

**LINK**
ASSOCIATES
4301 NE 14th Street
Des Moines, Iowa 50313

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PAID
Des Moines, Iowa
Permit No. 3118

Current Resident Or



Leisure Times

Winter Brochure 2012

NEW LOCATION

1452 29th Street
West Des Moines, IA 50266
(515) 262-8888
Fax (515) 262-8655

LINK LEISURE HOTLINE

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

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

Time to register for the Winter 2012 Leisure/ Recreation programs offered by LINK LEISURE SERVICES! 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!

LINK LEISURE HOTLINE

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

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

LINK ASSOCIATES WEB SITE:

Log onto Link's website at www.linkassociates.org for information about Leisure Services, the Leisure Times brochure, program updates and cancellations. To get to Leisure Services information; on the home page click on the home page click on Leisure Hotline on the right hand side of your screen.

www.linkassociates.org

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ACKNOWLEDGEMENTS

Link Associates Leisure Services would like to thank the following:

- * Des Moines YMCA - use of facilities
- * Champion Sports Center-assistance in and use of facilities
- * Dowling Catholic High School-use of facilities and student volunteering
- * Urbandale Parks and Recreation-use of soccer field and facilities
- * West Des Moines Parks and Recreation-use of Raccoon River Nature Lodge & continued support
- * Special Olympics-athletic opportunities and trainings
- * American Legion of Iowa Foundation-grant money for facility rental and equipment for our Special Olympics programs and athletes
- * Boy Scouts of America
- * Bret Agard-DJ Services
- * Erick Sims of E.D.J.E. Productions-DJ Services
- * United Way of Central Iowa-Funding support
- * Megan Monteleone Graphic Design-brochure design and layout.

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

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LINK LEISURE TIMES

Leisure Services' Mission Statement:

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

Leisure Office Contact Information

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 Leisure Services Manager
 Volunteer Coordinator
 (515) 262-8888 ext 343
lhousel@linkassociates.org

Michelle Haney, CTRS
 Leisure Services Specialist
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 (515) 262-8888 ext 285
dbell@linkassociates.org

NEW MAILING ADDRESS:

Link Associates
 1452 29th Street
 West Des Moines, IA 50266
 Fax Number: (515) 262-8655
 Website: www.linkassociates.org

Due to the increased number of Link Leisure Times' participants and programs, the Leisure Department staff is not always available during office hours. We will respond to questions and concerns as quickly as possible.

We thank you for your patience!

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Weight lifting 2:45-4:30 PM S.O. Bocce Ball & Youth Soccer 5:30-6:30 PM S.O. Adult Soccer 6:30-7:30 PM CAC: Glass Crafts 6:30-8:00 PM	3 S.O. Swimming 5:45-6:30 PM S.O. Track & Field 6:30-7:30 PM	4 Weight lifting 2:45-4:30 PM Spinners: Ring of Fire 6:30-10:30 PM	5 NO S.O. Swimming NO S.O. Track & Field	6	7
8 <i>Easter</i>	9 Weight lifting 2:45-4:30 PM S.O. Bocce Ball & Youth Soccer 5:30-6:30 PM S.O. Adult Soccer 6:30-7:30 PM	10 Special Olympics Spring Games Simpson College, Indianola	11 Weight lifting 2:45-4:30 PM Dancing with the Stars 7:00-8:00 PM	12 NO S.O. Swimming NO S.O. Track & Field	13	14
15	16 Weight lifting 2:45-4:30 PM Venture Crew 6:30-8:00 PM S.O. Bocce Ball & Youth Soccer 5:30-6:30 PM S.O. Adult Soccer 6:30-7:30 PM	17 S.O. Swimming S.O. Track & Field Ice Cream Social 6:00-7:30 PM	18 Weight lifting 2:45-4:30 PM Dancing with the Stars 7:00-8:00 PM	19 S.O. Swimming 5:45-6:30 PM Spinners: Girls' Night at Parsons Dance 7:00-10:30 PM	20	21 Club Travel: Pella Historical Village & Windmill 10:30 am - 5:00 PM
22	23 Weight lifting 2:45-4:30 PM S.O. Bocce Ball & Youth Soccer 5:30-6:30 PM S.O. Adult Soccer 6:30-7:30 PM	24 S.O. Swimming 5:45-6:30 PM S.O. Track & Field 6:30-7:30 PM Spinners: Azteca 6:30-8:30 PM	25 Weight lifting 2:45-4:30 PM Dancing with the Stars 7:00-8:00 PM	26 S.O. Swimming 5:45-6:30 PM	27	28
29	30 S.O. Bocce Ball & Youth Soccer 5:30-6:30 PM S.O. Adult Soccer 6:30-7:30 PM					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 S.O. Swimming Assessments 5:45-6:30 PM	2 S.O. Weight Lifting 2:45-4:30 PM Spinners: Sleepy Hollow Snow Tubing 6:00-8:30 PM	3
4	5 Weight lifting 2:45-4:30 PM CAC: Acoustic Melodies 6:00-7:30 PM	6 S.O. Swimming 5:45-6:30 PM Spinners: Prairie Meadows 6:30-9:30 PM	7 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	8 S.O. Swimming 5:45-6:30 PM	9 NO S.O. Weight Lifting	10 Special Olympics Mid-Winter Basketball & Weight Lifting Tournament Iowa City
11	12 Weight lifting 2:45-4:30 PM S.O. Bocce Ball Assessments 5:30-6:30 PM	13 S.O. Swimming 5:45-6:30 PM S.O. Track & Field 6:30-7:30 PM	14 Weight lifting 2:45-4:30 PM Spinners: Flick and Friends 6:15-9:45 PM	15 S.O. Swimming 5:45-6:30 PM S.O. Track & Field 6:30-7:30 PM	16	17 <i>St. Patrick's Day</i>
18	19 Weight lifting 2:45-4:30 PM Venture Crew 6:30-8:00 PM S.O. Youth & Adult Soccer Assessments 5:30-6:30 PM	20 No S.O. Swimming No S.O. Track & Field	21 NO Weight Lifting Arabian Nights Annual Spring Fling Dinner & Dance 6:30-9:00 PM	22 No S.O. Swimming No S.O. Track & Field	23	24 Club Travel: Indianola National Ballroom Museum 12:45-5:30 PM
25	26 Weight lifting 2:45-4:30 PM S.O. Bocce Ball & Youth Soccer 5:30-6:30 PM S.O. Adult Soccer 6:30-7:30 PM	27 S.O. Swimming 5:45-6:30 PM S.O. Track & Field 6:30-7:30 PM	28 Weight lifting 2:45-4:30 PM Spinners: Incrediroll 6:00-8:30 PM	29 S.O. Swimming 5:45-6:30 PM S.O. Track & Field 6:30-7:30 PM	30	31

