

United Way
of Central Iowa

**United
Way**





Therapeutic Recreation Programs

Community-based Programs for Individuals with Disabilities

Winter 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 Winter 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
- ★ Kunzler Studio - Program Support
- ★ 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!!

APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Gym Class Heroes Session 2 2:45 pm – 4:00 pm S.O. Bocce 5:30 – 6:30 pm S.O. Soccer 6:30 – 7:30 pm	2 S.O. Swimming 5:30 – 6:15 pm S.O. Track & Field 6:15 – 7:00 pm	3 Gym Class Heroes Session 2 2:45 pm – 4:30 pm CAC: Calligraphy Class 6:00 pm – 7:00 pm	4 S.O. Swimming 5:30 – 6:15 pm S.O. Track & Field 6:15 – 7:00 pm Spinners: Picture Frame Art Class 5:30 pm – 8:30 pm	5	6
7	8 New Adventures Astrology Day Camp 9:00 am – 2:00 pm Gym Class Heroes Session 2 2:45 pm – 4:00 pm S.O. Bocce 5:30 – 6:30 pm S.O. Soccer 6:30 – 7:30 pm	9 New Adventures Astrology Day Camp 9:00 am – 2:00 pm S.O. Swimming 5:30 – 6:15 pm S.O. Track & Field 6:15 – 7:00 pm	10 New Adventures Astrology Day Camp 9:00 am – 2:00 pm Gym Class Heroes Session 2 2:45 pm – 4:30 pm LARPING 5:00 pm – 6:00 pm	11 New Adventures Astrology Day Camp 9:00 am – 2:00 pm S.O. Swimming 5:30 – 6:15 pm S.O. Track & Field 6:15 – 7:00 pm	12 New Adventures Astrology Day Camp 9:00 am – 2:00 pm	13
14	15 Gym Class Heroes Session 2 2:45 pm – 4:00 pm S.O. Bocce 5:30 – 6:30 pm S.O. Soccer 6:30 – 7:30 pm	16 S.O. Swimming 5:30 – 6:15 pm S.O. Track & Field 6:15 – 7:00 pm	17 Gym Class Heroes Session 2 2:45 pm – 4:30 pm LARPING 5:00 pm – 6:00 pm	18 S.O. Swimming 5:30 – 6:15 pm S.O. Track & Field 6:15 – 7:00 pm Spinners: Bowling 6:00 pm – 8:30 pm	19	20 Club Travel: IFY Indoor Skydiving Kansas City, MO 8:30 am – 5:30 pm
21	22 S.O. Bocce 5:30 – 6:30 pm S.O. Soccer 6:30 – 7:30 pm Spinners: Prairie Meadows 6:00 pm – 9:00 pm	23 Special Olympics Swimming Districts At Waukeg YMCA (No T/F & Swimming Practice) Snowflex Tubing – Part 1 5:00 pm – 6:30 pm	24 LARPING 5:00 pm – 6:00 pm	25 S.O. Swimming/Track & Field Ice Cream Social (At Dowling Highschool) (No T/F & Swimming Practice)	26 Overnight Club Travel: Galena, IL Day 1	27 Overnight Club Travel: Galena, IL Day 2
28 Overnight Club Travel: Galena, IL Day 3	29 S.O. Bocce 5:30 – 6:30 pm S.O. Soccer 6:30 – 7:30 pm	30 Snowflex Tubing – Part 2 5:00 pm – 6:30 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
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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.*

We thank you for your patience!

MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Last Day to Register for S.O. Bocce Physicals Due for S.O. Bocce	2 Last Day to Register for S.O. Swimming/Track & Field Physicals Due for S.O. Swimming/Track & Field
3	4 Gym Class Heroes Session 2 2:45 pm – 4:00 pm Glow Dance Fitness 5:00 pm – 6:00 pm	5 Spinners: Movie Night 6:00 pm – 9:30 pm	6 Gym Class Heroes Session 2 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm	7 S.O. Dance 5:00 pm – 7:00 pm	8 S.O. Swimming/Track & Field Assessment Scores Due	9 S.O. Dance & Basketball Spring Classic State Tournament
10	11 New Adventures Lego Day Camp 9:00 pm – 2:00 pm Gym Class Heroes Session 2 2:45 pm – 4:00 pm	12 New Adventures Lego Day Camp 9:00 pm – 2:00 pm Spinners: Iowa Wolves 6:00 pm – 9:30 pm	13 New Adventures Lego Day Camp 9:00 pm – 2:00 pm Gym Class Heroes Session 2 2:45 pm – 4:30 pm	14 New Adventures Lego Day Camp 9:00 pm – 2:00 pm	15 New Adventures Lego Day Camp 9:00 pm – 2:00 pm	16
17	18 Gym Class Heroes Session 2 2:45 pm – 4:00 pm	19 Cake Wars 6:00 pm – 7:30 pm	20 Gym Class Heroes Session 2 2:45 pm – 4:30 pm Spinners: Smokey D's Restaurant 6:00 pm – 8:30 pm	21	22 Last Day to Register for S.O. Soccer Physicals Due for S.O. Soccer	23 Club Travel: Minnesota Wild Hockey Game Minneapolis, MN 7:30 am – 9:00 pm
24	25 Gym Class Heroes Session 2 2:45 pm – 4:00 pm S.O. Bocce 5:30 – 6:30 pm S.O. Soccer 6:30 – 7:30 pm	26	27 Gym Class Heroes Session 2 2:45 pm – 4:30 pm CAC: Cupcake Decorating 6:00 pm – 7:00 pm	28 Spinners: Coffee Cats 6:00 pm – 8:00 pm	29	30

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 S.O. Dance 5:00 pm – 7:00 pm	2	3 Special Olympics Basketball Districts at Mid-American Recplex
4	5 Gym Class Heroes Session 1 2:45 pm – 4:00 pm CAC: Harmonica Man 6:00 pm – 7:00 pm	6	7 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm	8 S.O. Dance 5:00 pm – 7:00 pm	9 Spinners: Go-Kart Racing 6:00 pm – 9:00 pm	10
11	12 Gym Class Heroes Session 1 2:45 pm – 4:00 pm Cultural Culinary Class 1 4:30 pm – 6:30 pm	13 Spinners: Escape Room 5:00 pm – 7:30 pm	14 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm Happy Hearts Hop 7:00 pm – 9:00 pm	15 S.O. Dance 5:00 pm – 7:00 pm	16	17 Club Travel: Top Golf Omaha, NE 9:00 am – 4:00 pm
18	19 Gym Class Heroes Session 1 2:45 pm – 4:00 pm Cultural Culinary Class 2 4:30 pm – 6:30 pm	20 CAC: Caricatures 6:00 pm – 7:00 pm	21 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm	22 S.O. Dance 5:00 pm – 7:00 pm	23 Spinners: Half Priced Books 6:00 pm – 8:00 pm	24
25	26 Gym Class Heroes Session 1 2:45 pm – 4:00 pm Cultural Culinary Class 3 4:30 pm – 6:30 pm	27 Spinners: Ballroom Dancing 4:00 pm – 7:00 pm	28 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm	29 S.O. Dance 5:00 pm – 7:00 pm Spinners: Pottery Sculpting 6:00 pm – 8:30 pm		

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 JANUARY 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: DECEMBER 14TH, 2023

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 JANUARY 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.

① Volunteer Opportunities ①

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

JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Holiday Office Closed	2 New Year's Pajama Movie Night 5:30 pm – 8:30 pm	3 S.O. Basketball 4:00 pm – 6:00 pm Spinners: HuHot Restaurant 6:00 pm – 8:30 pm	4 S.O. Dance 5:00 pm – 7:00 pm	5	6
7	8 Winter Games Dubuque, IA Day 1	9 Winter Games Dubuque, IA Day 2	10 Winter Games Dubuque, IA Day 3 S.O. Basketball 4:00 pm – 6:00 pm	11 S.O. Dance 5:00 pm – 7:00 pm	12	13
14	15 Gym Class Heroes Session 1 2:45 pm – 4:00 pm Spinners: Dave & Busters 6:00 pm – 9:00 pm	16 Special Olympics Basketball Skills Competition at Valley Community Center CAC: Faux Tattoos 6:00 pm - 7:00 pm	17 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm	18 S.O. Dance 5:00 pm – 7:00 pm	19	20 Club Travel: Union Pacific Railroad Museum Council Bluffs, IA 8:00 am – 3:00 pm
21	22 Gym Class Heroes Session 1 2:45 pm – 4:00 pm Spinners: Iowa Wild 6:00 pm – 10:00 pm	23 Winter Sports Series 4:00 pm – 6:00 pm Spinners: Mamma Mia 6:30 pm – 10:30 pm	24 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm	25 S.O. Dance 5:00 pm – 7:00 pm	26	27
28	29 Gym Class Heroes Session 1 2:45 pm – 4:00 pm	30 Winter Sports Series 4:00 pm – 6:00 pm	31 Gym Class Heroes Session 1 2:45 pm – 4:30 pm S.O. Basketball 4:00 pm – 6:00 pm			

