdome (Vetta Sports), 220 East Ave, Webster Groves, 63119



## 20 Something's Meet Up (ages 20-29)

Join other people in their 20's at a monthly social activity. The meet up's will provide a comfortable environment to make friends, enhance social skills, and have fun in a safe and supportive area. For more information, contact Gabrielle Szarek at [gszarek@slarc.org](mailto:gszarek@slarc.org) or 314-817-2250.

**Dates:** January - September 2016 **Times:** Varies with event

**Program Fee:** \$30.00 plus \$15.00 at the door **Location:** Varies with event

## Awake, Aware & Alive! (ages 18 and 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 improve overall wellbeing. It will also give participants a chance to explore new recreational experiences such as Yoga, Pilates, and Tai Chi. For more information, contact Carly McElvaine at [cmcelvaine@slarc.org](mailto:cmcelvaine@slarc.org) or 314-817-2233.

**Dates:** Wednesday's, February 3 - March 9, 2015

**Time:** 5:30 p.m. - 6:30 p.m.

**Program Fee:** \$75.00

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



## Bowling Leagues (ages 18 & older)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. For more information, contact Bre Ward at [bward@slarc.org](mailto:bward@slarc.org) or 314-817-2226. **Program Fee:** \$30.00 plus \$8.00 pay-at-door fee each time attending.

### BRUNSWICK BOWL

9:00 a.m. on Saturdays, January 9 - May 14, 2016

Brunswick Zone, 176 Four Seasons, Chesterfield, 63017

### SUNSET/WATSON BOWL

9:00 a.m. on the 1st & 3rd Saturday of each month

January 16 - May 21, 2016

Sunset Lanes, 7777 Watson Rd., St. Louis, 63119

### SUNSET BOWL

3:00 p.m. on the 2nd, 4th & 5th

Saturday of each month

January 9 - May 14, 2016

Sunset Lanes, 7777 Watson Rd.,

St. Louis, 63119



## Adult Music (ages 21 & older)

The adult music classes are designed to provide a fun and supportive outlet for expressing yourself through music. We 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. For more information, please contact Bre Ward at [bward@slarc.org](mailto:bward@slarc.org) or 314-817-2226.

**Dates:** Session I - Thursday's, January 14 - March 17, 2016

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

11:00 a.m. - 11:45 a.m.

**Program Fees:** \$50 per person for the 10-week session

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

**Dates:** Session I - Monday's, January 11 - March 21, 2016

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

**Program Fees:** \$50 per person for the 10-week session

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

**Dates:** Session II - Thursday's, March 24 - April 28, 2016

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

11:00 a.m. - 11:45 a.m.

**Program Fees:** \$50 per person for the 6-week session

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

**Dates:** Session II - Monday's, March 28 - May 2, 2016

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

**Program Fees:** \$50 per person for the 6-week session

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

## St. Louis Scene Meet Up (ages 18 & older)

St. Louis Scene Meet Up is a great way to experience all St. Louis has to offer and meet new friends. Each event will have a staff member and volunteer. You will receive a Bi-Monthly calendar of upcoming events, then you choose which activities to attend that month. **Event registration is on a first-come, first-served basis so sign up today and get out in St. Louis and play!** For more information, contact Sonja Preston at [spreston@slarc.org](mailto:spreston@slarc.org) or 314-817-2227.

**Dates:** January - September 2016

**Program Fee:** \$30.00, plus event fees

## Family Fun Nights

The St. Louis Arc offers a series of family-friendly activities on a Friday night, 6:00-8:00 p.m., September - October. These events are an opportunity for families of all ages and abilities to get together for fun at the St. Louis Arc Family Center. For more information, contact Bre Ward at [bward@slarc.org](mailto:bward@slarc.org) or 314-817-2226.

**January 29: Bingo**

**February 26: Rhythm and Moves**

**March 25: Spring Planting**

**April 29: Bingo**

## Registration Information & Program Procedures

### 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 95° 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 page to check the status of the program.

### Fee Assistance

For financial assistance with program fees, please go to [bit.ly/slarc-finaid](http://bit.ly/slarc-finaid) and download financial assistance form **prior to registering** for a program and email form to Rhonda Hembree at [rhembee@slarc.org](mailto:rhembee@slarc.org).

### Additional Information

- Rules of acceptance and participation in our programs are the same for everyone, without regard to race, color, 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.