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 Link Leisure 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 leisure 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, independent of scheduled support
2. Individuals with 2-30 hours per week of support.*
3. Individuals with 31-90 hours per week of support.*
4. Individuals with 91-148 hours per week of 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, 2012. 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 Leisure Services. (This includes late payments from prior brochures.)

PAYMENTS ARE DUE JANUARY 27, 2012

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 9, 2011

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 child or consumer, 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. Telephones 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 Leisure Times brochure. **Send no money with your registration, you will be billed!** Payment schedules may be arranged on an individual basis by contacting the Link Leisure Department. If staff will be accompanying a participant to a ticketed event the staff must pay by the following date.

PAYMENTS ARE DUE JANUARY 27, 2012

Transportation

Individuals who register for Spinners or Club Travel and who live alone or have no means of transportation, except mass transit, are eligible for transportation. Contact the Leisure 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 for the service.

Cancellation Policy

If a participant is unable to attend any program activity, they must contact the Leisure Department at 262-8888 no later than NOON THE BUSINESS DAY 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! **We do not receive messages left on the Leisure Hotline; you must dial a direct extension.**

V VOLUNTEER OPPORTUNITIES V

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, so if you share our commitment to the continued well being of our participants and community, please consider becoming a Link volunteer. Please contact Laura Housel, the Volunteer Coordinator at 262-8888 Ext. 343 or lhousel@linkassociates.org.

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 Weight lifting 2:45-4:30 PM	7 Spinners: West Side Story 6:15-10:30 PM	8 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	9 Spin Class Heroes 2:45-4:30 PM	10 S.O. Weight Lifting 2:45-4:30 PM	11 S.O. Basketball Teams District Tournament Drake Bell Center
12	13 Weight lifting 2:45-4:30 PM CAC: Magic Comedy 7:00-8:00 PM	14 <i>Valentine's Day</i>	15 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	16 Spin Class Heroes 2:45-4:30 PM Spinners: Smokey Row Coffee House & Games 6:30-9:00 PM	17 S.O. Weight Lifting 2:45-4:30 PM	18 Club Travel: Algona Frostdite Olympics 9:00 am - 5:00 PM
19	20 Weight lifting 2:45-4:30 PM Venture Crew 6:30-8:00 PM	21 Spinners: Iowa Energy Game 6:15-10:15 PM	22 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	23 Spin Class Heroes 2:45-4:30 PM	24 S.O. Weight Lifting 2:45-4:30 PM	25
26	27 Weight lifting 2:45-4:30 PM	28 S.O. Tack & Field Assessments 5:00-6:00 PM	29 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 Office Closed	3	4 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	5 Spinners: Vincent Van Gogh Exhibit 6:30-9:00 PM	6 S.O. Weight Lifting 2:45-4:30 PM	7
8	9 Weight lifting 2:45-4:30 PM CAC: Friends & Fitness 6:00-7:00 PM	10	11 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	12 Spinners: Line Dancing at Miss Kitty's 5:45-8:30 PM	13 S.O. Weight Lifting 2:45-4:30 PM	14 Club Travel: Cedar Rapids Plant X 9:00 am - 5:00 PM
15	16 Weight lifting 2:45-4:30 PM Venture Crew 6:30-8:00 PM	17 Smarties 5 6:30-8:00 PM	18 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	19	20 S.O. Weight Lifting 2:45-4:30 PM Spinners: Guys' Night at the Barn 6:00-10:30 PM	21
22	23 Weight lifting 2:45-4:30 PM	24 Smarties 5 6:30-8:00 PM	25 Weight lifting 2:45-4:30 PM S.O. Basketball 5:30-6:30 & 6:30-7:30 PM	26 Spinners: Latin King 6:00-8:30 PM	27 S.O. Weight Lifting 2:45-4:30 PM	28 S.O. Basketball Skills Parkview Middle School Ankeny
29	30 Weight lifting 2:45-4:30 PM Creations for Critters 6:30-8:00 PM	31 Smarties 5 6:30-8:00 PM				

