



# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	3 11-4 Ceramics 3 Cardio Boxing 4 Card Games	4 11-4 Ceramics 3 HHF 4 Scrabble	5 11-4 Ceramics <b>2 PAPER MACHE HOT AIR BALLOONS</b> 3 HHF 5 Wii	6 11-4 Ceramics 3 Chair Yoga <b>5 Little Bingo</b>	7
8	9 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	10 11-4 Ceramics <b>TI HUHOT</b> 3 Cardio Boxing 4 Card Games	11 11-4 Ceramics 3 HHF 4 Scrabble	12 11-4 Ceramics 3 HHF 5 Wii	13 11-4 Ceramics 3 Chair Yoga <b>5 MOVIE NIGHT IN THE PARK.</b>	14
15	16 11-4 Painting 4-8:30 Ceramics 3 HHF	17 11-4 Ceramics <b>2 Paper Quilling</b> 3 Cardio Boxing 4 Card Games	18 11-4 Ceramics 3 HHF 4 Scrabble <b>ROYALS GAME</b>	19 <b>9 Fishing</b> 11-4 Ceramics 3 HHF 5 Wii	20 11-4 Ceramics 3 Chair Yoga <b>5 Big Bingo 6:30pm Dance at the ARC^</b>	21
22	23 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	24 <b>9 B&amp;G</b> 11-4 Ceramics <b>2 MKT-TRAIL WALK</b> 3 Cardio Boxing 4 Card Games <b>5 MOVIE NIGHT</b>	25 11-4 Ceramics 3 HHF 4 Scrabble	26 11-4 Ceramics <b>2PM SCRAPBOOK ING</b> 3 HHF 5 Wii <b>5 Karaoke Night</b>	27 11-4 Ceramics 3 Chair Yoga <b>5-8pm Paquin Park Showcase</b>	28
29	30 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	31 11-4 Ceramics 3 Cardio Boxing				
^No transportation provided	*Trip Fee is \$3.00/person plus a current Rec Card					Meet the Morning Coffee is M-F at 8:30 am.



<p><b>MTM</b> is Meet the Morning coffee and a puzzle. The first 2 people to finish the puzzle correctly receive a prize. The prize for the month is a sweet treat. <b>HHF</b> is a fitness group that meets at 3 pm M-F. Different types of activities will be offered. Tuesdays will be cardio boxing and Fridays will be chair yoga.</p>	<p><b>HuHot</b> will be on May 10th at 11 am. Please bring money for the lunch. Let's watch some baseball!! We'll leave at <b>9 am on May 18th</b> to go watch the <b>Royals</b> play. <b>Trip fee is \$25.</b> The <b>dance</b> will be on <b>May 20th at 6:30 pm</b>, fee is \$5 at the door. This is a new time and it will be permanent.</p>	<p>There will be a <b>movie night</b> on May 24th at 5 pm. Popcorn will be provided. A <b>Scrapbooking workshop</b> will be on <b>May 26 at 2 pm.</b> the supplies will be available. <b>Karaoke Night at the ARC will be at 5 pm on May 26.</b> <b>Paquin Park Showcase will be May 27, 5-8 pm.</b> Come check out our concrete game tables!!</p>
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## Craft Room Hours

## About Us

<table> <tr> <td>Monday</td> <td>11am-8:30pm</td> </tr> <tr> <td>Tuesday</td> <td>11am-4pm</td> </tr> <tr> <td>Wednesday</td> <td>11am-4pm</td> </tr> <tr> <td>Thursday</td> <td>11am-4pm</td> </tr> <tr> <td>Friday</td> <td>11am-4pm</td> </tr> </table>	Monday	11am-8:30pm	Tuesday	11am-4pm	Wednesday	11am-4pm	Thursday	11am-4pm	Friday	11am-4pm	<p>Recreation 'N' the Tower is also known as the <b>Adapted Community Recreation Program</b>, and 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!</p>
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Friday	11am-4pm										

## Staff

## Thank You

<p>Sarah Bowman "Recreation Specialist"</p> <p>Alex Wenzel "Activity Assistant"</p> <p>Deb Swanegan "Art Instructor"</p> <p>Anna Shirley "Activity Assistant"</p>	<p>We would like to thank our friends and partners... Boone County Family Resources, local schools, New Horizons, CHA, and MU.</p>
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