

The activities and events on pages 10-11 are coordinated especially for individuals with disabilities. These programs are also open to friends, family members, and the general public.

Individuals with disabilities are encouraged to register for any program that the Parks & Recreation Department offers. Preregistration is required. See page 30 for registration information.

## ACTIVITIES

### \*New\* Craft Class with Sue

Sue Richards will lead this craft class that uses many different media. Everyone will get to make a hand-tied quilt. Come and have fun and make some new friends.

#208101-01	Tu	9/8-10/6	7-8pm
14+ yrs.	\$29 (R \$24)		Ambroz

### Delicious Nutritious Desserts

Learn how to make your favorite part of the meal...and make it healthy! Create delicious desserts that are nutritious and great for your body.

#208117-01	Tu	9/8-10/6	6-7pm
13+ yrs.	\$29 (R \$24)		Ambroz

### Game Time with Sue

Play new games such as charades, Pictionary, Uno Attack, cards and other board games. Focus on fun while you socialize with old and new friends.

#208105-01	Tu	10/20-11/17	7-8pm
12+ yrs.	\$22 (R \$17)		Ambroz

### Holiday Foods

Learn to prepare traditional Halloween, Thanksgiving and Christmas foods. Enjoy lots of fun, fellowship, and new themes each week.

#208103-01	Tu	10/20-11/17	6-7pm
16+ yrs.	\$25 (R \$20)		Ambroz

### Movie and Game Night

Drop in to the Ambroz Center and relax with friends after your long week. Play some games, watch a movie or shoot hoops. Popcorn will be provided. No pre-registration; pay at the door.

F	9/4	6:30-9pm	\$5/person
F	10/2	6:30-9pm	\$5/person
F	11/6	6:30-9pm	\$5/person
F	12/4	6:30-9pm	\$5/person

## CEDAR RAPIDS HORSEMAN CLUB CEREBRAL PALSY RIDE

Put on your boots; dust off your hat, and have a galloping good time! Take a buggy or hayrack ride through the streets of Western. All ages and abilities are welcome. Lunch will be provided. You are responsible for your own transportation to the event.



**SUNDAY, SEPTEMBER 13**  
**12:00 - 5:00 PM**  
**CEDAR RAPIDS HORSEMAN CLUB**  
**11818 CLUB ROAD SW, CR**  
**FREE!**

### Walking Club

Alice Spencer will lead this exercise program at Lindale Mall. Mileage will be kept with pedometers and all participants will receive a T-shirt.

#208901-01	M	9/14-10/26	3:30-4:30pm
All ages	\$27 (R \$22)		

Food Court, Lindale Mall

## DROP IN PROGRAM

- Are you free during the day?
- Are you looking for fun, new ways to spend your time?

The Special Population's Drop In Program provides a variety of therapeutic activities daily from 9am-3pm. Sports, games, cooking, crafts, Walking Club, weightlifting, computer, guest speakers, and community events are just some of the activities available. Benefits from this program include social skill development, leisure awareness, safety education, health and exercise activities, recreation skills, community skills, integration, cooking skills and quality time spent with friends.

Call Michelle Rhoades at 286-5738 for more information.

For adults ages 21+  
M-F year-round  
9am-3pm  
Ambroz  
Activities FREE unless specified in the monthly calendar

*The Drop In Program enjoys a community tour of the greenhouse at Culver's Lawncare & Landscaping.*

**"That tour was very good. I liked the flowers." Jarrod Hootman**

## ADAPTIVE SPORTS

### League and Open Bowling

Sign up for league bowling this year and compete against other teams, or just drop in and bowl a few frames. Special Olympians need to bowl ten games to be eligible for the district competition held on October 17. State competition will be November 21 in Des Moines. The season end will be celebrated with an awards banquet and dance.

Sa 8/15-4/3 1-4pm 8+ yrs.  
\$6.50/person for three games/week  
Cedar Rapids Bowling Center

### Learn to Ski or Snowshoe

Special Olympians who want to learn to downhill ski or snowshoe will receive two days of instruction at Sundown Mountain in Dubuque. Compete on the third day. Room and board will be provided. **You must register by 11/20/09.**

#208604-01 M-W 1/11-1/13  
8+ yrs. \$30  
Depart: Ambroz, 7:30am, 1/11  
Return: Ambroz, 5pm, 1/13

### Special Olympics 3-on-3 Basketball

This program is for athletes with lower ability levels, and participants who are tired of riding the bench. There will be district and state Special Olympics competitions. Games will be played on half courts.