NEW PROGRAMS & SPECIAL EVENTS

REGISTRATION PROCESSING BEGINS:

Venture Crew

Do you like learning new things and having adventures with friends? Then maybe joining the Crew is right for you! Each month a scouting value is introduced along with a hands on activity. During the summer months, outdoor education is emphasized. Learning the values and activities earns the participants badges he or she can collect throughout the program. Some of the fun things the Crew has done is campfire cookouts, nature walks, gardening, and bracelet making. This program is welcome to new and previous members, male or female. We must have a minimum of 5 participants to run the program.

Registration costs includes a t-shirt, badges, snacks and other program supplies and expenses. Payment plans available by contacting the Leisure Department at (515) 262-8888.

PROGRAM REGISTRATION FEE: \$60.00 new members,
\$30.00 for returning members

TIME: 6:30 PM- 8:00 PM

Date: Third Monday of each month beginning January 16th- December 17th

COST: Registration Fee Only

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

Limited to 30 participants

Smarties 5

Everyone could use some help when it comes to money. In Smarties 5 we will be learning some financial fitness strategies to help you with budgeting, smart shopping and wise spending. If you want some great information and want to have fun learning it, then let's get smart, Money Smart!

PROGRAM REGISTRATION FEE: \$23.00

TIME: 6:30 PM- 8:00 PM

Date: Tuesday, January 17th, 24th, & 31st

COST: Registration Fee Only

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

Limited to 15 participants

Creations for Critters

Are you crazy for cats, bonkers for bunnies or die hard for dogs? No matter what your preference, we can all agree that animals can be pretty amazing! Join us as we unleash some kindness to help our furry friends at the Animal Rescue League by making Creations for Critters. We are going to get together and show we care by making treats and blankets for these special creatures.

PROGRAM REGISTRATION FEE: \$6.00

TIME: 6:30 PM- 8:00 PM

Date: Monday, January 30th

COST: Registration Fee Only

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



Limited to 30 participants

Transportation services available on a first come, first served basis for those that qualify.

Arabian Nights Annual Spring Fling Dinner & Dance

You won't need a genie in a bottle to have a magical night at our 8th Annual Spring Fling Dinner & Dance! Let us transport you, whether by camel or carpet ride, to a far away place full of wonder and make believe where all your wishes can come true! The evening will feature a dinner including pork loin, twice baked mashed potatoes, veggies, salad, dinner roll, and dessert. Lemonade and water will be served with dinner. After dinner, DJ Erick Sims will provide music perfect for any prince and princess to move to!

- * Remember that while this is a night of fun with friends, it is still a formal event. Shirt and tie are required for all men and dresses or a suit are required for women. We encourage staff to dress accordingly as well.
- * You must be registered to attend this event!
- * Registrations will not be taken at the door!
- * Any staff attending that would like to have a meal will need to notify the Leisure Department and also pay for their meal.

PROGRAM REGISTRATION FEE: \$15.00

TIME: 6:30 PM- 9:00 PM

Date: Wednesday, March 21st

COST: Registration Fee Only

MEETING PLACE: Urbandale Senior Center, 7305 Aurora Avenue, Urbandale

S.O. Track & Field

Hey everyone, track is back! Rejoin your friends and make new ones as you practice along side Dowling High School students. Practice will begin Tuesday, March 13th from 6:30-7:30 PM at Dowling High School in West Des Moines. Athletes will compete in the Spring Games in Indianola on April 10th. Blue ribbon winners will continue to the Summer Games in May. Participants must meet Iowa Special Olympic guidelines to compete in developmental events.

- * There will be NO practice on Thursday, March 20th, 22nd, and April 5th.
- * After Districts, practices will be on Tuesday nights only.
- * Participants are responsible for their own transportation to practices and competitions.
- * New participants and those wishing to change their event must attend a mandatory assessment session on Tuesday, February 28th from 5:00-6:00 PM at Dowling High School.

