

United Way
of Central Iowa

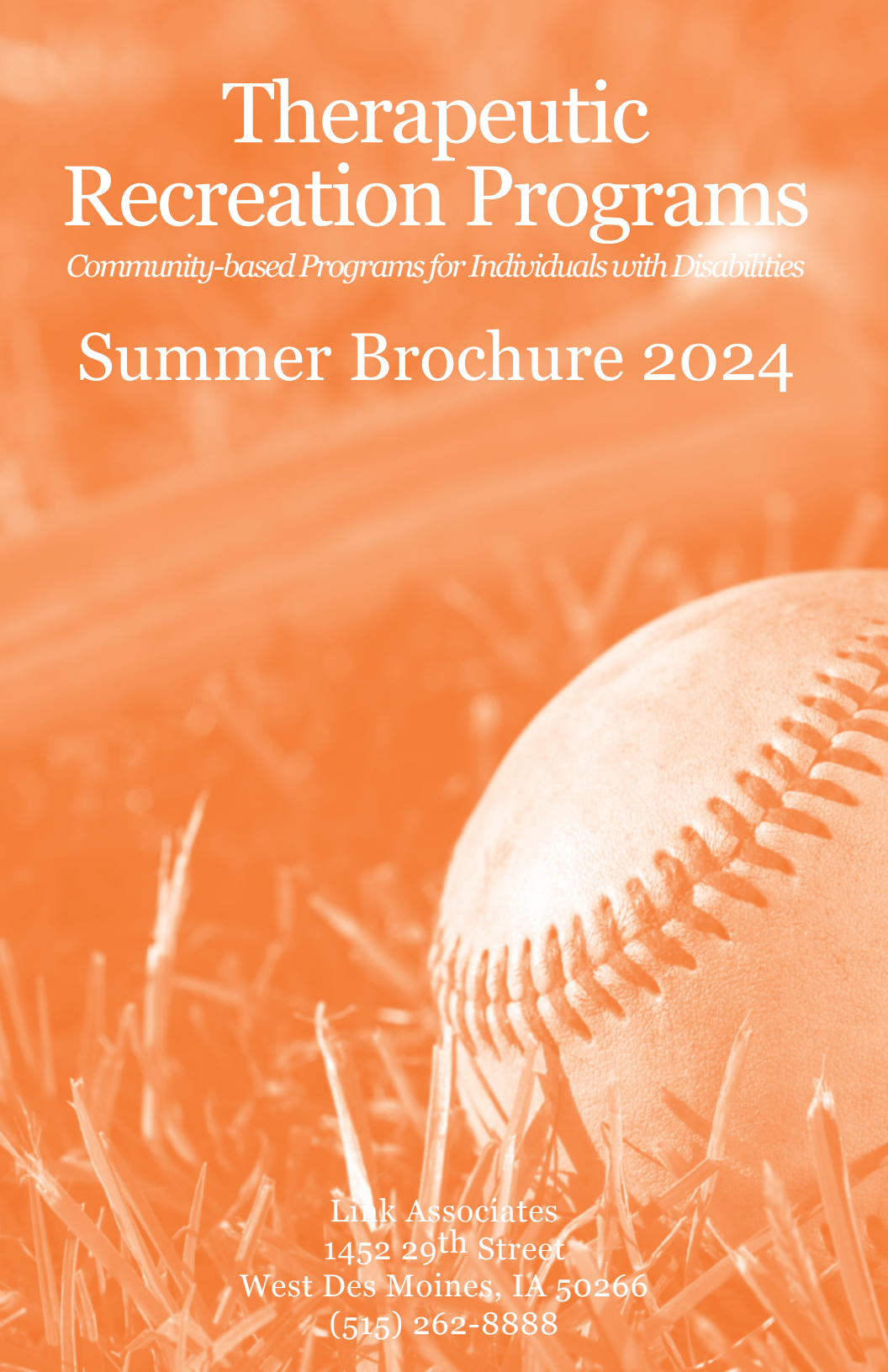
**United
Way**



Therapeutic Recreation Programs

Community-based Programs for Individuals with Disabilities

Summer Brochure 2024



Link Associates
1452 29th Street
West Des Moines, IA 50266
(515) 262-8888

Update: New Program Name Change!

Leisure Services has now been changed to the Therapeutic Recreation Program (TR). We wanted everyone to see the value and importance of Therapeutic Recreation by showing it in the new program name! The program is run by Certified Therapeutic Recreation Specialists, who use leisure & recreation to improve quality of life!

“Therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery, and well-being. The purpose of the TR process is to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life.” - NCTRC

Time to register for the Summer 2024 Leisure/Recreation programs offered by Therapeutic Recreation Programs! We will provide a variety of seasonal activities that promote independent leisure lifestyles. Please read through this brochure carefully and make yourself familiar with Link's registration and program guidelines!

Therapeutic Recreation Program HOTLINE

For program information, updates, and weather related cancellations, utilize the TR Program!
Individual calls will not be made to participants!

Call: 262-8888 Option #4
After 4:30 pm!

LINK ASSOCIATES WEBSITE:

For more information about TR, log onto Link's website at:

www.linkassociates.org

To locate TR information:

- *Click on Services on the homepage
- *Click on TR Programs

TR Hotline Updates can be found on the Home Page under Information.

ACKNOWLEDGEMENTS

Link Associates TR Programs would like to thank the following:

- ★ West Des Moines Parks and Recreation - Funding Support
- ★ Mid American RecPlex - Program Support
- ★ Knights of Columbus - Funding Support
- ★ Dowling Highschool - Program Support
- ★ University of Iowa Therapeutic Recreation Program
- ★ Special Olympics - Athletic Opportunities and Trainings
- ★ Krave Gym - Program Support
- ★ Quik Trip - Funding Support
- ★ Prairie Meadows - Funding Support
- ★ Valley Community Center - Facility Usage
- ★ United Way of Central Iowa - Funding Support



United Way
of Central Iowa



The many volunteers that help make our programs successful; we couldn't do it without you!!

AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Spinners: Classic Frozen Custard 6:00 pm – 8:30 pm	2 <i>Last Day to Sign Up for S.O. Volleyball</i>	3 S.O. State Softball Tournament
4	5 AM Gym Class Heroes 10:00 am – 11:30 am	6 S.O. Volleyball Assessments 6:00 pm – 7:00 pm CAC: Air Dry Clay 5:00 pm – 6:00 pm	7 PM Gym Class Heroes 3:00 pm – 4:30 pm	8 Ode to Summer: Beach Party 4:30 – 6:30 pm	9 <i>Last Day to Sign Up for S.O. Flag Football</i>	10
11	12 AM Gym Class Heroes 10:00 am – 11:30 am	13 S.O. Volleyball 6:00 pm – 8:00 pm	14 PM Gym Class Heroes 3:00 pm – 4:30 pm S.O. Flag Football 5:00 pm – 6:00 pm	15 Spinners: ICUBS 6:00 pm – 9:30 pm	16	17
18	19 AM Gym Class Heroes 10:00 am – 11:30 am	20 Ecosystem Terrariums 4:30 pm – 5:30 pm S.O. Volleyball 6:00 pm – 8:00 pm	21	22 Spinners: Smash Room 6:00 pm – 8:00 pm	23 S.O. Physicals Due for S.O. Volleyball	24
25	26 Spinners: Movie Night 6:00 pm – 9:00 pm	27 S.O. Volleyball 6:00 pm – 8:00 pm	28 S.O. Flag Football 5:00 pm – 6:00 pm	29	30 S.O. Physicals Due for S.O. Flag football	31 Club Travel: Grotto of Redemption West Bend, Iowa 8:00 am – 3:00 pm

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Link Associates:

1452 29th Street
West Des Moines, IA 50266

Phone (515) 262-8888

Fax (515) 468-2952

THERAPEUTIC REREATION PROGRAM:

Therapeutic Recreation Programs Mission Statement:

Providing opportunities for individuals with disabilities to achieve an independent and healthy leisure lifestyle.

TR Office Contact Information:

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Certified Therapeutic Recreation Program Supervisor
& Volunteer Coordinator
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MAILING ADDRESS:

Link Associates
1452 29th Street
West Des Moines, IA 50266
Website: www.linkassociates.org

*Due to the large number of TR participants and programs, the TR staff is not always available during regular office hours. **The after hours cell phone number is 515-229-7328.** We will respond to questions and concerns as quickly as possible.*

JULY 2024

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 AM Gym Class Heroes 10:00 am – 11:30 am Water Walking 5:15 pm – 6:45 pm	2 S.O. Softball 5:00 pm – 7:00 pm	3 PM Gym Class Heroes 3:00 pm – 4:30 pm	4 Office Closed Holiday	5	6
7	8 AM Gym Class Heroes 10:00 am – 11:30 am Water Walking 5:15 pm – 6:45 pm	9 S.O. Softball 5:00 pm – 7:00 pm	10 PM Gym Class Heroes 3:00 pm – 4:30 pm	11 Spinners: Cracker Barrel 6:00 pm – 8:30 pm	12	13
14	15 AM Gym Class Heroes 10:00 am – 11:30 am Water Walking 5:15 pm – 6:45 pm	16 S.O. Softball 5:00 pm – 7:00 pm	17 PM Gym Class Heroes 3:00 pm – 4:30 pm	18	19 Spinners: Paddle Boarding 6:00 pm – 9:00 pm	20
21	22 AM Gym Class Heroes 10:00 am – 11:30 am Water Walking 5:15 pm – 6:45 pm	23 S.O. Softball 5:00 pm – 7:00 pm	24 PM Gym Class Heroes 3:00 pm – 4:30 pm	25	26 Club Travel: Kansas City Royals Baseball Trip Day 1 Check in at 2:30 pm	27 Club Travel: Kansas City Royals Baseball Trip Day 2 Return at 6 pm
28	29 AM Gym Class Heroes 10:00 am – 11:30 am Water Walking 5:15 pm – 6:45 pm	30 S.O. Softball 5:00 pm – 7:00 pm	31 PM Gym Class Heroes 3:00 pm – 4:30 pm			

JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 New Adventures Olympics Day Camp 9:00 am – 2:00 pm AM Gym Class Heroes 10:00 am – 11:30 am	4 New Adventures Olympics Day Camp 9:00 am – 2:00 pm S.O. Softball Assessments 5:00 pm – 6:00 pm	5 New Adventures Olympics Day Camp 9:00 am – 2:00 pm PM Gym Class Heroes 3:00 pm – 4:30 pm	6 New Adventures Olympics Day Camp 9:00 am – 2:00 pm PM Gym Class Heroes 3:00 pm – 4:30 pm	7 New Adventures Olympics Day Camp 9:00 am – 2:00 pm	8 New Adventures Olympics Day Camp 9:00 am – 2:00 pm
9	10 AM Gym Class Heroes 10:00 am – 11:30 am	11 S.O. Softball 5:00 pm – 7:00 pm	12 PM Gym Class Heroes 3:00 pm – 4:30 pm	13 Spinners: Farmer's Market 6:00 pm – 8:00 pm	14	15 Club Travel: Matchstick Marvels Museum Gladbrook, Iowa 10:00 am – 4:00 pm
16	17 AM Gym Class Heroes 10:00 am – 11:30 am	18 S.O. Softball 5:00 pm – 7:00 pm	19 PM Gym Class Heroes 3:00 pm – 4:30 pm	20	21 Spinners: STOMP 6:30 pm – 10:00 pm	22
23	24 AM Gym Class Heroes 10:00 am – 11:30 am CAC: Washi Tape Art 5:00 pm – 6:00 pm	25 S.O. Softball 5:00 pm – 7:00 pm	26 PM Gym Class Heroes 3:00 pm – 4:30 pm Spinners: West End Architectural Salvage 6:00 pm – 8:00 pm	27	28 S.O. Softball Physicals Due	29 S.O. Softball Districts George Davis Field
30						

GENERAL INFORMATION

Registration Forms

All forms must be completed on both sides prior to participation. Incomplete forms will be returned. Pre-registration is required for all TR activities.