S.O. Swimming

Swimming season is here! Athletes will have the chance to practice with Dowling Catholic Highschool students. We will begin practicing for Special Olympic Swimming on Tuesday, April 2nd. Practice will be at Dowling Highschool swimming pool in West Des Moines. Blue ribbon winners at districts (April 25th) will continue practice on Thursday's starting May 2nd, and will compete at Summer Games on May 17th. New athletes, or current athletes wanting to change your swimming events will need to send your assessment scores to the TR program by March 8th. No individual assessments will be possible.

Last Day to Register for S.O. Swimming will be March 2nd
Swimming physicals are due by March 2nd

PROGRAM REGISTRATION FEE & COST: \$40.00

TIME: 5:30 pm– 6:15 pm

DATE: Starting Tuesday, April 2nd

PLACE: Dowling Highschool; 1400 Buffalo Road, WDM

S.O. Track & Field

Rejoin your friends and make new ones as you practice alongside Dowling Highschool students. We will begin practicing for Special Olympics Track & Field on Tuesday, April 2nd. Blue ribbon winners at districts will continue practice on Thursday's starting May 2nd, and will compete at Summer Games on May 17th. New athletes, or current athletes wanting to change your events will need to send your assessment scores to the TR program by March 8th. No individual assessments will be possible. You will be welcome to borrow any equipment needed for assessments.

Last Day to Register for S.O. Track & Field will be March 2nd
Track & Field physicals are due by March 2nd

PROGRAM REGISTRATION FEE & COST: \$40.00

TIME: 6:15 pm - 7:00 pm

DATE: Starting Tuesday, April 2nd

MEETING PLACE: Dowling Highschool; 1400 Buffalo Road, WDM

NEW PROGRAMS & SPECIAL EVENTS

REGISTRATION PROCESSING BEGINS: DECEMBER 14TH, 2023

New Year's PJ Movie Night

Wear your comfiest pajamas and come join your friends at Link for a movie night! We will be celebrating the new year in comfort! We will be providing a popcorn and hot cocoa bar for the participants. Feel free to bring a blanket or a pillow to get comfy!

Please wear appropriate pajamas or you will be asked to change or leave the event

Therapeutic benefits: *Reduce effects of social isolation, increase self expression and relaxation*

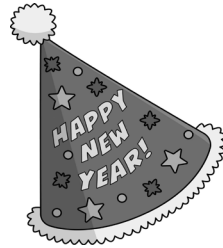
PROGRAM REGISTRATION FEE: \$27.00

TIME: 5:30 pm – 8:30 pm

DATE: Tuesday, January 2nd, 2024

COST: Registration Fee Only

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



Limited to 25 Participants

Cultural Culinary Class

It's time to get into the kitchen, and make a mess! During this 3-part cooking series, we will be cooking dishes from around the world. You will get to create new and exciting dishes, while also learning about the cultural background of the food. Dinner will be provided each week in the class.

Therapeutic benefits: *boost self-esteem, creating a safe outlet to relieve emotions, and helping an individual regain a sense of control in their life*

PROGRAM REGISTRATION FEE: \$40.00

TIME: 4:30 pm - 6:30 pm

DATE: February 12th, 19th, 26th

COST: Registration Fee Only

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



Limited to 10 Participants

NEW PROGRAMS & SPECIAL EVENTS

Happy Hearts Hop

We are ready to celebrate Valentine's Day with the Happy Hearts Hop! Feed your heart with some delicious treats, your favorite tunes, and your friends.

Therapeutic benefits: *Opens you up to new things, help you conquer shyness, and assists finding a new community*

PROGRAM REGISTRATION FEE: \$16.00

TIME/DATE: 7:00 pm - 9:00 pm; Wednesday, February 14th

COST: Registration Fee Only

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



Limited to 60 Participants

Cake Wars

Join us for a night of competitive cake decorating at Link Associates! We will be splitting into teams and racing the clock to perfect our pre-selected themed cake. This competition will be the icing on top of your cake!

Therapeutic benefits: *Increase teamwork with peers, knowledge of baking, creativity with peers*

PROGRAM REGISTRATION FEE: \$25.00

TIME/DATE: 6:00 pm - 7:30 pm; Tuesday, March 19th

COST: Registration Fee Only

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



Limited to 10 Participants

LARPING

LARPING is live action role-playing: a fantasy role-playing game in which participants dress in costume, use props, and act out roles. During these 3 sessions we will start out with character/team development and role play with several different scenarios. Come give this role-playing game a try!