PROGRAM REGISTRATION FEE: \$18.00

TIME: Tuesdays and Thursdays 6:30- 7:30 PM March 13th – April 3rd
(Practices on Tuesday nights through May for State Qualifiers only)

COST: Registration Fee Only

PLACE: Dowling High School, 1400 Buffalo Road

No changes to events or new entries will be made after March 1st

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 be starting each practice with a warm up and then focus on teaching skills for playing Bocce ball. As the season progresses, teams will have the chance to play against each other. Special Olympics Bocce ball is a team sport consisting of 4 players on a team with a possibility of 4 alternates per team. All teams will compete at the State Summer Games in Ames on May 18th, 2012. Registration fee includes transportation to state competition. Those participating in Bocce will not be able to participate in Soccer.

- * All Bocce participants will need to attend a mandatory assessment session on March 12th from 5:30-6:30 PM at Link Associates.

PROGRAM REGISTRATION FEE: \$28.00

TIME: Mondays 5:30-6:30 PM March 26th- May 14th

COST: Registration Fee Only

PLACE: Urbandale Soccer Fields, 104th and Meredith, Urbandale

Limited to 2 teams

S.O. Youth Soccer

It's Soccer Season and we're ready to play! Join us as we learn and practice soccer fundamentals like passing, kicking and of course scoring. Please remember it takes 8 people to make a team so be sure that all your school mates and friends ages 15 and under sign up and get in on all the fun! Keep in mind the last day to register and turn in S.O. physicals will be March 26th, 2012. All participants will be placed on a team based on their skill level. All teams big and small will compete at the State Summer Games in Ames on May 18th 2012. Participants are responsible for their own transportation to practices and competitions.

- * All new youth soccer participants need to attend a mandatory assessment session on March 19th from 5:30-6:30 PM at the Urbandale Soccer Fields.

PROGRAM REGISTRATION FEE: \$18.00

TIME: Mondays 5:30-6:30 PM March 26th- May 14th

COST: Registration Fee Only

PLACE: Urbandale Soccer Fields 104th and Meredith, Urbandale

S.O. Swimming

Swimming season is here! All participants must be able to swim, lessons are not provided. Athletes will have the chance to practice with Dowling High School students as they train for the Spring Games in Indianola on April 10th. We will begin practicing for Special Olympic Swimming on Tuesday, March 6th and continue through Tuesday, April 3rd at Dowling High School in West Des Moines. Blue ribbon winners will continue onto the Summer Games in May.

- * There will be NO practice on March 20th, 22nd or April 5th.
- * Participants are responsible for their own transportation to practices and competitions.
- * New participants must attend a mandatory assessment session on Thursday, March 1st from 5:45-6:30 PM at Dowling High School.

PROGRAM REGISTRATION FEE: \$18.00

TIME: Tuesdays and Thursdays 5:45-6:30 PM March 6th- 15th, March 27th- April 3rd (Practice through May for State Qualifiers only)

COST: Registration Fee Only

PLACE: Dowling High School, 1400 Buffalo Road

No changes to events or new entries will be made after March 1st

RIVER CITY SPINNERS ACTIVITY SCHEDULE

PROGRAM DESCRIPTION: A social group for adults with mild mental 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 1:6 or 1:7. Ratios of 1:1 or 1:2 are not available.

Please note the meeting place for each activity.

Limited to 12 people per activity unless otherwise specified.

REGISTRATION PROCESSING BEGINS: DECEMBER 9, 2011!

Thursday, January 5th: Vincent Van Gogh Exhibit

Step into the mind of one of the most famous painters in history. Come explore Vincent Van Gogh's painting and writings at the Des Moines Art Center. This is a once in a lifetime opportunity to see this great painter's works at no additional cost to you!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:30 PM- 9:00 PM

COST: Registration Fee Only

MEETING PLACE: Link Associates -1452 29th St.

Thursday, January 12th: Line Dancing at Miss Kitty's

As the country singer says "country must be country wide." What goes better with country music than line dancing with great friends at a great place? So let's hop on the hay wagon and head to Miss Kitty's to learn some line dancing! No experience required! It will be a step-by-step boot kicking good time! Must be at least 21 years old and bring a valid photo ID.

PROGRAM REGISTRATION FEE: \$3.00

TIME: 5:45 PM- 8:30 PM

COST: Registration Fee Only

MEETING PLACE: Link Associates, 1452 29th St.



Friday, January 20th: Guys' Night at the Barn

Gentlemen start your engines! We're going to race over to the fair grounds to enjoy the evening watching indoor racing of go-karts, four wheelers, three wheelers, motorcycles, lawn mowers, and golf carts. It's a Battle at the Barn just for the boys!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:00 PM- 10:30 PM

COST: \$5.00, pay when confirmed and bring additional money for concessions & other souvenirs

MEETING PLACE: Link Associates -1452 29th St.