ON SITE REGISTRATIONS WILL NOT BE ACCEPTED!!

Information collected from registration forms is used to enhance individual program needs, ensure expedient medical attention if required, and demonstrate merits of TR programming to funding sources.

Spinners, Club Travel, Community Art Connection

Registrations for these activities will be accepted according to individual needs in the following priority on a first come/first served basis:

1. Individuals living alone, with parents or independent of scheduled support
2. Individuals with 2-30 hours per week of SCL support.
3. Individuals with 31-90 hours per week of SCL support.*
4. Individuals with 91-167 hours per week of SCL support.*

*Support verification may be required

Consent and Waiver Forms

EVERYONE registering for activities must complete these forms. All consent and waiver forms received during this brochure period will be good through December 31, 2024. Registrants will be ineligible for participation without these forms on file.

Confirmation for Participation

Activity Confirmation Invoices* will be sent to you once your registration is processed. The invoice includes the total amount of payment for activities, payable to Link Associates (This includes late payments from prior brochures.)

*It is the responsibility of the individual, guardian, care-provider, staff, or payee receiving the invoice to relay all necessary information to the participant.

PAYMENTS ARE DUE MAY 31ST, 2024

Waiting Lists

Waiting lists will be established for each activity. You will not be responsible for payment of activities that you are on the waiting list for until you receive confirmation for participation.

Staffing Assistance

If 3 or more individuals from the same residence are attending an activity, accompanying staff must remain at the activity site. Staff is also required for any participant requiring special assistance and/or one-on-one support. If staff will be accompanying a participant to a ticketed event the staff must pay the fee by the deadline.

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Program Times

We ask that you please adhere to times posted for activities. Activities are often scheduled back to back and we are unable to provide supervision prior to or after an activity. For the safety of your family member or person served, PLEASE DO NOT drop off any earlier than 5 minutes prior to an activity and pick up promptly at the scheduled conclusion. Please make sure transportation is arranged prior to the activity. Phone service may not be available at each activity.

Program Fees

Program registration fees vary for each program. Individuals will be charged for each activity or program that they are registered and confirmed for, according to the registration fees indicated in the TR brochure. **Send no money with your registration, you will be billed!** Payment schedules may be arranged on an individual basis by contacting TR. If staff will be accompanying a participant to a ticketed event the staff must pay by the following date.

PAYMENTS ARE DUE MAY 31ST, 2024

Transportation

Individuals who register for Spinners, Club Travel and/or Special Events and who receive 0-30 hours of SCL support, live alone or have no means of transportation, except mass transit, are eligible for transportation. Contact the TR Department at 262-8888 when you receive your confirmation letter to request transportation. Transportation services are limited and available on a first come first served basis. The cost for transportation is \$8 round trip or \$5 one-way. Once transportation is confirmed you are responsible for payment unless proper cancellation notice is given. In the event an unconfirmed/unscheduled ride is provided for take home, you will be billed \$25.00.

Cancellation Policy

If a participant is unable to attend any program activity, they must contact TR at 262-8888 no later than **NOON 2 BUSINESS DAYS PRIOR** to the activity. If proper notice is not received, the participant risks losing all pre-paid fees for the activity. **Failure to give proper notice of cancellations 2 times in the same brochure period will result in removal of the individual's name from all scheduled activities in that brochure period.** Registration fees in this situation are non-refundable! Extended trips may have a different cancellation policy. Please see the specific brochure activity for any cancellation policy changes or updates. We do not receive messages left on the TR Hotline; you must dial a direct extension.

Special Olympics (SO) Athlete Forms

Physicals and releases must be updated every three years.

Anyone interested in competing in ANY Special Olympic events must complete an "Iowa Special Olympics Physical & Release Form" prior to participation. Please check with the TR Department to verify your forms are current and on file.

Ⓥ Volunteer Opportunities Ⓥ

Volunteer opportunities are identified throughout the brochure. No matter what your special talents, interests and schedules are, you can help change someone's life at Link. If you share our commitment to the continued well being of our participants and community, consider becoming a Link volunteer! Please contact Adria Smith, the Volunteer Coordinator at 262-8888 ext 207 or asmith@linkassociates.org

MAY 2024

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Spinners: Axe Throwing 6:00 pm – 8:30 pm	2 S.O. Swimming 5:30 pm – 6:15 pm S.O. Track & Field 6:15 pm – 7:00 pm	3	4
5	6 AM Gym Class Heroes 10:00 am – 11:30 am CAC: String Painting 5:00 pm – 6:00 pm	7 Walk DSM 4:00 pm – 6:00 pm Spinners: Laser Tag 6:30 pm – 8:30 pm	8 PM Gym Class Heroes 3:00 pm – 4:30 pm	9 S.O. Swimming 5:30 pm – 6:15 pm S.O. Track & Field 6:15 pm – 7:00 pm	10	11
12	13 AM Gym Class Heroes 10:00 am – 11:30 am Spinners: Fishing 5:00 pm – 8:30 pm	14 Walk DSM 4:00 pm – 6:00 pm	15 PM Gym Class Heroes 3:00 pm – 4:30 pm Roller Skating 5:00 pm – 7:00 pm	16 S.O. Summer Games Bocce/Soccer	17 S.O. Summer Games Track & Field/ Swimming	18
19	20 AM Gym Class Heroes 10:00 am – 11:30 am Spinners: Puffs & Pins 6:00 pm – 9:00 pm	21 Walk DSM 4:00 pm – 6:00 pm	22 PM Gym Class Heroes 3:00 pm – 4:30 pm	23 CAC: Guided Journaling 6:00 pm – 7:00 pm	24	25 Club Travel: American Gothic House & Center Eldon, Iowa 8:00 am – 4:00 pm
26	27 Office Closed Holiday	28 Walk DSM 4:00 pm – 6:00 pm	29 PM Gym Class Heroes 3:00 pm – 4:30 pm Spinners: IHOP 6:00 pm – 8:30 pm	30 Board Game Night 6:00 pm – 7:30 pm	31 <i>Last Day to Sign Up for Special Olympics Softball</i>	

Special Olympic Athletics

S.O. Volleyball

Dig out your kneepads and get ready for another great season of Special Olympics Volleyball! Our coaches will be teaching you the basics, helping you to strengthen your skills, to get you ready for the Special Olympics competition. Whether you are brand new or have been playing for years, there is a spot for you! Volleyball will be part of the new fall classic and will be held at the RecPlex in West Des Moines. More information on state competition to follow.