Therapeutic benefits: *develop soft skills and universal competencies - such as empathy, persuasion, creative problem solving, decision-making or teamwork*

PROGRAM REGISTRATION FEE: \$40.00

TIME/DATE: 5:00 pm - 6:00 pm; April 10th, 17th, & 24th

COST: Registration Fee Only

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

Limited to 10 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. Bocce

Bocce ball is an ancient game that is gaining popularity. Modern day Bocce ball resembles bowling in that you roll a ball towards a target. The goal is to get the ball closest to the target. We will start each practice with a warm up and then focus on teaching skills for playing Bocce. As the season progresses, teams will have the chance to play against each other. Special Olympics Bocce is a team sport consisting of 4 players. Those participating in Bocce will not be able to participate in Soccer. All Bocce athletes will compete on May 16th at Summer Games.

Last Day to Register for S.O. Bocce is March 1st, 2024

Bocce physicals are due by March 1st, 2024

PROGRAM REGISTRATION FEE & COST: \$40.00

TIME: 5:30 pm - 6:30 pm

DATE: Practice begins on March 25th

PLACE: Urbandale Soccer Fields; 4550 104th St., Urbandale

S.O. Soccer

You can feel the chill in the air and you know what that means...its soccer season! Athletes will practice at the Urbandale Soccer Complex on Monday evenings. We will be working on our footwork for passing, kicking and the fun part, SCORING! Soccer athletes will not be able to participate in bocce. All soccer athletes will compete on May 16th at Summer Games.

Last Day to Register for S.O. Soccer is March 22nd, 2024

Soccer physicals are due by March 22nd, 2024

PROGRAM REGISTRATION FEE & COST: \$40.00

TIME: 6:30 pm - 7:30 pm

DATE: Practice begins on March 25th

PLACE: Link Associates - 1452 29th Street, West Des Moines



Winter Sports Series

It may be cold outside, but that doesn't mean we can't workout! Join us for this 2 part series of different winter sports and activities to stay active during this hibernation season.

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

PROGRAM REGISTRATION FEE: \$35.00

TIME/LOCATION: 4:00 pm - 6:00 pm; Link Associates

DATE: Tuesday, January 23rd & 30th

COST: Registration Fee Only



Limited to 10 Participants

Glow Dance Fitness

Get your glow on at Link Associates Glow Dance Fitness! We have a guest instructor coming in to teach some fun dances! We will have glow sticks and drinks available for all the participants.

Therapeutic benefits: Increase socialization with peers, builds physical strength and stamina, increase self-confidence

PROGRAM REGISTRATION FEE/COST: \$20.00

TIME/LOCATION: 5:00 pm - 6:00 pm; Link Associates

DATE: Monday, March 4th

Limited to 25 Participants

Snowflex Tubing

It's time for a spring adventure! WHAT? Snowtubing in the Spring? We are so excited that Sleepy Hollow Sports Park is installing Snowflex. Snowflex will allow for tubing all throughout the entire year! They will supply all equipment, but the laughter and fun screams are supplied by you!

Therapeutic benefits: Elevating mood and providing an overall sense of well-being and contentment

PROGRAM REGISTRATION FEE: \$75.00

TIME/LOCATION: 5:00 pm - 6:30 pm;

Sleepy Hollow Sports Park - 4051 Dean Ave, DSM

DATE: Tuesday, April 23rd & 30th

COST: Registration Fee Only



Limited to 12 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: DECEMBER 14TH, 2023

Wednesday, January 3rd: HuHot Resturant

HuHot Mongolian Grill is an American restaurant chain specializing in a create-your-own stir fry cuisine. Whether you like your stir fry mild or spicy, HuHot will not disappoint. Select from an array of veggies, meats, noodles, or rice and over 20 sauces for the perfect meal combination!

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

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm - 8:30 pm

COST: \$25; pay when confirmed

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

Monday, January 15th: Dave & Busters

Dave & Busters have more state of the art games than ever, more mouthwatering menu items and the most innovative drinks anywhere. From wings to steaks, they've got whatever suits your appetite. Plus, you can watch your game on one of our massive HDTVs with epic stadium sound. Join us for games, fun, food, and enjoyment!