Thursday, January 26th: Latin King

Buon appetito! Latin King offers Italian dining at its finest. The distinctive sights and smells will surround you! You can expect to find unique and delicious Italian dishes not found anywhere else in Des Moines, made from hand-selected ingredients and served in a relaxed, friendly atmosphere.

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:00 PM- 8:30 PM

COST: Bring \$25.00 for dinner

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

Tuesday, February 7th: West Side Story

There is nothing like a classic Romeo and Juliet story. And no story shows it better than West Side Story. Join us at the Civic Center as we watch Maria and Tony fall in love and how that love will end all hatred between the Sharks and the Jets.

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:15 PM- 10:30 PM

COST: \$37.50, pay when confirmed

MEETING PLACE: Link Associates -1452 29th St.



SPECIAL OLYMPIC ATHLETICS

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 Leisure Department to verify your forms are current and on file. Physicals must be updated every three years.

REGISTRATION PROCESSING BEGINS: DECEMBER 9, 2011!

S.O. Basketball Update! (V)

Those that registered to participate in our Special Olympics Basketball program will be practicing at Champions Sports Center. Champions Sports Center is located at 4600 Park Avenue in Des Moines. Practices will take place Wednesday evenings beginning January 4th. Athletes participating in Basketball Skills or 3 on 3 teams will practice from 5:30-6:30 PM. Athletes on 5 on 5 teams will practice from 6:30-7:30 PM.

- * To find out what time you will be practicing, you must call the Link Leisure Hotline (515) 262-8888 Option #4 after 4:30 PM on December 23rd, or log onto our website, www.linkassociates.org. No individual phone calls will be made.
- * The Skills District Competition will be January 28th, 2012 at Parkview Middle School in Ankeny. District Competition for teams will be February 11th, 2012 at Drake Bell Center. Those that receive a blue ribbon will continue to practice through March 7th. The Mid-Winter Tournament will be held in Iowa City on March 10th, 2012.
- * Facility usage made possible by donations, grants and fund raising. If you are interested in donating contact the Leisure Office at (515) 262-8888.

S.O. Soccer (V)

You can feel the chill in the air and you know what that means...it's soccer season! Athletes ages 16 and over will practice at the Urbandale Soccer Fields Monday evenings starting March 26th, from 6:30-7:30 PM. We will be working on our footwork for passing, kicking and the fun part SCORING! All teams big and small will compete at the State Summer Games in Ames on May 18th 2012. Registration fee includes transportation to state competition.

- * All new soccer participants will need to attend a mandatory try-out session on March 19th from 5:30-6:30 PM at the Urbandale Soccer Fields.

PROGRAM REGISTRATION FEE: \$28.00

TIME: Mondays 6:30-7:30 PM March 26th- May 14th

COST: Registration Fee Only

PLACE: Urbandale Soccer Fields ,104th and Meredith, Urbandale

Spin Class Heroes

Want to be a Spin Class Hero? Are you ready to fight the battle of the bulge by being active and awesome? Just get geared up with us as we head to Planet Fitness to take a spin class. Spinning is riding on a stationary bike while being lead in a group by an instructor. In addition to being fun, it has many fantastic benefits for all of us such as burning calories, strengthening the immune system, increasing resistance to fatigue and decreasing tension! So break out your and tennis shoes and get ready to ride so we can get you on the road to being a Spin Class Hero!

PROGRAM REGISTRATION FEE: \$25.00

TIME: 2:45 PM – 4:30 PM

DATE: Thursdays, February 2nd, 9th, 16th, and 23rd

COST: Registration Fee Only

MEETING PLACE: Link Associates -1452 29th St.

Limited to 12 participants

Dancing with The Stars

Shake, Shake, Shake.....Shake, Shake, Shake....Shake your booty! Shake away the winter blues with this action packed program. Learn the latest dance moves while getting a great workout with the stars from Dancing with the Stars. You won't want to miss this moving and grooving activity!

PROGRAM REGISTRATION FEE: \$8.00

TIME: 7:00 PM- 8:00 PM

DATE: Wednesdays, April 11th, 18th, and 25th

COST: Registration Fee Only

MEETING PLACE: Link Associates -1452 29th St.

Limited to 12 participants



Tuesday, February 16th: Smokey Row Coffee House & Games

Brrr it's cold! Let's warm up with heart felt conversation and a nice cup of coffee or hot cocoa with friends at Smokey Row! Feel free to bring your favorite game to enjoy with your friends!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:30 PM- 9:00 PM

COST: Bring \$15.00 for refreshments

MEETING PLACE: Link Associates -1452 29th St.



