

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*transportation for volunteers only. Movie starts at 9 pm	~walking trips.	No MTM for the month of July	1 11-4 Ceramics 3 Fitness 4 Scrabble	2 11-4 Ceramics NOOO WIIIIIIIIII	3 Office Closed for Independence Day	4 Office Closed for Independence Day
5	6 11-4 Painting 4-8:30 Ceramics 3 Fitness 4 Dominos	7 11-4 Ceramics 4 Card Games	8 10 Brunch Club~ 11-4 Ceramics 3 Fitness 4 Scrabble	9 11-4 Ceramics 5 Summer BBQ	10 11-4 Ceramics 3 Fitness 5 LITTLE BINGO 6:30 MOVIE*	11
12	13 11-4 Painting 4-8:30 Ceramics 3 Fitness 4 Dominos	14 11-4 Ceramics 4 Card Games	15 11-4 Ceramics 3 Fitness 4 Scrabble 5 "Name That Tune!"	16 11-4 Ceramics <i>2 Tie Dye Workshop</i> 5 WIIIIIIIIII	17 11-4 Ceramics 3 Fitness 5 Lazy Day Bingo	18
19	20 11-4 Painting 4-8:30 Ceramics 3 Fitness 4 Dominos 5 Wheel/hand-building class	21 11-4 Ceramics 2 Sparky's~ 4 Card Games 5 Wheel/hand-building class	22 11-4 Ceramics 9 Fishing Trip 2 Garden Meeting 3 Fitness 4 Scrabble	23 11-4 Ceramics 5 WIIIIIIIIII	24 11-4 Ceramics 3 Fitness 5 BIG BINGO	25
26	27 11-4 Painting 4-8:30 Ceramics 3 Fitness 4 Dominos	28 11-4 Ceramics 4 Card Games	29 11-4 Ceramics 3 Fitness 4 Scrabble 5 Karaoke	30 11-4 Ceramics <i>1 Recipe testing</i> 5 WIIIIIIIIII	31 11-4 Ceramics 9 B&G (\$1) 3 Fitness 5 Lazy Day Bingo	

WALKING TRIPS

Wednesday, July 8:
Lucy's Cafe at 10 am for
Brunch Club

Tuesday, July 21:
Sparky's Ice Cream at 2
pm.

Quote of the month

"If opportunity doesn't
knock, build a door."

--Milton Berle

DRIVING TRIPS

Wednesday, July 22:
Fishing at Twin Lakes
Park at 9 am.

Summer BBQ

Our Summer BBQ will be on July 9 at 5 pm. The menu for this year is hotdogs, potato salad, chips, watermelon and drink. Cost is \$2 per plate. Golden Tigers Volleyball will be here to sign people up for this coming year.



Wheel/handbuilding class

Learn how to use the pottery wheel or handbuilding with clay on July 20 (create piece) and 21 (finish piece) at 5 pm. Cost is \$5 per person.



Tie Dye Workshop

Tie dye will be offered on July 16 at 2 pm in the art room. Cost is \$7 per person and please only bring 1 item to dye. You must be present to dye your shirt.



Zucchini Casserole

Ingredients

2 egg whites
1/3 cup skim milk
4 medium unpared zucchini,
diced (about 2 lbs.)
1/2 cup bran
1 cup chopped onion
1/4 tsp. garlic salt
Dash of fresh ground pepper
2 cups shredded cheddar
cheese (8 ounces)



Directions

1. Preheat oven to 325°F. Spray a 1.5 quart casserole dish with vegetable spray.
2. Beat egg whites and skim milk in large bowl until blended.
3. Stir in remaining ingredients. Pour into casserole and bake for 40 minutes.



From *The All-In-One Diabetic Cookbook*

ANNOUNCEMENTS

Deb Swanegan is our new art instructor! She is a very creative person and loves to meet new people. Please come say hello to her when you get some time!

Lazy Day Bingo will be played on the 1st and 3rd Fridays of the month at 5 pm. It will consist of 5 games of non-traditional bingo, and it will be played for fun (no prizes).

A garden meeting has been scheduled to figure out all of the issues brought up recently. Alex will be in charge of the meeting.

Craft Room Hours

About Us

Monday	11am-8:30pm	The Adapted Community Recreation Program is here to provide fun and fitness opportunities to the community, with a focus on, but not exclusive to, individuals with disabilities. Activities include Nintendo Wii, Bingo, a variety of card and board games, driving and walking trips, arts and crafts, and much more!
Tuesday	11am-4pm	
Wednesday	11am-4pm	
Thursday	11am-4pm	
Friday	11am-4pm	
<u>First Saturday of</u> Each Month	11am-4pm	

Staff

Thank You

Sarah Bowman "Recreation Specialist"	We would like to thank our friends and partners... Boone County Family Resources, local schools, New Horizons, CHA, and MU.
Deb Swanegan "Art Instructor"	
Alex Wenzel "Activities"	