

STAR PROGRAM

South Suburban Therapeutic Adaptive Recreation

www.sspr.org

Fall Activities Sep-Nov 2019

SPECIAL EVENTS

ADULT DANCES

Have fun as you dance and socialize with your friends. Dress to the theme if you wish. Every third Friday of the month at the Buck Recreation Center. **Time:** 6:30-8:30pm **Fee:** \$7 **Appropriate Social Behavior is Required.** **Ages 18+**

Sep 20: Wild West

Oct 18: Happy Halloween

Nov 15: Denver Nuggets

PANERA BREAD FUNDRAISER

Help support the STAR Program for people with disabilities by eating dinner out at Panera Bread in Aspen Grove and a portion of the proceeds will be donated to STAR. **Head to Panera on Thursday, September 12 from 4-8pm.** Bring in the flyer or show an electronic version or even **order online by entering PRFUND as the promo code.** Email careyo@sspr.org for questions.

***ALL PROGRAMS BELOW ARE FOR AGES 13+ UNLESS OTHERWISE NOTED. PLEASE CALL 303-730-4608 TO DISCUSS OPTIONS.**

ARTS AND ENRICHMENT

CREATIVE CRAFTS

Create a unique craft each week exploring different mediums and improve fine motor skills. Wear clothes that can get dirty.

Dates	Time	Fee	Location	Class #
9/4-9/25	W 9-10am	\$33/\$40	BRC	660209
10/2-10/23	W 9-10am	\$33/\$40	BRC	6602010
10/30-11/20 (No class 11/27)	W 9-10am	\$33/\$40	BRC	6602011

OPEN MIC (NEW)

Enjoy this fun way to express yourself and show your skills on the mic. Play a variety of instruments with music and games.

Dates	Time	Fee	Location	Class #
9/4-9/25	W 10-11am	\$52/\$63	BRC	667709
10/2-10/23	W 10-11am	\$52/\$63	BRC	6677010
10/30-11/20 (No class 11/27)	W 10-11am	\$52/\$63	BRC	6677011

THEATER (NEW)

Improve your acting and speaking skills through improve, scene work and monologues. Fun games and fun times are certain in this new class.

Dates	Time	Fee	Location	Class #
9/4-9/25	W 11-11:55am	\$44/\$53	BRC	668809
10/3-10/24	W 11-11:55am	\$44/\$53	BRC	6688010
10/30-11/20 (No class 11/27)	W 11-11:55am	\$44/\$53	BRC	6688011

STAR UNIFIED ARTS AND CRAFTS SALE

Don't miss this amazing art sale showcasing community artists with disabilities and those without. There will be art prints, paintings, leather work, wood art, t-shirts, jewelry, crafts and much more!

Artists pay \$25 for a six foot table and keep your own proceeds.

Please bring cash or check to purchase artwork. Ages 10+

Dates	Time	Fee	Location	Class #
11/14	10am-3pm	\$25	BRC	#6673311



FITNESS

AQUA EXERCISE

Increase your range of motion and endurance as you have fun. Must be able to swim independently in five feet of water.

Dates	Time	Fee	Location	Class #
9/5-9/26	Th 4:25-4:55pm	\$29/\$35	BRC	660009
10/3-10/24	Th 4:25-4:55pm	\$29/\$35	BRC	6600010
10/31-11/21 (no class 11/28)	Th 4:25-4:55pm	\$29/\$35	BRC	6600011

BODY BLAST **(NEW)**

Get fit in this fun fitness class. Work on flexibility, core strength, cardio, weights and more.

Dates	Time	Fee	Location	Class #
2 nd Monday of every month	M 1:30-2:30pm	\$7 drop-in	BRC	Drop-In

GYM GAMES

Enjoy being active as you play various sports and creative fitness games.

Dates	Time	Fee	Location	Class #
9/9-9/30	M 5-6pm	\$32/38	BRC	662359
10/7-10/28	M 5-6pm	\$32/38	BRC	6623510
11/4-11/25	M 5-6pm	\$32/38	BRC	6623511

FITNESS BUDDIES

Workout with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Must be able to follow directions and use safety precautions. Typical availability M-F, 10am-5pm. For more information or to register call 303-730-4608.

Fee for 55 minute sessions.

1 Punch: \$28/\$38 **5 Punch:** \$140/\$190 **10 punch:** \$280/\$380

Fee for 30 minute sessions.

1 Punch: \$14/\$19 **5 Punch:** \$70/\$95 **10 Punch:** \$140/\$190

SPORTS

BOWLING

Meet your friends for two games of bowling each week. AMF Belleview Lanes, 4900 S. Federal.