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

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm - 9:00 pm

COST: \$50; includes game tokens; bring money for food

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

Monday, January 22nd: Iowa Wild

Ready to get WILD? Get your ticket for a rowdy night of hockey as we cheer on our professional hockey team in the American Hockey League. You won't want to miss this game as they take on the Texas Stars. **Please note** that this arena is a **cashless facility** and only accepts **clear and/or wallet sized bags inside!**

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

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm – 10:00 pm

COST: \$32; bring money for concessions

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

Tuesday, January 23rd: Mamma Mia Civic Center

A mother. A daughter. 3 possible dads. And a trip down the aisle you'll never forget! Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. For nearly 25 years, people all around the world have fallen in love with the characters, the story, and the music that make MAMMA MIA! the ultimate feel-good show.

Therapeutic benefits: Socialization, reduce stress, and promote independence

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:30 pm – 10:30 pm

COST: \$55; pay when confirmed

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



Friday, February 9th: Go-Kart Racing

Round and round they go! Join us for a fun night as we race around on go-karts. This multi-race event will be a friendly competition to see who has a need for speed. Please make sure you are comfortable driving the go-karts as they are all single drivers. It is required to wear closed-toed shoes!

Therapeutic benefits: Improve visual-motor coordination, practice social skills, promote positive emotional regulation

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm - 9:00 pm

COST: \$68; Pay when confirmed

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



FUN & FITNESS

REGISTRATION PROCESSING BEGINS: DECEMBER 14TH, 2023

Gym Class Heroes - Session 1

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 **2:45 pm – 4:00 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.

On Wednesdays, we will head out to different locations around town including, but not limited to Krave Gym, Walnut Creek YMCA, Grays Lake, and Water Works Park from **2:45 pm – 4:30 pm**, where we will continue our fitness by trying classes, basketball, cardio machines, weight machines, swimming and walking. This program will not only keep you moving but also make you feel accomplished!

We will begin Monday, January 15th and go through February 28th

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

PROGRAM REGISTRATION FEE: \$30.00

TIME: Mondays 2:45 pm – 4:00 pm
Wednesdays 2:45 pm – 4:30 pm

COST: Registration Fee Only

MEETING PLACE: Link Associates-1452 29th St.



Limited to 12 Participants

Gym Class Heroes - Session 2

This program is the second session for the above description. We will offer you new and exciting ways to stay fit and keep you moving. You are welcome to sign up for one or both of the sessions!

We will begin Monday, Monday March 4th and go through April 17th

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

PROGRAM REGISTRATION FEE: \$30.00

TIME: Mondays 2:45 pm – 4:00 pm & Wednesdays
2:45 pm – 4:30 pm

COST: Registration Fee Only

MEETING PLACE: Link Associates-1452 29th St.



Limited to 12 Participants

Tuesday, February 20th: Caricatures (V)

Join us at Link for a wacky and fun event! Local artist Steph will be creating a portrait exaggerating your best facial features! These caricatures are meant to be fun and cartoony, not realistic!

Therapeutic benefits: *Exploring creativity and expression through a new perspective, increase socialization with peers*

PROGRAM REGISTRATION FEE: \$10.00

TIME/LOCATION: 6:00 pm – 7:00 pm; Link Associates

COST: Registration Fee only

Limited to 20 Participants

Wednesday, March 27th: Cupcake Decorating (V)

Time to whip up a treat as we decorate our own cupcakes! Try out a piping bag, add some sprinkles, and then enjoy! This will be a great time to design your own delicious cupcake and spend time with friends!

Therapeutic benefits: *Reduces stress, enhance creativity, engage with peers, promote fine motor coordination*

PROGRAM REGISTRATION FEE: \$10.00

TIME/LOCATION: 6:00 pm – 7:00 pm; Link Associates

COST: Registration Fee only



Limited to 20 Participants

Wednesday, April 3rd: Calligraphy Class (V)

Welcome artist Tome-Plaza-Hope as she introduces you to the basic calligraphy alphabet and teaches you beginner techniques you can use to practice making letter forms. You'll learn about the tools and materials every calligrapher needs and how to hold and use the pen, starting with basic strokes. Calligraphy adds creative flair to letters, parties, art projects and more. Learn more about this ancient art that is still popular today.

Therapeutic benefits: *Assist in molding the functioning of your mind and changing your perspective. It helps in the development of new and complex neural pathways that help in increasing the cognitive working of the brain.*

PROGRAM REGISTRATION FEE: \$10.00

TIME/LOCATION: 6:00 pm – 7:00 pm; Link Associates

COST: Registration Fee only



Limited to 15 Participants

Tuesday, February 13th: Escape Room

Experience a unique, immersive adventure with the escape rooms! Escape games are designed with theatrical lighting, special effects, sounds, and more making for an ultimate test when you're looking for a breakout adventure! Explore Area 51, survive a zombie apocalypse, and more in our epic exit game challenges.