Physicals will be due by August 23rd or you will NOT be able to participate. All participants need to be registered by August 2nd to be able to participate. NEW participants must attend a mandatory assessment session on August 6th from 6:00 pm - 7:00 pm.

PROGRAM REGISTRATION FEE: \$45.00

TIME: 6:00 pm - 8:00 pm

DATE: Regular weekly practices will begin on Tuesday, August 13th

COST: Registration Fee Only

PLACE: Valley Community Center; 4444 Fuller Road, West Des Moines

S.O. Flag Football *Limit of 24 Athletes*

Punt, pass and kick...try this Special Olympics Flag Football program. This program gives athletes of all ability levels the chance to play America's game. Flag football is a 5-on-5 non-contact sport played by both male and female athletes. Flag football will be part of the new fall classic that will be held at the RecPlex in West Des Moines. More information on state competition to follow.

Physicals will be due by August 30th or you will NOT be able to participate. All participants need to be registered by August 9th to be able to participate.

PROGRAM REGISTRATION FEE: \$45.00

TIME: 5:00 pm - 6:00 pm

DATE: Regular weekly practices will begin on Wednesday, August 14th

COST: Registration Fee Only

PLACE: Mid-American Rec Plex; 6500 Grand Ave, West Des Moines

NEW PROGRAMS & SPECIAL EVENTS

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Roller Skating

Skate on over to Skateland for a night filled with creative movement. Enjoy time with your friends and maybe bust a move! This event is for all ability levels. There is adaptive equipment available to help you balance while skating.

Therapeutic benefits: *Low-impact aerobic exercise, social awareness, increased coordination, and socialization with peers.*

PROGRAM REGISTRATION FEE: \$27.00

TIME: 5:00 pm - 7:00 pm

DATE: Wednesday, May 15th

COST: Registration Fee Only

LOCATION: Skateland 5621 Meredith Dr, Des Moines



Limited to 10 Participants

Board Game Night

Advance straight to Link Associates for board game night! This event will be filled with laughter, fun, and of course board games! From Monopoly to Sorry we have all the games you will need! Come spend time with your friends while playing games!

Therapeutic benefits: *Increases cognitive stimulation, promotes sportsmanship, increase problem solving, and encourages dexterity.*

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm - 7:30 pm

DATE: Thursday, May 30th

COST: Registration Fee Only

LOCATION: Link Associates; 1452 29th St., WDM



Limited to 12 Participants

NEW PROGRAMS & SPECIAL EVENTS

Ode to Summer: Beach Party

Celebrate the end of summer with us at the beach! We'll be playing fun games, enjoying great music, and having delicious food. Turn up the music and dance or dip your toes in the water. This will be a Summer sendoff you won't want to miss!

***Bring your own chairs or blankets. There will be no lifeguards on duty.**

Therapeutic benefits: Socialization with peers, stress relief, and physical fitness

PROGRAM REGISTRATION FEE: \$15.00

TIME: 4:30 pm - 6:30 pm

DATE: Thursday, August 8th

COST: Registration Fee Only

LOCATION: Racoon River Beach, 2500 Grand Ave, WDM

Limited to 100 Participants

Ecosystem Terrariums

Create your own world with ecosystem terrariums! With ecosystem terrariums, you can create your own little plant world with minimal long-term maintenance. No experience needed. Come and enjoy this unique activity!

Therapeutic benefits: Provide a calming and soothing effect, reduce stress, and increase feelings of relaxation.

PROGRAM REGISTRATION FEE: \$45.00

TIME: 4:30 pm - 5:30 pm

DATE: Tuesday, August 20th

COST: Registration Fee Only

LOCATION: Link Associates; 1452 29th St., WDM

Limited to 15 Participants



SPECIAL OLYMPICS ATHLETICS

Anyone interested in competing in ANY Special Olympic events must complete an "Iowa Special Olympics Physical" prior to participation. Physicals must be updated every three years. The fees charged for TR Special Olympics are to participate through TR Programs. These fees cover facility rentals, charter buses, equipment, uniforms, banquet, and t-shirts. If you have questions regarding these fees please contact the TR Office.

REGISTRATION PROCESSING BEGINS: DECEMBER 14TH, 2023

S.O. Softball *Note New Practice Location*

It's time to break out the bats and balls because it's SOFTBALL SEASON! We will be covering all the basics of softball such as: fielding, hitting, running the bases, catching and throwing. Please remember to bring your softball glove with you to every practice; if you don't have a glove, please let us know. Athletes are more than welcome to bring their own bats or helmets also but please write your name on them so they don't get mixed up with the team equipment. Participants will practice Tuesday evenings starting on Tuesday, June 11th either from 5:00 pm - 6:00 pm or 6:00 - 7:00 pm, at Valley View Softball Park. More information on district and state competition to follow.

Physicals will be due by June 28th or you will NOT be able to participate. Last day to register for softball will be on May 31st. NEW participants must attend a mandatory assessment session on Tuesday, June 4th from 5:00 pm - 6:00 pm.

PROGRAM REGISTRATION FEE: \$45.00

TIME: 5:00 pm - 7:00 pm

DATE: Regular weekly practices will begin on Tuesday, June 11th

COST: Registration Fee Only

PLACE: Valley View Softball Park; **101 S 88th St, West Des Moines**



**Special
Olympics**
Iowa

Walk DSM

We are walking our way to fitness each week of this program. Meet us at Link Associates, and we will head out to a new walking track or trail. Each week we will increase our distance and speed to build endurance and strength. Get ready to walk away the laziness and get fit with your friends! All ability levels welcome!