Tuesday, February 21st: Iowa Energy Game

Slam Dunk! It's time for some basketball. So grab your purple and orange and let's cheer on our own Iowa Energy basketball team as they take on the Fort Wayne Mad Ants!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:15 PM- 10:15 PM

COST: \$10.00, pay when confirmed, bring money for concessions

MEETING PLACE: Link Associates -1452 29th St.

Friday, March 2nd: Sleepy Hollow Snow Tubing

Do you like sledding but don't like the hike back up the hill? Then join us at Sleepy Hollow for some snow tubing fun! The hill is 15 stories high and will give you a thrill as you fly down the run. All lanes are constantly monitored for everyone's safety. We will have a lift to bring us back up to the top so we can slide down again and again! Snow tubing is suitable for all ages but you'll feel like a kid again when you are zooming down the hill! Be sure to bundle up with warm clothing including gloves and winter footwear!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:00 PM- 8:30 PM

COST: \$12.00, pay when confirmed and bring money for snacks and hot cocoa

MEETING PLACE: Link Associates -1452 29th St.

Tuesday, March 6th: Prairie Meadows

Are you feeling lucky? Do you have some money that's burning a hole in your pocket and a hunger pain that needs to be fulfilled? Then you should come to Prairie Meadows in Altoona with us to their great buffet to cure your hunger and then try your hand at one of the many slot machines!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:30 PM- 9:30 PM

COST: Bring \$20.00 for dinner and \$10.00 for slots

MEETING PLACE: Link Associates -1452 29th St.

Wednesday, March 14th: Flick and Friends

Are you ready for a night at the movies? Join your friends and watch a flick with us! Movies are a relaxing form of entertainment and an enjoyable way to bond with others. So whether you are stressed out or fired up, come chill out with some caring friends that would love to share an evening at the cinema with you. Feature flick and venue will be determined by show listing and times.

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:15 PM- 9:45 PM

COST: Bring \$20.00 for movie admission and concessions

MEETING PLACE: Link Associates -1452 29th St.



Wednesday, March 28th: Incrediroll

All you need is a little courage and a few friends to get the good times rollin! Don't miss out on this fun night of roller-skating at Incrediroll Skating Rink. You will be rockin' and rollin' to the beat all around the rink!

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:00 PM- 8:30 PM

COST: Bring \$6.00 for admission and extra money for snacks

MEETING PLACE: Link Associates -1452 29th St.

Wednesday, April 4th: Ring of Fire

The Man in Black. Have you ever wondered how Johnny Cash got that name? Ring of Fire will tell his story of faith, family, passion, redemption, and salvation. Come to the Des Moines Playhouse with us and learn about Johnny Cash and listen to some of his greatest hits, such as "A Boy Named Sue," "I Walk the Line," and of course "Ring of Fire."

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:30 PM- 10:30 PM

COST: \$28.00, pay when confirmed

MEETING PLACE: Link Associates -1452 29th St.

Thursday, April 19th: Girls' Night at Parsons Dance

Ladies have you ever dreamed of becoming an amazing dancer? Then we've got a show for you! We're going to spend the evening at the Civic Center watching the athleticism, exuberant personality and joyous movement that is Parsons Dance.

PROGRAM REGISTRATION FEE: \$3.00

TIME: 7:00 PM-10:30 PM

COST: \$26.50, pay when confirmed

MEETING PLACE: Link Associates -1452 29th St.

FUN & FITNESS

REGISTRATION PROCESSING BEGINS: DECEMBER 9TH, 2011!

Weight Lifting

We will be traveling to the Riverfront YMCA Monday and Wednesday afternoons to work on strength, coordination, flexibility, and cardiovascular endurance. Each session will have three parts: walking on the track for warm-up, lifting weights with machines and free weights, and doing cardio with treadmills, stationary bikes, and ellipticals. This is a fun way to get in shape and stay fit.

- * We will begin Wednesday, January 4th and continue through Wednesday, April 25th.
- * There will be NO Weight Lifting March 21st.
- * We will also have a Friday afternoon session for those who wish to train for the Special Olympics Power Lifting competition at the Mid-Winter Games in Iowa City on March 10th. Those who choose to participate must register for this activity. Athletes must decide if they want to compete power lifting or basketball. Athletes must use a proper fitting weight belt. If you know of anyone interested in helping participants train for the competition please let us know!
- * We will begin Friday sessions for Special Olympics Friday, January 6th and continue through Friday, March 2nd.

PROGRAM REGISTRATION FEE: \$18.00 or \$28.00
for those competing at S.O.

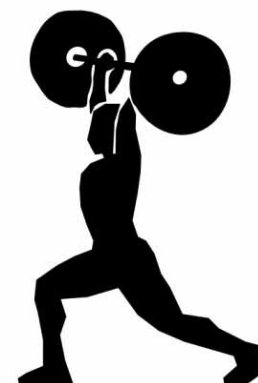
TIME: 2:45 PM- 4:30 PM

DATE: See description above

COST: Registration Fee Only

MEETING PLACE: Link Associates-1452 29th St.

