

## Adapted Activities for People with Disabilities

No programs November 19-24 (Monday – Saturday) due to Thanksgiving.

Adapted activities are open to people with disabilities and their caregivers, families, friends. All individuals including caregivers pay the fee, except when individualized supports are needed beyond MSCR staff to promote the successful participation of people with disabilities.

Age	Location	Day	Dates	Time	Fee	Course #
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### Everyday Fitness Series

Work out every day of the week! Equipment, supplies, water and healthy snacks provided. T-shirt included in fee. Walking and Friday Fit Club held in cooperation with Wisconsin Special Olympics.

#### Walking:

14+	Kennedy -Playground	Mon	10/1-12/10	6-7:30 pm	\$15	18821
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#### Badminton

14+	Spring Harbor -Gym	Tue	10/2-12/11	6-7:30 pm	\$15	18824
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#### Kickball:

14+	Jefferson -Outdoor Fields	Wed	10/3-11/14	6-7:30 pm	\$15	18826
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#### Tennis:

14+	LaFollette -Tennis Courts	Th	10/4-11/15	6-7:30 pm	\$15	18829
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#### Friday Night Fit Club:

14+	Memorial -Weight room, Dance studio, Commons, Jefferson Gym	Fri	10/5-12/14	6-8 pm	\$35	18822
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### Golf League

Fee includes green fee/cost to play for each Sunday. Designed for those with some experience and current success with golf. Adaptive golf cart available for physical disabilities, but must be reserved in advance. Call 608-204-3029 if needed.

14+	Glenway Golf Course -Golf Course	Sun	9/9-10/28	1-3:30 pm	\$45	18847
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### Pontoon Boat Rides using Ticket program

Agencies serving low income individuals can ask for a number of tickets that can be used by individuals and their families/guardians for a: any drop-in date posted in the pontoon schedule. For the complete schedule go to: <http://www.mschr.org/our-programs/outdoor-adventures/pontoon-programs> or b: a group ride scheduled by the agency just for your group. Complete the rental form found on the website and make a note about the request for financial assistance. Call Chad for more information: 204-3020.

### Parfait Delight!

Build your own and eat it too. Ingredients provided. Registered adult supervision required for individuals under 18 years old. Music and dancing too!

8+	Hoyt	Sat	9/8	2-4 pm	\$5	18834
8+	Hoyt	Sat	9/29	2-4 pm	\$5	18835
	-Parking Lot					

### Chair Exercise

Increase your range of motion through stretch and strengthen exercises. Participate either sitting or standing, exercises are adapted as needed.

18+	Lapham-Auditorium	Sat	10/6-12/15	10 -11 am	\$35	18815
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### City Clubs

Enjoy a variety of activities changing every week, such as bowling, movies, field trips, gym games, fitness activities and more. Activity expenses are not included in fee. Transportation provided for field trips.

18+	Lake View	Tu	10/2-12/11	6-8 pm	\$35	18818
	-Art Room					
18+	MSCR East	Th	10/4-12/13	1-4 pm	\$35	18816
	-Art Studio					
18+	Jefferson	Sa	10/6-12/15	1-4 pm	\$35	18817
	-Commons					

### Cooking Classes

Prepare nutritious meals as a team, taste test them at the class and take the recipes home to try again! Families, friends and agency staff welcome but all pay the fee. Tu class is at the Goodman Comm. Center.

18+	Goodman Comm. Center	Tu	10/2-12/4	5-7:30pm	\$30	19541
18+	Meadowood	Sat	10/6-12/15	9:30am-12noon	\$35	18819
	-Kitchen					

### Dance and Move

Low impact class using music and basic steps for a great cardiovascular and muscle toning workout. All fitness levels welcome.

18+	Muir	MW	10/1-12/12	5-6 pm	\$45	18820
	-Gym					

### Fun Fitness West

Class features different and varying exercises to improve health and overall body strength. Great for beginners or anyone interested in a fun and supportive class.

18+	Lussier	Mon	10/1-12/10	1-2:15pm	\$35	18832
	-Community Room					

### Paint, Photo, Pottery, the 3 P's!

Enjoy the therapeutic art and express your creative side. Enjoy a couple field trips to the Chazen and Art Institute museums.

18+	Hoyt, rm 24	Sat	10/6-12/08	1-4pm	\$35	19542
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### Stretch and Strengthen

Learn a variety of simple and adapted physical exercises to increase overall body strength & improve flexibility to keep you moving through your day more comfortably.

18+	Muir	MW	10/1-12/12	4-5 pm	\$45	18838
	-Gym					

### Water Walking Fitness, Open drop-in swim for individuals with disabilities and their families

Class designed for individuals who have cognitive and physical disabilities. Exercise on an individual basis with MSCR provided staff support, or supported by family/caregiver. Best for non-swimmers who would benefit from a warm water pool. MSCR staff assess the individual abilities of water walkers and establish simple exercises that improve overall health. Requests for necessary accommodations require additional forms. For Monday-Thursday evening classes, please arrange pick up rides for not later than 7:55pm. For Saturdays, no later than 15 minutes after the class ends.

18+	Lapham	Mon	10/1-12/10	7:10-8 pm	\$85	18839
18+	Lapham	Wed	10/3-12/12	7:10-8 pm	\$85	18840
18+	Lapham	Th	10/4-12/13	7:10-8 pm	\$85	18841
18+	Lapham	Sa	10/6-12/15	1-2 pm	\$85	18842
18+	Lapham	Sa	10/6-12/15	2:20-3:20 pm	\$85	18843
	-Pool					

### Yoga

Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment.

18+	MSCR / Hoyt	Mon	10/1-12/10	6:30 – 7:30 pm	\$35	18845
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### Tuesday Yoga!

In this gentle class, participants will learn yoga postures, breathing techniques and mindfulness practices to quiet the mind, relax the body and calm the nervous system. Participants will gain tools they can use both during yoga practice and in their daily lives to regulate emotions, connect with their bodies and cultivate a relationship based on love and compassion. All levels welcome; participants can choose to practice on a mat or in a chair.

18+	Crestwood	Tu	10/2-12/11	4-5pm	\$35	19543
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3 Text Boxes Needed:

#### A. Volunteers Needed

In the City Clubs, Fit Club series, Golf and Water Walking programs.

Call 204-3020 for information.

#### B. Text Box pool access issue:

Alert box with hoyer lift/accessible pools info in it. Same picture and info as before.

#### C. Adapted Donations to Assist People with Disabilities

You can help people with disabilities access MSCR Adapted programming by donating through the Madison Community Foundation's Adapted Sports & Fitness Fund #3031097.

Direct donations can be made through the Madison Community Foundation by going to the Adapted fund directly: [www.madisongives.org/mscradaptivesports](http://www.madisongives.org/mscradaptivesports)

Or, please make your check payable to the: Adapted Sports & Fitness Fund #3031097 and mail the check in care of: MSCR, Adapted Programs, 3802 Regent St., Madison, WI, 53705.