Therapeutic benefits: *Mental Stimulation, Cognitive Enhancement, Enhanced Communication and Teamwork*

PROGRAM REGISTRATION FEE: \$15.00

TIME: 5:00 pm - 7:30 pm

COST: \$32; Pay when confirmed

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



Friday, February 23rd: Half Priced Books

Get Lost in a Good Book! Listen to a Great Song! Find an Adventure in a Fantastic Movie! Half Priced Books has something for everyone. Join friends for a great evening browsing the shelves for a book, DVD, album, comic book, video game, and much more!

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

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:00 pm – 8:00 pm

COST: Pay when confirmed; Bring money for shopping

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

Tuesday, February 27th: Ballroom Dancing

Grab your dancing shoes and be ready to groove! Learn about the art of dance as we explore the different steps of a ballroom dancing routine. Please dress ready to dance with closed-toe shoes!

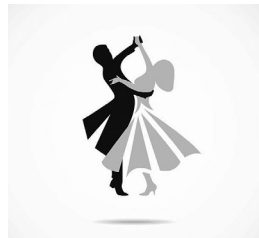
Therapeutic benefits: *Reduce effects of social isolation, reduces stress, improve mood*

PROGRAM REGISTRATION FEE: \$15.00

TIME: 4:00 pm – 7:00 pm

COST: \$25; Pay when confirmed

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



Thursday, February 29th: Pottery Sculpting

Join us at Kunzler Studio where we will be making pottery pieces in our 1.5 hour session. Artists could make a couple different unique pieces, time dependent. We will have to leave these pieces to get fired in the kiln, and will have them back in a couple weeks. You don't want to miss out on this sculpting experience!

Therapeutic benefits: Increase creativity, develop new skills, practice decision making skills, enhancing sensory awareness

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm – 8:30 pm; Link Associates

COST: Registration fee only; pay when confirmed



Tuesday, March 5th: Movie Night

Shh! The movie's about to start. "May the Force be with You!" "My mama always said life is like a box of chocolates!" "There's no crying in baseball!" What movie quote will it be tonight? Join us for an evening of friends, laughs and popcorn!!

Therapeutic benefits: Socialization, decision making, and confidence.

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm - 9:30 pm; Link Associates

COST: \$12; Pay when confirmed; Bring money for concessions

Tuesday, March 12th: Iowa Wolves

They shoot and they score! Cheer on our local professional team the Iowa Wolves as they take on Oklahoma City Blue. This'll be a game you won't want to miss. Please note that this arena is a cashless facility and only accepts clear and/or wallet sized bags inside!

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

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm - 9:30 pm; Link Associates

COST: \$30; bring money for concessions



Wednesday, March 20th: Smokey D's Restaurant

"Barbecue may not be health food, but it's soul food." – Unknown. Smokey D's will tantalize our tastebuds with their award-winning sauces and slow cooked meats. Sit back and enjoy your delicious dinner, but don't forget the napkins.

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

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm – 8:30 pm; Link Associates

COST: \$30; Pay when confirmed

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: DECEMBER 14TH, 2023

Tuesday, January 16th: Faux Tattoos (V)

Get inked at Link! Come express your individuality with temporary tattoos. We will have a large variety of shapes and sizes of tattoos to embrace everyone's personal style.

Therapeutic benefits: Increase self expression and creativity while improving socialization with peers and enhancing sensory awareness

PROGRAM REGISTRATION FEE: \$10.00

TIME: 6:00 pm – 7:00 pm

COST: Registration Fee only

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

Limited to 20 Participants

Monday, February 5th: Harmonica Man (V)

If you're looking for a unique & outstanding event, you need look no further. Join Phil Hague while he plays some tunes on the harmonica. Relax and enjoy the music provided. Phil will also chat with us about harmonica's giving us some information we may have not known before! Harmonica included!

Therapeutic benefits: Reduces stress and socialize with peers

PROGRAM REGISTRATION FEE: \$20.00

TIME: 6:00 pm – 7:00 pm

COST: Registration Fee only

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

Limited to 40 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: DECEMBER 14TH, 2023

Galena, IL: April 26th - April 28th, 2024

Time to travel to Galena, Illinois for this weekend getaway. We will get to enjoy the delicious restaurants, great shopping, and try some adventure activities. There are many things planned, as we spend time on main street, head over to the Chestnut Mountain for adventure activities, and enjoy some dinner theater. I hope you can join us on this fun weekend trip!