Limited to 12 participants



Monday, March 5th: Acoustic Melodies

Get ready to sing along to some of your favorite songs with our guest Mary McAdams. You will get the chance to write and perform along side her throughout the night. So if you like music, singing and dancing, this one's for you!!!

PROGRAM REGISTRATION FEE: \$5.00

TIME: 6:00 PM- 7:30 PM

COST: Registration Fee only

MEETING PLACE: Link Associates -1452 29th St.

Limited to 25 participants



Monday, April 2nd: Glass Crafts

Jen Muller will be here to show us how to turn regular and random glass containers into special and sentimental crafts. Feel free to bring a small photo, card or trinket that you would like to display in this craft. Come check out this fun form of art along side your friends.

PROGRAM REGISTRATION FEE: \$5.00

TIME: 6:30 PM- 8:00 PM

COST: Registration Fee only

MEETING PLACE: Link Associates -1452 29th St.

Limited to 25 Participants

Tuesday, April 24th: Azteca

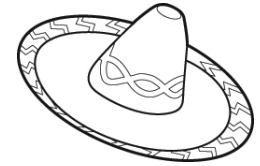
Do you love chips and salsa? How about queso? Guacamole? Well if you do, grab an amigo and your hunger for all the best from south of the border. You can get all of these and more at Azteca Mexican Restaurant.

PROGRAM REGISTRATION FEE: \$3.00

TIME: 6:30 PM-8:30 PM

COST: Bring \$20.00 for dinner

MEETING PLACE: Link Associates -1452 29th St.



CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild mental 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. There are a variety of trips planned, so choose the one or all that appeals to you and make your reservation now!

**We will meet and depart from, and arrive back at
Link Associates – 1452 29th St.**

Limited to 12 people per activity unless otherwise noted.

REGISTRATION PROCESSING BEGINS: DECEMBER 9, 2011!

Saturday, January 14th: Cedar Rapids Planet X

We're going to get our fun on with some indoor miniature golf, bumper cars, jump shot, and rock climbing at Planet X in Cedar Rapids. You'll also get a few game tokens and a pizza buffet with bottomless soda. So bring your smile and get ready to have a FUNtastic day!

PROGRAM REGISTRATION FEE: \$8.00

TIME: 9:00 am- 5:00 PM

COST: \$15.00, pay when confirmed and bring spending money for additional snacks or souvenirs

MEETING PLACE: Link Associates - 1452 29th St.

Saturday, February 18th: Algona Frostbite Olympics

What better way to celebrate winter than the Frostbite Olympics? We invite you to join us as we head to Algona to watch the freezing fun snowball softball tournament. We may be watching the Frostbite Olympics but we don't want anyone to get frostbite so be sure to dress warmly in your winter coats, hats, scarves and gloves. But first, who knew Iowa was home of the World's Largest Chee-to? And guess what! You will have the opportunity to see it while enjoying lunch at Emeralds!

PROGRAM REGISTRATION FEE: \$8.00

TIME: 9:00 am-5:00 PM

COST: Bring \$ 20.00 for lunch and additional money for snacks and souvenirs

MEETING PLACE: Link Associates - 1452 29th St.

Saturday, March 24th: Indianola National Balloon Museum

We've been to the National Balloon Classic in Indianola, but have you every seen how a balloon is made? Join us as we head to the National Balloon Museum and factory. We will uncover the history of hot air balloon adventures and tour a hot air balloon factory. This is one you won't want to miss. The fun is sure to be sky high!

PROGRAM REGISTRATION FEE: \$8.00

TIME: 12:45 PM- 5:30 PM

COST: \$11.00, pay when confirmed, bring money for souvenirs

MEETING PLACE: Link Associates - 1452 29th St.

Saturday, April 21st: Pella Historical Village & Windmill

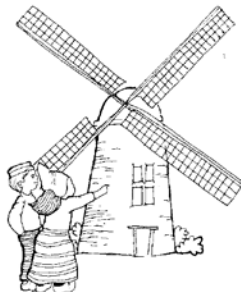
Join us as we discover the historical Dutch village in Pella. We will explore the historical homes and shops, a windmill, and of course no trip to Pella is complete with out visiting a pastry shop. This trip will be a real treat!

PROGRAM REGISTRATION FEE: \$8.00

TIME: 10:30 am - 5:00 PM

COST: \$8.00, pay when confirmed, bring \$20.00 for lunch, and extra money for souvenirs

MEETING PLACE: Link Associates - 1452 29th St.



COMMUNITY ART CONNECTION

PROGRAM DESCRIPTION: Community Art Connection (CAC) is a program designed to introduce participants to a variety of leisure time 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.

Please note the meeting place on each activity.

REGISTRATION PROCESSING BEGINS: DECEMBER 9, 2011!