Therapeutic benefits: Encouraging new recreational activities, improving physical strength and stamina, socialization with peers

PROGRAM REGISTRATION FEE: \$10.00

TIME: 4:00 pm - 6:00 pm

DATE: Tuesday's starting May 7th, 14th, 21st, 28th

COST: Registration Fee Only

LOCATION: Link Associates -1452 29th St., WDM



Limited to 10 Participants

Water Walking

Dive right into the opportunity to walk around the lazy river. We will meet at the Valley View Aquatic Center for this fun aquatic activity. Please show up in your swimsuit so we can get right in the water! Also, don't forget to bring a towel and a change of clothes. It is important that all participants feel comfortable and can be safe in the water independently, as swim lessons will not be provided. Be prepared for this fun experience and everything will go swimmingly.

Therapeutic benefits: Increased self-esteem and self-confidence, improve range of motion, socialization, and decrease stress.

PROGRAM REGISTRATION FEE: \$30.00

TIME: 5:15 pm – 6:45 pm

DATE: Mondays starting July 1st, 8th, 15th, 22nd, 29th

COST: Registration Fee Only

LOCATION: Valley View Aquatic Center, 255 S 81st St., West Des Moines, IA 50266



Limited to 15 Participants

RIVER CITY SPINNERS

PROGRAM DESCRIPTION: A social group for adults with mild intellectual and/or physical disabilities, who may be socially isolated within our community. Participants must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. Social activities are scheduled three to four times per month. (Participants requiring medication during the event, must bring only necessary dosage and it must be labeled with medication name, dosage, and directions.) Staff to participant ratio is 1:4 or 1:6. Ratios of 1:1 or 1:2 are not available. Each activity is limited to 12 participants. *Please note the meeting place for each activity.*

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Wednesday, May 1st: Axe Throwing

Let your inner Viking show and learn a new sport! Its time for Axe Throwing - you will be able to learn how to properly handle, throw an axe, and sharpen your skills!

Therapeutic benefits: *Socialization with peers, reduce stress, improve decision making & independence, improve communication*

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm - 8:30 pm

COST: \$55; pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM



Tuesday, May 7th: Laser Tag

Tag you're it! Join your friends at Link for some laser tag fun. During the game of laser tag, you will be able to hide in the unique course and surprise your friends when you tag them.

Therapeutic benefits: *Improves teamwork/sportsmanship, increases physical movement, strategic thinking, hand-eye coordination, and helps with fine and gross motor skills.*

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:30 pm - 8:30 pm

COST: \$20; pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

River City Spinners

Monday, May 13th: Fishing

Take the bait and catch your friends at Link! During this activity, you will be able to fish to your heart's content. Link will provide the fishing license, poles, and the bait.

Therapeutic benefits: Increase social participation, promote independence and decision-making skills, and community integration

PROGRAM REGISTRATION FEE: \$20.00

TIME: 5:00 pm – 8:30 pm

COST: \$5; bring water to drink and pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM



Monday, May 20th: Putts & Pins

Take your shot at Putts & Pins! You will be able to test your skills at mini golf in this 9 - hole two course putt. Come try out this new facility and put your skills to the test.

Therapeutic benefits: Hand-eye coordination, balance, gross-motor skills, enhances physical movement, and depth perception.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 9:00 pm

COST: \$45; pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday, May 29th: IHOP

It's time for breakfast for dinner! Hop on over to IHOP and enjoy good food with your friends for a dinner night out. IHOP offers a variety of foods that everyone will find something they enjoy!

Therapeutic benefits: Increase socialization with peers, community integration, and explore new foods.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm - 8:30 pm

COST: \$30; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM



FUN & FITNESS

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Gym Class Heroes AM *New Time*

This program will offer you new and exciting ways to stay fit and keep you moving. On each Monday, join us at Link Associates TR Department from **10:00 am - 11:30 am** for a workout you won't forget. We will try it all: yoga, pound fitness, dance aerobics, pilates, stepping class, strength training, tai-chi, nutrition info, and power walking. We will also head out to different locations around town including, but not limited to Krave Gym, Walnut Creek YMCA, Grays Lake, and Water Works Park where we will continue our fitness by trying classes, basketball, cardio machines, weight machines, swimming and walking. This 15 session program will not only keep you moving but also make you feel accomplished!

We will begin Monday, May 6th and go until August 19th. No Gym Class Heroes on May 27th.

Therapeutic benefits: Increased self-esteem and self-confidence, improve range of motion, socialization, and decrease stress.

PROGRAM REGISTRATION FEE: \$99.00

TIME: Mondays 10:00 am – 11:30 am

COST: Registration Fee Only

MEETING PLACE: Link Associates-1452 29th St.



Limited to 10 Participants

Gym Class Heroes PM

This program will offer you new and exciting ways to stay fit and keep you moving. On each Wednesday, join us at Link Associates TR Department from **3:00 - 4:30 pm** for a workout you won't forget. We will try it all: yoga, pound fitness, dance aerobics, pilates, stepping class, strength training, tai-chi, nutrition info, and power walking. We will also head out to different locations around town including, but not limited to Krave Gym, Walnut Creek YMCA, Grays Lake, and Water Works Park where we will continue our fitness by trying classes, basketball, cardio machines, weight machines, swimming and walking. This 15 session program will not only keep you moving but also make you feel accomplished!

We will begin Wednesday, May 8th and continue through August 14th.

Therapeutic benefits: Increased self-esteem and self-confidence, improve range of motion, socialization, and decrease stress.

PROGRAM REGISTRATION FEE: \$99.00

TIME: Wednesdays 3:00 pm – 4:30 pm

COST: Registration Fee Only

MEETING PLACE: Link Associates-1452 29th St.



Limited to 10 Participants

Monday, June 24th: Washi Tape Art

This isn't your average crafting tape! Washi Tape is a decorative tape you can tear, reposition, remove, stick, color, and write on! The term Washi comes from the words "Japanese paper". This tape was invented in Japan, and is now used to create beautiful designs. Come give this unique twist on crafting a try!