PROGRAM REGISTRATION FEE/COST: \$875

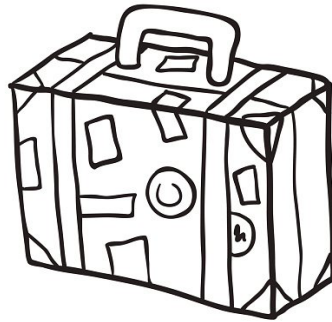
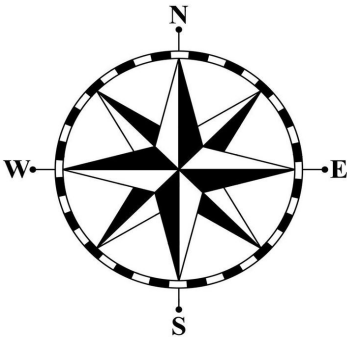
DROP OFF DATE/TIME:

Check in time: Friday, April 26th at 1:30 pm

Bus Departure Time: Friday, April 26th at 2:00 pm

PICK UP DATE/TIME: Sunday, April 28th at 1:00 pm

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



Thursday, March 28th: Coffee Cats

Join us for this purr-fect evening spent at the Coffee Cat Café! This is a unique Cat Café that combines a cozy coffee shop with a great opportunity to spend time with cats! We will be enjoying the cat lounge with adoptable cats from the Animal Rescue League of Iowa. Join us to get a cup of coffee, tea, smoothie, or sweet treat with great feline company!

Therapeutic benefits: Reduces stress and anxiety, improve decision-making skills and money management, socialization

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm – 8:00 pm; Link Associates

COST: \$10; bring money for food/drinks



Thursday, April 4th: Picture Frame Art Class

Get inspired with us at the AR Workshop for this Picture Frame Art Class! We will have the studio all to ourselves, as we paint, create, and have fun. No experience needed!

Therapeutic benefits: Managing intense emotions, fostering self-awareness and self-worth, and decreasing stress and anxiety

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 5:30 pm – 8:30 pm; Link Associates

COST: \$55; Pay when confirmed

Thursday, April 18th: Bowling

Spare us some time and join us for a great evening bowling! Be ready to bowl some spares and strikes all night! Enjoy a few games with your friends! We can't wait to create a memorable experience with you. Remember to wear socks!

Therapeutic benefits: Improve gross motor skills, promote visual-motor coordination, increase socialization, promote exercise

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm – 8:30 pm; Link Associates

COST: \$30; Pay when confirmed



Monday, April 22nd: Prairie Meadows

Are you feeling lucky, or just want to experience the feeling of casino action? Join, for a fun evening of good friends and good times. You may want to play slots, try out a table game, or poker. At Prairie Meadows you're sure to find a game for you. **CURRENT ID REQUIRED.**

Therapeutic benefits: help relieve stress, provide opportunities to socialize and improve cognitive function.

PROGRAM REGISTRATION FEE: \$15.00

TIME/MEETING PLACE: 6:00 pm – 9:00 pm; Link Associates

COST: Registration Fee Only; Bring money/ID for gaming - 21+ only

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: December 14th, 2023

Saturday, January 20th: Union Pacific Railroad - Council Bluffs, IA

Choo Choo, all aboard on this journey of the Union Pacific Railroad Museum. The mission of this museum is to share American History through the lens of the railroad, connecting generations who have been impacted by Union Pacific. You will be able to explore a compilation of items from 150 years of our nation's western history!

Therapeutic benefits: *Improving feelings of depression, easing chronic pain, and socialization*

PROGRAM REGISTRATION FEE & COST: \$75 (includes registration fee, lunch, and admission)

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



Saturday, February 17th: Top Golf - Omaha, NE

Travel with us to Top Golf in Omaha, Nebraska. Together we will be hitting the green at this top notch driving range and restaurant all in one. We will have a personal server as well as a catered buffet FOR our group. You won't want to miss this fun day trip!