### 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.



# Networking Socials & Support Groups

**Caregivers of Adults who are 40 & older** - 3rd Friday of every month, 10:00 a.m. - 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, MO 63132. For more information, contact Sharon Spurlock at [sspurlock@slarc.org](mailto: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](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.

**Launch** - A support group for families of young adults who have the potential to live and work in the community, but who face one or more barriers to success. For more information or the next meeting date, contact Sharon Spurlock at [sspurlock@slarc.org](mailto:sspurlock@slarc.org) or 314-817-2222.

**Adults with Asperger Syndrome Meet Up** - 2<sup>nd</sup> Friday of the month, 6:30 p.m. - 8:00 p.m., locations vary. 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](mailto:sspurlock@slarc.org) or 314-817-2222. Allies, friends, and partners are welcome.

**Caregivers of Children with Asperger Syndrome Support Group**: 3rd Saturday of the month, 9:00 a.m. - 11:00 a.m. at the St. Louis Arc Family Center, 1177 N Warson Rd St. Louis, MO 63132. Childcare is not provided; however, children are welcome if they can successfully play or study alone while Mom's meet. For more information, contact Sharon Spurlock at [sspurlock@slarc.org](mailto:sspurlock@slarc.org) or 314-817-2222.

## Leisure Services Contact Information

**Alyssa Renaud**  
Coordinator  
314-817-2249  
[arenaud@slarc.org](mailto:arenaud@slarc.org)

**Carly McElvaine**  
Coordinator  
314-817-2233  
[cmcelvaine@slarc.org](mailto:cmcelvaine@slarc.org)

**Clinton Hall**  
Coordinator  
314-817-2293  
[chall@slarc.org](mailto:chall@slarc.org)

**Gabrielle Szarek**  
Coordinator  
314-817-2250  
[gszarek@slarc.org](mailto:gszarek@slarc.org)

**Sonja Preston**  
Coordinator  
314-817-2227  
[spreston@slarc.org](mailto:spreston@slarc.org)

**Breanne Ward**  
Coordinator/  
Administrative Manager  
314-817-2226  
[brward@slarc.org](mailto:brward@slarc.org)

**Rhonda Hembree**  
Director  
314-817-2245  
[rhembree@slarc.org](mailto:rhembree@slarc.org)

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

## 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. Your donation helps fund:

- ◆ 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](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 Citizens with Developmental Disabilities, Variety the Children's Charity, and private donations.





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 \_\_\_\_\_

Please check here to receive brochure and registration form via email ONLY. \_\_\_\_\_  
Please send my registration form and brochure to the email address above.

<b>1</b>	<b>Gender</b> <input type="checkbox"/> Male <input type="checkbox"/> Female	<b>2</b>	<b>Participant Lives: (include agency name when appropriate)</b> <input type="checkbox"/> w/Family <input type="checkbox"/> Specialized Facility _____ <input type="checkbox"/> Group Home/ISL _____ <input type="checkbox"/> Independently <input type="checkbox"/> Nursing Home _____ <input type="checkbox"/> Individual Supported Living Arrangement <input type="checkbox"/> Foster Home <input type="checkbox"/> Habilitation Center _____ <input type="checkbox"/> Other _____
----------	---	----------	--

<b>3</b>	<b>When did disability manifest itself?</b> <input type="checkbox"/> Prior to age 19 <input type="checkbox"/> Prior to age 22 <b>Participant's Diagnosis:</b> <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	<b>4</b>	<b>Participant's Race:</b> <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	<b>5</b>	<b>Do you receive case management services?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, choose one: <input type="checkbox"/> Regional Office <input type="checkbox"/> DDRB/DDR <b>Support Coordinator/Case Manager Name:</b> _____

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

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

	<b>2nd Emergency Contact:</b>		<b>Emergency Contact priority:</b> 1 2 3
	Name _____	Relationship _____	(Area Code) Home Phone Number _____
	Address _____	City _____	State _____
		ZIP _____	Work Phone Number _____
	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. \_\_\_\_\_