#208603-01 W 11/11-3/10 7:15-8:15pm  
16+ yrs. FREE Jefferson High School

### Special Olympics Adult Basketball

Play on a Special Olympics Basketball team. Practices are held weekly, and the district competition will be held in February with winners advancing to state competition on March 12.

#208602-01 W 11/11-3/10 7:15-8:30pm  
16+ yrs. FREE Jefferson High School



LOOK FOR THE "ACTIVE CHOICE" ICON TO CHOOSE A HIGH ACTIVITY PROGRAM.

### Special Olympics Alpine Skiing

Learn to ski, or sharpen your skiing ability at Sundown Mountain. Then compete in an exciting Special Olympics three-day competition January 11-13. **You must register by 11/20/09.**

#208601-01 Su 12/13  
#208601-02 Su 1/3  
#208601-03 M-W 1/11-1/13  
Depart: Ambroz, 7:30am 10+ yrs.  
Return: Ambroz, 5:30pm  
\$35 (R \$30)/person/session  
Fee includes ski pass, rental and lesson.

*"I like the competition - getting gold and silver medals."*

*Michelle Pettitt*

### Special Olympics Challenge Day

This innovative program is for Special Olympians with severe physical and mental disabilities. Participants will challenge themselves in Halloween themed events throughout the day. Events will use switch-activated equipment for basketball, volleyball, body bowling and disc golf.

#208605-01 Sa 11/14 9am-2pm  
8+ yrs. FREE, lunch provided  
Northwest Jr. High, Coralville

### Special Olympics Youth Basketball

Practices will be held weekly for this coed team. The district competition will be in February with winners advancing to state on March 12.

#208602-02 M 11/9-3/8 7:30-8:45pm  
8-21 yrs. FREE Gibson

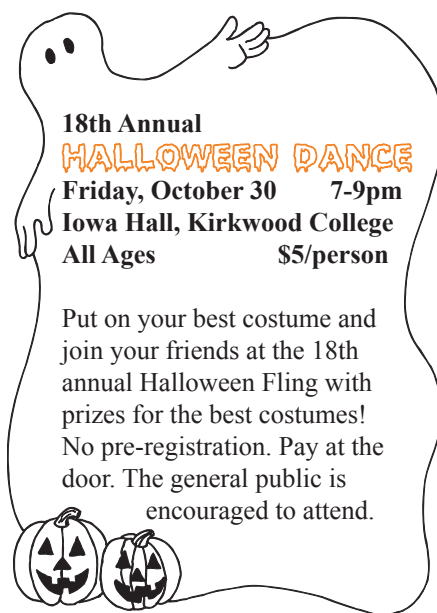
## AQUATICS

### Learn-to-Swim Basics

These are basic lessons for individuals with disabilities who have never learned to swim. The lessons start with water warm-ups and progress to more advanced skills.

#208201-01 Th 9/10-10/8 7:30-8:30pm  
All ages \$32 (R \$27) Bender Pool

## SPECIAL EVENT



**18th Annual HALLOWEEN DANCE**  
**Friday, October 30 7-9pm**  
**Iowa Hall, Kirkwood College**  
**All Ages \$5/person**

Put on your best costume and join your friends at the 18th annual Halloween Fling with prizes for the best costumes! No pre-registration. Pay at the door. The general public is encouraged to attend.

## TRIP

### Destination Winter Wonderland

Get in the holiday spirit by joining us on a joyful trip to the Festival of Trees in Muscatine. Finish your Christmas shopping and enjoy a delicious meal. The evening will conclude with a horse and buggy ride. Fee includes meal and transportation.

#208701-01 F 12/4 3:30-9pm  
16+ yrs. \$45 (R \$40) Ambroz

## ADA ACCOMMODATIONS

Cedar Rapids Parks & Recreation will make reasonable accommodations for individuals who meet the essential eligibility requirements for participation in recreational programs.

Please send a written request, stating the needed accommodations to Jeff Kraayenbrink, Parks & Recreation Superintendent, 3601 42nd St. NE, Cedar Rapids, IA 52402 or email: [j.kraayenbrink@cedar-rapids.org](mailto:j.kraayenbrink@cedar-rapids.org). Requests must be submitted at least 2 weeks prior to the program in order to be considered for accommodation.

Contact Robert Wagner at 286-5799 with questions regarding your needs.