Therapeutic benefits: Socialization with peers, fine motor skills, creative expression, decision-making skills, and increase self-expression

PROGRAM REGISTRATION FEE: \$19.00

TIME: 5:00 pm – 6:00 pm

COST: Registration Fee only

LOCATION: Link Associates -1452 29th St., WDM

Limited to 25 Participants

Tuesday, August 6th: Air Dry Clay

Let's sculpt our own pottery with this Community Art Connection. You will have fun molding and ceating your own design. With this type of air dry clay, you will be able to create anything you can imagine.

Therapeutic benefits: Reduces stress, enhances creativity, improves focus and motor skills, encourages socialization, self-expression, and problem solving.

PROGRAM REGISTRATION FEE: \$30.00

TIME: 5:00 pm – 6:00 pm

COST: Registration Fee only

LOCATION: Link Associates -1452 29th St., WDM

Limited to 20 Participants



Thursday, June 13th: Farmer's Market

Frolic on over to the farmer's market on Valley Junction with Link! Have fun with friends as you shop around the Valley for a fun filled night and learn more about what our local community has to offer. Organic and small shop venders will be a hit at this market.

Therapeutic benefits: Increase social and spatial awareness, getting involved with your local community, and socialization with peers and members of the community.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm - 8:00 pm

COST: Bring money for shopping; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM



Friday June 21st: STOMP

Join us for a night at the civic center as we listen to the magnificent rhythms created by this group! This international percussion sensation will drum up an electrifying show. Enjoy a fun night listening to music with your friends!

Therapeutic benefits: Socialization, prevents low mood, and builds confidence.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:30 pm – 10:00 pm

COST: \$56; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday June 26th: Brass Armadillo

With more than 450 antique and collectible dealers under one roof, we have something for everyone. For a truly recreational shopping experience that feels like a treasure hunt.

Therapeutic benefits: Social Interaction, money-management skills, choice control, and increases happiness.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 8:00 pm

COST: \$10; Bring money for shopping; pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

Thursday, July 11th: Cracker Barrel

Its time for some southern cooking at Cracker Barrel. They have more than just crackers! Enjoy foods from chicken friend steak to comfort home style cooked chicken and dumplings. Come try these amazing food options with your peers.

Therapeutic benefits: Increase socialization with peers, community integration, and explore different food options.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm - 8:30 pm

COST: \$30; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM



Friday, July 19th: Paddle Boarding

Be ready for a fun time on the water! Paddleboarding is a fun way to move through the water by using an oar to propel yourself forward while you sit, kneel, or stand on the board. Be sure to dress appropriately to be in the water and bring a change of clothes and towel.

Therapeutic benefits: Increase physical activity, promote resiliency, increase social participation.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 9:00 pm

COST: \$15; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

Thursday: August 1st: Classic Frozen Custard

Summer is the perfect time for a sweet treat with friends! Enjoy a favorite local spot where large portions are made fresh daily. Whether you enjoy it in a cone, shake, sundae, or malt this cold custard will be delicious!

Therapeutic benefits: Increase social participation, reduce stress, promote decision making skills

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 8:30 pm

COST: \$10; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

COMMUNITY ART CONNECTION

PROGRAM DESCRIPTION: Community Art Connection (CAC) is a program designed to introduce participants to a variety of creative alternatives. Speakers are scheduled to present information and/or a hands-on experience for the topic they are addressing. Come view, listen to, and experience a new leisure option.

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Monday, May 6th: String Painting

Its time to set your imagination free and see what you can create during this fun filled night of painting. We will be providing the canvases, string, and paint - all you will need to do is provide the creativity!

Therapeutic benefits: Increase self-expression, creativity, fine motor skills, socialization, and decreases stress.

PROGRAM REGISTRATION FEE: \$30.00

TIME: 5:00 pm – 6:00 pm

COST: Registration Fee only

LOCATION: Link Associates -1452 29th St., WDM



Limited to 24 Participants

Thursday, May 23rd: Guided Journaling

Take some time for yourself and reflect through writing! With prompts to help guide your thoughts, this can be a great opportunity to explore your experiences and create goals. You can also take this time to express your emotions, sort your thoughts, or simply reflect on your day!

Therapeutic benefits: Reduce stress, build self-awareness, socialization, and fine motor skills

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm – 7:00 pm

COST: Registration Fee only

LOCATION: Link Associates -1452 29th St., WDM

Limited to 25 Participants

OVERNIGHT CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to do an overnight travel experience. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. **All inclusive trips with the exclusion of snacks and souvenirs.** No transportation will be available. Additional waiver, paperwork, and cancellation policy must be filled out prior to attending. Participant must be able to be alone and share a room overnight in hotel with roommate of same gender. These trips have ratio of 1:4, and all medications must be prepackaged and labeled. Trips are limited to 12 participants.

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Kansas City, MO Baseball Trip: July 26th - 27th, 2024

"Take me out to the ball game, Take me out with the crowd; Buy me some peanuts and Cracker Jack, I don't care if I never get back. Let me root, root, root for the home team, If they don't win, it's a shame. For it's one, two, three strikes, you're out, At the old ball game."

We are hitting the road to Kansas City, MO to see the Royals professional baseball team play against the Chicago Cubs! The following day lets head to a baseball museum and have lunch before returning home! This trip will be a home run!

PROGRAM REGISTRATION FEE/COST: \$566

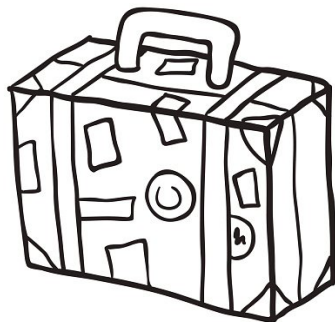
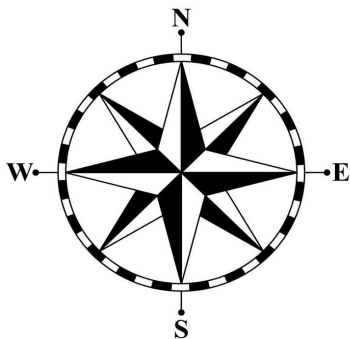
DROP OFF DATE/TIME:

Check in time: Friday, July 26th at 2:30 pm

Bus Departure Time: Friday, July 26th at 3:00 pm

PICK UP DATE/TIME: Saturday, July 27th at 6 pm

MEETING PLACE: Link Associates - 1452 29th St., WDM



Thursday, August 15th: ICUBS

Take me out to the ballgame! Come enjoy a night at the field as the minor league Iowa Cubs take on the Columbus Clippers. We're excited to be enjoying our cracker jacks and popcorn as we watch lots of runs get scored! You don't want to miss this game, for if you do; it's one, two, three strikes, you're out, at the old ball game! *Remember that this is a cashless/bagless facility

Therapeutic benefits: Increase socialization, build self-confidence, promote decision making, and boosts mood

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 9:30 pm

COST: \$30; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM



Thursday, August 22nd: Smash Room

Have a smashing time with Link at the Smash Room on Merle Hay! Here you will be able to smash as many objects as you can, for thirty minutes. Jumpsuits and protective gear will be provided there.