Therapeutic benefits: *Learning new leisure interests, socialization, enhancing physical fitness, practicing social skills*

PROGRAM REGISTRATION FEE & COST: \$115 (includes registration fee, lunch, and admission)

TIME & MEETING PLACE 9:00 am - 4:00 pm; Link Associates - 1452 29th St., WDM

Saturday, March 23rd: Minnesota Wild Hockey Game - Minneapolis, MN

Take a trip up to Saint Paul, Minnesota and see a professional hockey game! We are ready to cheer on the Minnesota Wild as they take on the St. Louis Blues. Bring your jacket and your cheering voice for this exciting game! **Please note that this arena is a cashless facility and only accepts wallet sized bags inside!**

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

PROGRAM REGISTRATION FEE & COST: \$285 (includes registration fee, lunch, dinner, and admission)

TIME & MEETING PLACE 7:30 am - 9:00 pm; Link Associates - 1452 29th St., WDM

Saturday, April 20th: IFLY Indoor Skydiving - Kansas City, MO

It's time to fly!! This club travel group will be travelling to Kansas City to try indoor skydiving. This will be a once in a lifetime experience you will never forget. Indoor skydiving is real flying. Experience the sensation of flying in state-of-the-art vertical wind tunnels. Safe for all ages, experience levels and abilities. ***WEIGHT LIMIT of 260lbs***

Therapeutic benefits: *Improve your flexibility and mobility, and tunes your situational awareness*

PROGRAM REGISTRATION FEE & COST: \$187 (includes registration fee, lunch, and admission)

TIME & MEETING PLACE 8:30 am - 5:30 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 8 people per camp unless otherwise noted.

REGISTRATION PROCESSING BEGINS: DECEMBER 14TH, 2023

Lego Day Camp: March 11th - 15th

Join us for this fun Day Camp if you are a LEGO lover. Enjoy a 5-day experience building sets, making crafts, enjoying music, snacks, and outings! We hope to build an amazing experience brick by brick!

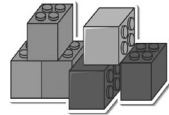
Therapeutic benefits: Engage with peers, promote decision making & independence, increase fine motor skills, promote creativity

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



Astrology Day Camp: April 8th - 12th

Astrology is the interpretation of human events using the Sun, Moon, Planets and fixed stars. Together we will learn about celestial movements, horoscopes, zodiac signs, crystals and more. You won't want to miss this out of the world camp!

Therapeutic benefits: Exploring celestial beliefs, increasing creativity and socialization with peers

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



- _____ Half Priced Books (\$15)
- _____ Ballroom Dancing (\$40)
- _____ Pottery Sculpting (\$15)
- _____ Movie Night (\$27)
- _____ Iowa Wolves (\$45)
- _____ Smokey D's Restaurant (\$45)
- _____ Coffee Cats (\$25)
- _____ Picture Frame Art Class (\$70)
- _____ Bowling (\$45)
- _____ Prairie Meadows (\$15)

- _____ FLY Indoor Skydiving (\$187)

Community Art Connection:

- _____ Faux Tattoo (\$10)
- _____ Harmonica Man (\$20)
- _____ Caricatures (\$10)
- _____ Cupcake Decorating (\$10)
- _____ Calligraphy Class (\$10)

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, (i.e. 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, 2024. 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

Winter 2024 Program Registration

Registration Processing: Begins December 14th, 2023

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 _____

New Programs/Special Events:

(Includes Registration Fee)

New Years PJ Movie Night (\$27)

Cultural Culinary Class (\$40)

Happy Hearts Hop (\$16)

Cake Wars (\$25)

LARPING (\$40)

New Adventures Day Camp:

Lego Day Camp (\$350)

Astrology Day Camp (\$350)

S.O. Athletic Programs:

Bocce (\$40)

Soccer (\$40)

Swimming (\$40)

Track & Field (\$40)

Fun & Fitness:

Special Olympics Athletes Only

Gym Class Heroes Session 1 (\$30)

Gym Class Heroes Session 2 (\$30)

Winter Sports Series (\$35)

Glow Dance Fitness (\$20)

Snowflex Tubing (\$75)

Overnight Club Travel:

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

Galena, Illinois (\$875)

Day Trip Club Travel:

Union Pacific Railroad Museum (\$75)

Top Golf (\$115)

Minnesota Wild Hockey Game (\$285)

River City Spinners:

(Includes fee, tickets, & meals)

HuHot Restaurant (\$40)

Dave & Busters (\$65)

Iowa Wild (\$47)

Mamma Mia (\$70)

Go-Kart Racing (\$83)

Escape Room (\$47)

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 Leisure Services. 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 Leisure Services 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

Winter 2024

Registration Processing Begins: December 14th, 2023



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: _____
- 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