Dates	Time	Fee	Location	Class #
9/7-9/28	Sa 9-11am	\$46/\$56	AMF Belleview	663009
10/5-10/26	Sa 9-11am	\$46/\$56	AMF Belleview	6630010
11/2-11/23 (no class 11/30)	Sa 9-11am	\$46/\$56	AMF Belleview	6630011

UNIFIED BASKETBALL

Gain skills through teamwork and meaningful inclusion. Includes practice, games, banquet and tournament.

MANDATORY MEETING 11/5 at 5pm, practice afterward. Volunteers Needed. (No class 11/26, 12/24, 12/31)

Dates	Time	Fee	Location	Class #
11/5-2/25	Tu 5-6pm	\$120/\$144	BRC	6620011

SPECIAL OLYMPIC BASKETBALL

Ready for a new challenge and the next level of basketball? Register for our moderately competitive Special Olympic Team. Refine and improve all basketball skills with a faster paced practice. Includes five hours total practice time, Regional and State Special Olympic Tournaments. **Unified Basketball is a prerequisite. Volunteers Needed.**

MANDATORY MEETING 11/5 at 5pm, practice afterward. (No class 11/26, 12/24, 12/31)

Dates	Time	Fee	Location	Class #
Nov 5, 12, 19	Tu 6-6:30pm	\$50/\$60	BRC	6683411
Dec 3, 10, 17				
Mar 3, 10				

TRIPS AND TOURS

Please eat prior to trips unless otherwise noted. Email Brendan Lawbaugh for wheelchair availability at blawbaugh@sspr.org.

VEHICLE VAULT: View the rare and exotic cars in Parker. The cars are one of a kind and will be fun to see!

Date	Time	Fee	Location	Class #
9/7	Sa 1-4pm	\$37/\$44	BRC East Lot	667689

PINE VALLEY RANCH HIKE: Enjoy the amazing fall scenery as we drive to see the aspen leaves. Get exercise and experience natural beauty on a short hike. Wear good shoes and bring a sack lunch to enjoy with your friends.

Date	Time	Fee	Location	Class #
9/21	Sa 10am-2pm	\$30/\$36	BRC East Lot	667459

FLAT ACRES FARM: Be a part of the Fall Festival at Flat Acres Farm! Enjoy the corn maze, pumpkin patch and face painters. This is an excellent farm and will be lots of fun!

Date	Time	Fee	Location	Class #
10/5	Sa 1-4:30pm	\$40/\$48	BRC East Lot	6677810

HALLOWEEN PARTY: Celebrate Halloween with us! Dress up and trick or treat in downtown Littleton. Afterward enjoy snacks, crafts, and the ghoulish games Buck.

Date	Time	Fee	Location	Class #
10/26	Sa 1-4pm	\$35/\$42	BRC Lobby	6661210

THE JUNGLE LADY: Experience amazing and exotic animals with The Jungle Lady! From a large burmese python to a cute hedgehog there will be a wide variety of animals! After The Jungle Lady we will watch The Jungle Book.

Date	Time	Fee	Location	Class #
11/2	Sa 1-4pm	\$60/\$72	BRC East Lot	6669611

BUTTERFLY PAVILION: Explore the home of over 5,000 insects! Come to the Butterfly Pavilion to experience the magic of Rosie, the wildlife exhibits and of course all the butterflies!

Date	Time	Fee	Location	Class #
11/16	Sa 1-4pm	\$41/\$49	BRC East Lot	6662111



Mini-Golf Fundraiser: \$5, August 24, 1-5pm
Family Sports Center
6901 S Peoria St, Centennial

Support the South Suburban Therapeutic Adaptive Recreation Program (STAR) by playing a round of mini-golf at the Family Sports Center. Play your best game for a chance to win fun prizes. All proceeds will support STAR Programs such as Special Olympic Sports, arts and enrichment, aquatics, bowling, dances, community trips and more.

For more information contact Sarah Barsness,
STAR Intern at sarah-barsness@uiowa.edu.



STAR STAFF AND VOLUNTEERS

COORDINATOR: Carey Overstreet, CTRS, 303-730-4608, careyo@sspr.org

SPECIALIST: Brendan Lawbaugh, 303-730-4614, blawbaugh@sspr.org

INSTRUCTORS: JoAnn Davis, Christine Lewman, Cillian and Kelly Murray, Selena Naumoff, Tylyn Strecker

VOLUNTEERS: Don Mullins, Melissa Crowwhite, Randy Lane, Sarah Barsness: STAR Intern

Visit our website at www.sspr.org



Buck Recreation Center
2004 W. Powers Ave.
303-797-8787

