



April 2016

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1 11-4 Ceramics 3 Chair Yoga 5 Lazy Day Bingo	2
3	4 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	5 11-4 Ceramics 3 Cardio Boxing 4 Card Games	6 11-4 Ceramics 3 HHF 4 Scrabble	7 11-4 Ceramics 3 HHF 5 Wii	8 11-4 Ceramics 3 Chair Yoga 5 LITTLE BINGO	9
10	11 11-4 Painting 4-8:30 Ceramics 3 HHF	12 11-4 Ceramics <i>11</i> <i>Teppanyaki</i> 3 Cardio Boxing 4 Card Games	13 11-4 Ceramics 3 HHF 4 Scrabble	14 11-4 Ceramics <i>2 Scrap</i> <i>Booking</i> 3 HHF 5 Wii	15 11-4 Ceramics 3 Chair Yoga <i>6:30 Dance at</i> <i>The AR-0^</i>	16
17	18 NO MTM 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	19 NO MTM 11-4 Ceramics 3 Cardio Boxing 4 Card Games	20 NO MTM 9 Cardinals Game 11-4 Ceramics 3 HHF 4 Scrabble	21 NO MTM 9 Fishing 11-4 Ceramics 3 HHF 5 Wii	22 NO MTM 11-4 Ceramics 3 Chair Yoga 5 BIG BINGO	23
24	25 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	26 11-4 Ceramics 3 Cardio Boxing 5 Movie Night	27 11-4 Ceramics 3 HHF 4 Scrabble	28 11-4 Ceramics 3 HHF	29 9 B&G 11-4 Ceramics 3 Chair Yoga 5 Lazy Day Bingo	30
^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>MTM 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 soda. HHF 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>Teppanyaki will be on April 12 at 11 am. Please bring money for the buffet. A Scrapbooking workshop will be on April 14 at 2 pm. Please bring a photo and to use and the rest of the supplies will be available. The dance will be on April 15 at 6:30 pm, fee is \$5 at the door. This is a new time and it will be permanent.</p>	<p>Let's watch some baseball!! We'll leave at 9 am on April 20 to go watch the Cardinals play. Please bring money for the Metro and food. Trip fee is \$25. There will be a movie night on April 26 at 5 pm. Popcorn will be provided.</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 Adapted Community Recreation Program, 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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