

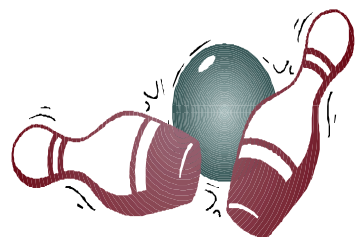
Bowling -After school teens, adults with or without disabilities.

It is **Turkey Time**. With a little practice you will be back to the high rolling scores you saw last year. Knock down the pins and see the **Turkey Dance**. Meet new people and have fun. Notice- All games must be completed by 4:30 for rides home. Make arrangements for pick-up by 4:30 p.m. Ramps are available for use. Cost per game is \$2.50. 12 sessions.

Activity #141060A Ages 18+
9/22-12/8 Tue 2:30-4:45 pm
Holiday Lanes \$16 Res; \$24 Non-Res

Activity #141060B Ages 15-17
9/22-12/8 Tue 2:30-4:45 pm
Holiday Lanes \$16 Res; \$21 Non-Res

Activity #141060C Ages 12-17
No class on Thursday 11/26
Thanksgiving Holiday
9/24-12-10 Thur 3:30-4:45 pm
Holiday Lanes \$16 Res; \$21 Non-Res



Stretch & Strength

Warm-up the muscles with stretching the body. The use of stretch bands along with steps, balance balls and chairs will be used in the class. The staff will assist with stretching, balancing and working your CORE. No program on Wed. Nov. 11th.

10 sessions
Activity #141200A
9/28-10/28 M&W 11-12
Gier \$20 Res; \$30 Non-Res

Activity #141200B
11/2-12/2 M&W 11-12
Gier \$20 Res; \$30 Non-Res

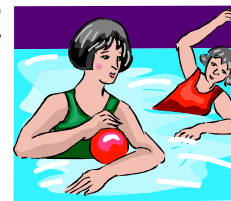
Lunch & Health

Spend time learning about nutrition, healthy eating habits and flavorful foods. Together as a team you will assist with cooking and making healthy lunches. We will use a program called the Power of Choice. Food included. No program on Wed. Nov. 11th. 10 session

Activity #141250A
9/28-10/28 M&W 12-1:30 pm
Gier \$20 Res; \$30 Non-Res

Activity #141250B
11/2-12/2 M&W 12-1:30 pm
Gier \$20 Res; \$30 Non-Res

Adapted Aquatics-
(Exercise) Adults w/
Fibromyalgia, Arthritis
or other physical
disabilities.



Let the water take stress away. Use exercise to improve/maintain range of motion. Noodle use improves balance and strength. Save 15 minutes for walking. 12 sessions

Activity#141070A Beekman
9/21-10/28 M&W 5:30-6:30 pm
\$30 Res., \$45 Non-Res

Activity#141070B Beekman
11/2-12/9 M&W 5:30-6:30 pm
\$30 Res., \$45 Non-Res.



S'Mores and Fun

Listen to the night time critters and the crackle of leaves under foot as you hit the trails at Sleepy Hollow. Watch for the night time skies to turn into a starry night as we make hobo pies for dinner and S'mores for dessert. Dress for being outdoors.

Activity #141810X
9/11 Fri 6-10 pm
Foster/Sleepy Hollow
\$10 Res/Non-Res

Halloween Dance -
People with Disabilities
It is time to **SHAKE,**

RATTLE AND ROLL. Contests and awards will be handed out by 8:30 p.m. The pavilion will be decorated in Halloween fashion. We plan to **RATTLE** through the pavilion with dance, contests and **SPOOKTACULAR FUN!** Check-in at the main door. Arrange transportation to drop-off after 6:30 p.m. Pick-up by 9:00 p.m.
Activity #141800X
10/23 Fri 7 - 9 pm
Frances Park Pavilion
\$5.00 Res/Non-Res \$8.00 at the door



Planetarium Tour

Meet up with the staff at the MSU Planetarium for a starry show of our galaxy and beyond. Sit back, look up and learn about the majestic skies overhead. After the sky show let's take a short walk to the MSU Dairy Store for a cool cone. Drop-off is the Planetarium and pick-up is the Dairy Store on Farm Lane.

Activity #141515X
11/20 Fri 1-4:30 pm
MSU Planetarium
\$7.00 Res/Non-Res

Color Walk, Craft & Lunch

Meet at Fenner Nature Center to take a leisurely walk on the trails exploring the color and wildlife. Listen to the crunch and rustle of the leaves. Upon your return enjoy a cookout and a couple of board games and crafts. Meet at the back of the building lower level. Lunch will be served.



Activity #141105X
10/2 Fri 11-3 pm
Fenner Nature Center
\$7.00 Res/Non-Res

Holiday Craft & Movie Teen/Adult Inclusive Activity

Need a break from the hectic pace of the holidays. Join us for lunch, craft and movie. Make a great Christmas gift - an ornament, have lunch and then relax to a Christmas movie for an afternoon of fun.

Activity #141520A
12/5 Sat 11-3 pm Foster
\$7.00 Res/Non-Res



Light Tour-Adult Inclusive Activity

Ride in the comfort of a Dean Excursion Bus to the Jackson County Fair Grounds for a Winter WonderLand of Lights. We will stop at Finley's in Jackson for dinner before we drive thru the 1.5 mile light show. Afterwards a brief stop in the Fair Grounds to visit the vendors and crafter's. The bus must depart the Fair Grounds by 9:00 pm. Relax and see the sparkle and dazzle around every corner. The fee includes: transportation, dinner, non-alcoholic beverage/gratuity and tour. Call for a flier and leave contact information at 483.4291. The flier will include our menu options. If you are using Spec-Tran schedule your drop-off by 3:45 pm and pick-up at 10:20 pm from Foster.

Activity #141812X
12/15 T 4:00-10:00 pm
Foster/Jackson
\$37.00 Res/Non-Res



Registration Information

Five options exist for you to register and make payment. They are as follows:

1. Call 483-4277 (Administrative Offices) or any community center. Must use credit card when registering by phone. The telephone relay system number is: 1-800-649-3777.
2. Mail registration to Lansing Parks & Recreation; 318 N Capital Ave., Lansing, MI 48933. Use check, credit card or money order.
3. If faxing include credit card information. Fax # 483-6062.
4. Walk into our facilities and register in person and make payment.
5. Register online at:

www.lansingmi.gov/parks

Questions about accommodations, programs, or inclusion please call Joan, the Therapeutic Recreation Specialist at 483.4291.

Every year you are required to submit a new registration form from the office. This information helps us when we need to call and cancel a program, check on transportation arrangements or contact someone about a situation or emergency. The information you provide is kept confidential.

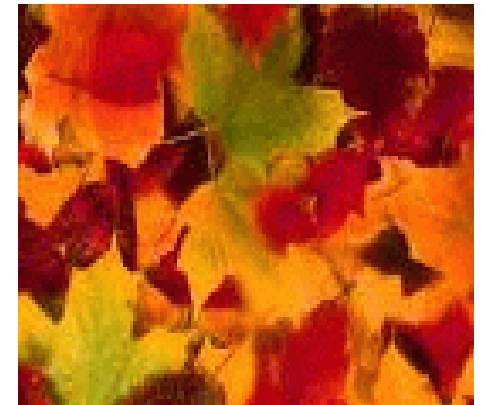
Hurry in to Register



9/14 for residents
9/21 open registration

Lansing Parks & Recreation Therapeutic Recreation

Fall 2009



City of Lansing Parks & Recreation
Therapeutic Recreation
200 N Foster
Lansing MI 48912