Monday, January 9th: Friends & Fitness

Winter is here and while most of us feel like hibernating, we need to stay active and take care of our health! Adam Feierstein will be visiting to teach us all the things Planet Fitness can do to help you play with your peers, using your free time for fun and fitness. They combine group activities, sports and resiliency so you can get fit while making friends! Don't miss this special event and great new opportunity in Des Moines!

PROGRAM REGISTRATION FEE: \$5.00

TIME: 6:00 PM- 7:00 PM

COST: Registration Fee only

MEETING PLACE: Link Associates -1452 29th St.

Limited to 25 participants

Monday, February 13th: Magic Comedy

Keep a close eye on Lee Cole. His show is about people, not props. And you will be surprised and delighted as you become a part of Lee's comical misadventures. If you love comedy and magic then you will love this program!

PROGRAM REGISTRATION FEE: \$5.00

TIME: 7:00 PM- 8:00 PM

COST: Registration Fee only

MEETING PLACE: Link Associates -1452 29th St.

Limited to 25 participants



Link Leisure Services Winter 2012 PROGRAM REGISTRATION

REGISTRATION PROCESSING BEGINS: December 9, 2011!

Mail to: Link Associates, 1452 29th Street, West Des Moines, IA 50266

SEND NO MONEY with your registration. Confirmation Letters will be sent out once your registration is processed.

PARTICIPANT'S NAME _____ PHONE # _____

ADDRESS _____ (street) _____ (city) _____ (county) _____ Zip Code _____

Birth date _____ Age _____ Sex _____

Please check participant's living arrangement _____ INDEPENDENT/LIVING WITH PARENTS _____ HCBS _____ GROUP HOME

PLACE A CHECK BY THE PROGRAM (S) YOU ARE REGISTERING FOR: Please refer to brochure for program times, dates, and costs~

Registrations accepted on a first come first served basis

New Programs/Special Events:

(Includes registration fee)

- _____ Smarties 5 (\$23.00)
- _____ Creations for Critics (\$6.00)
- _____ Annual Spring Fling (\$15.00)
- _____ Venture Crew
- _____ New Member (\$60.00)
- _____ Returning Member (\$30.00)

Club Travel:

(Includes reg. fee & advanced tickets)

- _____ Cedar Rapids Planet X (\$23.00)
- _____ Algona Frostdie Olympics (\$8.00)
- _____ Indianola National Balloon Museum (\$19.00)
- _____ Pella Historical Village & Windmill (\$16.00)

Fun & Fitness

(Includes registration fee)

- _____ Weight Lifting (\$18.00)
- _____ Spin Class Heroes (\$25.00)
- _____ Dancing with the Stars (\$8.00)

River City Spinners:

(Includes reg. fee & advanced tickets)

- _____ Vincent Van Gogh Exhibit (\$3.00)
- _____ Line Dancing at Miss Kitty's (\$3.00)
- _____ Guys' Night at the Barn (\$8.00)
- _____ Latin King (\$3.00)
- _____ West Side Story (\$40.50)
- _____ Smokey Row Coffee House & Games (\$3.00)
- _____ Iowa Energy Game (\$13.00)
- _____ Sleepy Hollow Snow Tubing (\$15.00)
- _____ Prairie Meadows (\$3.00)
- _____ Flick and Friends (\$3.00)
- _____ Incredible (\$3.00)
- _____ Ring of Fire (\$31.00)
- _____ Girls' Night at Parsons Dance (\$29.50)
- _____ Azteca (\$3.00)

Community Art Connection

Friends & Fitness (\$5.00)

- _____ Magic Comedy (\$5.00)
- _____ Acoustic Melodies (\$5.00)
- _____ Glass Crafts (\$5.00)

S.O. Athletic Programs

- _____ Weight Lifting (\$28.00)
- _____ Swimming (\$18.00)
- _____ Track & Field (\$18.00)
- _____ Bocce (\$28.00)
- _____ Youth Soccer (\$18.00)
- _____ Soccer (\$28.00)

PHOTO CONSENT

As a participant, I grant permission for photographs and/or video tapes as a participant to be used by Leisure Services sponsoring agencies for the purpose of education, program promotion, and public relations. (i.e. Link slide presentations, pictures on display boards, brochures, website, videos or other publications. Because the leisure 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 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 Do () I Do Not

HOLD HARMLESS, CONSENT, & WAIVER AGREEMENT:

I herby agree to hold harmless Link Associates, it 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 herby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, ChildServe, Archie Brooks Community Center, Urbandale & West Des Moines Parks and Recreation, YMCA and/or Easter Seals Camp Sunnyside, 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, 2012- December 31, 2012. 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!

I (participant and/or guardian) have read and understand the Link Leisure Services policies and procedures included in the Leisure Times brochure and Registration form. By signing this form I understand the photo consent and I am agreeing to the Hold Harmless, consent and waiver agreement.

PERSON LEGALLY RESPONSIBLE _____

DATE _____