# Leisure Times Winter 2016 Registration Form

Participant's Name: \_\_\_\_\_

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

### Children Programs

PROGRAM FEES	
<b>CHILDREN'S MUSIC</b> Ages 3 & Under Fee: \$50 per session ___ Mon. 10:45 - 1:30 a.m. Ages 3 to 6 years ___ Session I ___ Mon. 1:30 - 2:15 p.m. ___ Session II Ages 5 to 9 years ___ Mon. 4:00 - 4:45 p.m. Ages 9-12 years ___ Mon. 5:00 - 5:45 p.m.	
___ CHILDREN'S SIBSHOPS Fee: \$60.00	
___ FRIENDSHIP FUSION Fee: \$75.00 ___ Session I ___ Session II	
___ KREATIVE ART FOR KIDS Fee: \$75.00	

### Teen Programs

___ CAMP WARSON Fee: \$250.00	
___ TEEN SCENE Fee: \$75.00	
___ TEEN BOWLING Fee: \$30.00	
___ TEEN MEET UP Fee: \$30.00	

### Family Programs

___ FAMILY COOKING Per Family Fee: \$100	
___ FAMILY FUN NIGHT Fee: \$0	

Total fee from column 1: \_\_\_\_\_

### METHOD OF PAYMENT

- St. Louis Arc Resident ONLY—Payment from Escrow
- 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)

For Office Use Only	
Date Received _____	Amt 1 coded to _____
Payment Amount _____	Amt 2 coded to _____
Payment Method _____	Amt 3 coded to _____

### Adult Programs

**COOKING FOR COMFORT** Fee: \$40.00 per session  
 Session I: Sauces & Gravy Session II: Low Calorie Low Fat  
 \_\_\_ 4:30-6:30 p.m. \_\_\_ 4:30-6:30 p.m.  
 \_\_\_ 6:30-8:30 p.m. \_\_\_ 6:30-8:30 p.m.

\_\_\_ ARTIST IN YOU! Fee: \$75.00

**NEXT CHAPTER BOOK CLUB** Fee: \$15.00 per session  
 Locations: (select 1st & 2nd choice) and session  
 \_\_\_ Ladue \_\_\_ Crestwood \_\_\_ Chesterfield \_\_\_ Des Peres  
 \_\_\_ Session I: 6:00 - 7:00 p.m. \_\_\_ Session II: 7:00 - 8:00 p.m.

\_\_\_ ST. LOUIS SCENE MEET UP Fee: \$30.00

**BOWLING** Fee: \$30.00  
 \_\_\_ Brunswick Bowl  
 \_\_\_ Sunset/Watson (a.m.)  
 \_\_\_ Sunset Bowl (p.m.)

**DANCE CLUB** Fee \$30.00  
 \_\_\_ Club 1177 \_\_\_ Club South

\_\_\_ 20 SOMETHING'S MEET UP GROUP Fee \$30.00

**BASKETBALL** Fee: \$50.00  
 \_\_\_ Bearcats \_\_\_ Hawks  
 \_\_\_ Northstars \_\_\_ Rattlers  
 \_\_\_ Phantoms \_\_\_ Stingrays  
 \_\_\_ Roadrunners \_\_\_ Blue Devils

**ARC UNITED BASKETBALL** Fee: \$50.00  
 \_\_\_ Hurricanes \_\_\_ Slam  
 \_\_\_ Heat \_\_\_ Thunder  
 \_\_\_ Jets \_\_\_ Blazers

**ARC UNITED SOCCER** Fee: \$50.00  
 \_\_\_ Smash

\_\_\_ HEALTHY RELATIONSHIPS I Fee: \$75.00

\_\_\_ AWAKE, AWARE & ALIVE! Fee: \$75.00

**ADULT MUSIC** Fee: \$50.00 per session  
 \_\_\_ Session I: Jan. 14 - Mar. 17 \_\_\_ Session II: Mar. 24 - Apr. 28  
 \_\_\_ Thur. 10-10:45 a.m. \_\_\_ Thur. 11-11:45 a.m.

**ADULT MUSIC** Fee \$50.00 per session  
 Mon. 6:30 - 7:15 p.m.  
 \_\_\_ Session I: Jan. 11 - Mar. 21, 2016  
 \_\_\_ Session II: Mar. 28 - May 2, 2016

Total fee from Column 1: \_\_\_\_\_

Total fee from Column 2: \_\_\_\_\_

**GRAND TOTAL:** \_\_\_\_\_

PLEASE RETURN FORM AND FEES TO:

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

Registration  
 Deadline  
 Dec. 18,  
 2015