Therapeutic benefits: Reduces stress levels, improves mood, increases feelings of empowerment, and socialization.

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 8:00 pm

COST: \$80; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

Monday, August 26th: Movie Night

Join us for a night at the cinema! Whether you are a fan of action, rom-com, drama, or comedy, the movies have something for everyone! There is nothing better than a night out with your friends! The TR department will choose the best movie being shown this week to enjoy!

Therapeutic benefits: Promote money management, boost mood, decrease stress

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 9:00 pm

COST: \$12; Pay when confirmed

MEETING PLACE: Link Associates -1452 29th St., WDM

DAY TRIP CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to travel one weekend day each month to a new destination in Iowa and the Midwest. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. Each trip is limited to 12 participants.

REGISTRATION PROCESSING BEGINS: April 15th, 2024

Saturday, May 25th: American Gothic House & Center - Eldon, IA

Take a trip with Link to the American Gothic house! Located in Eldon, Iowa, this museum offers a rare insight into the American Gothic painting by Grant Wood. Look at what inspired the famous painting and learn more about the history behind it.

Therapeutic benefits: *Reduces anxiety and promotes relaxation.*

PROGRAM REGISTRATION FEE/COST: \$110 (includes registration fee, lunch, dinner, and admission)

TIME/MEETING PLACE 8:00 am - 4:00 pm; Link Associates - 1452 29th St., WDM

Saturday, June 15th: Matchstick Marvels Museum - Gladbrook, IA

Marvel at the unique and detailed matchstick models at the Matchstick Museum in Gladbrook, Iowa. This museum has over 75 detailed scale models of life-like sculptures and architecture. Learn more about how ordinary matchsticks were used to create these masterpieces. This is a cash only museum.

Therapeutic benefits: *Increases social awareness, mental stimulation, and social interaction with peers.*

PROGRAM REGISTRATION FEE/COST: \$110 (includes registration fee, lunch, dinner, and admission)

TIME/MEETING PLACE 10:00 am - 4:00 pm; Link Associates - 1452 29th St., WDM

Saturday, August 31st: Grotto of Redemption - West Bend, IA

The Grotto of the Redemption is a shrine in West Bend, Iowa. It contains a large collection of minerals and petrifications and is believed to be the largest grotto in the world. The Grotto is frequently considered the "Eighth Wonder of the World" and The Iowan magazine has described the Grotto as a "miracle in stone." The location was placed on the National Register of Historic Places.

Therapeutic benefits: *Engage with peers, promote decision making & independence, increase socialization*

PROGRAM REGISTRATION FEE/COST: \$105 (includes registration fee, lunch, dinner, and admission)

TIME/MEETING PLACE 8:00 am - 3:00 pm; Link Associates - 1452 29th St., WDM

NEW ADVENTURES DAY CAMP

PROGRAM DESCRIPTION: New Adventures Day Camp offers indoor and outdoor adventures for adults with disabilities! Our dedicated and fun-loving staff will take our campers on an unforgettable journey. Our goal is to create an environment that facilitates physical, social, and emotional well-being. Our camp staff have spent months planning unique and exciting activities for this upcoming brochure. We look forward to sharing and experiencing a fun camp week with our campers. Campers should bring a cold lunch, weather appropriate clothing, water bottle, change of clothing, all medications (packaged and labeled) and sunscreen. You must cancel at least 10 business days in advance. If proper notice is not received, the participant risks losing all pre-paid fees for the activity. No transportation available, you must be able to meet and be picked up at Link Associates. Limited to 6-8 people per camp unless otherwise noted.

REGISTRATION PROCESSING BEGINS: APRIL 15TH, 2024

Olympics Day Camp: June 3rd - June 7th

Prepare for the Summer Olympic Games with this fun 5-day camp! Try out Olympic sports, learn about the Olympic traditions, and explore unique cultural aspects the different Olympic cities have to offer. Enjoy a fun week of crafts, cooking, outings, and friends as you go for gold!

Therapeutic benefits: Increase self-confidence, increase creativity, physical exercise, build socialization skills, and promote independence.

PROGRAM REGISTRATION FEE: \$350.00 (covers admissions & supplies)

TIME: 9:00 am - 2:00 pm daily

COST: Registration fee only; bring cold lunch/water each day

MEETING PLACE: Link Associates - 1452 29th St., WDM



- _____ STOMP (\$76)
- _____ Brass Armadillo (\$30)
- _____ Cracker Barrel (\$50)
- _____ Paddle Boarding (\$35)
- _____ Classic Frozen Custard (\$30)
- _____ ICUBS (\$50)
- _____ Smash Room (\$100)
- _____ Movie Night (\$32)

_____ Grotto of Redemption (\$105)

Community Art Connection:

- _____ String Painting (\$30)
- _____ Guided Journaling (\$15)
- _____ Washi Tape Art (\$19)
- _____ Air Dry Clay (\$30)

Photo Consent Agreement & Hold Harmless, Consent, & Waiver

I grant permission for photographs, testimonials, and/or video tapes as a participant to be used by Link Associates Therapeutic Recreation Program or sponsoring agencies for the purpose of education, program promotion, and public relations, (ie. Link slide presentations, pictures on display boards, brochures, website, Link social media, videos or other publications.) Because the TR program is community based I understand that there is a possibility that my photograph may be used in all forms recognized as community media. I understand that if I revoke consent in the future, all materials published prior to the date that consent is revoked may continue to remain in existence either in print or electronically. Revoking consent only applies to materials yet to be published or created. I understand that a photo may be used in emergency purposes. If participating in Special Olympics, I am aware and in agreement, for all Special Olympics activities i.e. practices, scrimmages, competitions, etc. Link Associates will adhere to the Special Olympics photo consent policy.

I hereby agree to hold harmless Link Associates, its agents, officers, board members, volunteers and employees from any and all liability for personal injuries or damages I may hereafter sustain while participating in traveling to and from, or from observing the sponsored activities. The individuals listed above have my permission to participate in the listed programs. In consideration of your acceptance of my participation, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the TR Program, Link Associates, Dowling School, Mid-American Reclx, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama, YMCA or any of the afore-mentioned subsidiaries, affiliates, employees or agents for any and all injuries suffered by me in said programs/activities for the period of January 1, 2024- December 31, 2025. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no medical or physical conditions that prevent my participation.

THIS FORM MUST BE SIGNED IN ORDER TO PROCESS YOUR REGISTRATION!

(Participant and/or guardian) have read and understand the TR Services policies and procedures included in the TR brochure and Registration form. By signing this form, I understand and agree with the Photo Consent Agreement and the Hold Harmless, Consent, and Waiver Agreement.

Person Legally Responsible (REQUIRED) _____

Date _____

If you would like a copy of this release please call the TR Department at 515-262-8888

THERAPEUTIC RECREATION PROGRAM

Summer 2024 Program Registration

Registration Processing: Begins April 15th, 2024

Mail to:

LINK ASSOCIATES

1452 29th St.

West Des Moines, IA

50266



SEND NO MONEY WITH YOUR REGISTRATION.

CONFIRMATION LETTERS WILL BE SENT OUT ONCE
YOUR REGISTRATION IS PROCESSED.

*Place a check by the program you are wanting to register for. Please refer to brochure for program times, dates, and costs. Registrations accepted on a first come first served basis.

Check this box if any information provided is new or updated

Participant's Name: _____ Phone # _____

Address: _____ (Street) _____ (City) _____ (State) _____ Zip Code _____

Birth Date _____ Age _____ Sex _____

Email _____ T-Shirt Size _____
Special Olympics Athletes Only

New Programs/Special Events:

(Includes Registration Fee)

Rollerskating (\$27)

Board Game Night (\$15)

Ode to Summer: Beach Party (\$15)

Ecosystem Terrariums (\$45)

River City Spinners:

(Includes fee, tickets, & meals)

Axe Throwing (\$75)

Laser Tag (\$40)

Fishing (\$25)

Putts & Pins (\$65)

IHOP (\$50)

Farmers Market (\$20)

New Adventures Day Camp:

Olympics Day Camp (\$350)

S.O. Athletic Programs:

Softball (\$45)

Volleyball (\$45)

Flag Football (\$45)

Fun & Fitness:

Gym Class Heroes AM (\$99)

Gym Class Heroes PM (\$99)

Walk DSM (\$10)

Water walking (\$30)

Overnight Club Travel:

(Includes fee, admissions, meal, transport & Lodging)

Kansas City, MO Baseball Trip (\$566)

Day Trip Club Travel:

American Gothic House & Center (\$110)

Matchstick Marvells Museum (\$110)

Office Use Only

Activity Totals:

Name: _____

Phone: _____

Address: _____

Relationship to Client: _____

Email: _____

Notes (any info you would like to share about participant):

PROGRAM EVALUATION DATA (REQUIRED):

The following information is required for program evaluation purposes and funding proposals for the continuation of the TR Program. This information is also necessary to inform our staff of the individuals enrolled, so that they may better structure activities. This information will be kept confidential and will only be available to TR personnel.

Place a (X) by the participant's primary disability:

- _____ Developmental _____ ID Profound
- _____ Borderline _____ Autism
- _____ ID Mild _____ Other
- _____ ID Moderate
- _____ ID Severe

Place a (X) by the participant's secondary disability:

- _____ Autism _____ Emotional/Behavioral Disability
- _____ Cerebral Palsy _____ Wheelchair Assistance
- _____ Visually Impaired _____ Diagnosed Mental Illness
- _____ Hearing Impaired _____ None Reported
- _____ Seizure Disorder _____ Other
- _____ Physical Disability

Place a (X) by the participant's current living arrangement:

- _____ Independent (Individuals with NO Scheduled support)
- _____ Independent (Individual living with family with no support)
- _____ Individuals with 2-30 hours with SCL support per week
- _____ Individuals with 31-90 hours SCL support per week
- _____ Individuals 91-167 hours SCL support per week
- _____ Individuals with 24 hours of support per day

Place a (X) by the participant's ethnic group:

- _____ Caucasian/White _____ Native Indian/Alaskan
- _____ Hispanic _____ Native Hawaiian
- _____ Asian _____ Other
- _____ African-American/Black



PARTICIPANT CONTACT INFORMATION

Summer 2024

Registration Processing Begins: April 15th, 2024



Participation Information:

- Check this box if any information provided is new or needs updated/if not you can skip this section
- Behaviors to encourage (describe here): _____

- Behaviors to discourage (describe here): _____

- Health &/or behavior concerns that may affect participation (describe here): _____

Participant Information (REQUIRED):

- Check this box if any information provided is new or needs updated/if not you can skip this section
- Residential Provider: _____ Medicaid Tier Number (Circle): 1 - 2 - 3 - 4 - 5 - 6
- Agency Supervisor: _____ Emergency Cell: _____ Email: _____
- Guardian Name: _____ Phone: _____ Email: _____
- Payee: _____ Address: _____ Email: _____
- Check this box if you would want the Leisure Department to bill the payee
- Hospital Preference: _____
- Case Manager: _____ Phone: _____ Email: _____

Emergency Contact Person (REQUIRED):

- Check this box if any information provided is new or needs updated/if not you can skip this section