



August 2016

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1 8:30 MTM 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	2 8:30 MTM 11-4 Ceramics 3 Cardio Boxing 4 Card Games 6 MOVIE NIGHT	3 8:30 MTM 11-4 Ceramics 3 HHF 4 Scrabble	4 8:30 MTM 11-4 Ceramics 3 PokemonGo	5 8:30 MTM 11 Jewelry Making 11-4 Ceramics 3 Chair Yoga	6 9 Farmer's Market
7	8 8:30 MTM 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	9 8:30 MTM 11-4 Ceramics 3 Cardio Boxing 4 Card Games 5 Ice Dying 6 MOVIE NIGHT	10 8:30 MTM 11-4 Ceramics 3 HHF 4 Scrabble	11 8:30 MTM 11 CiCi's Pizza 11-4 Ceramics 3 PokemonGo 5 Wii	12 8:30 MTM 11-4 Ceramics 3 Chair Yoga 5 Little Bingo Outdoor Movie ^	13
14	15 8:30 MTM 11-4 Painting 4-8:30 Ceramics 3 HHF	16 8:30 MTM 11-4 Ceramics 3 Cardio Boxing 4 Card Games 6 MOVIE NIGHT	17 8:30 MTM 11-4 Ceramics 3 HHF 4 Scrabble	18 8:30 MTM 11-4 Ceramics 3 PokemonGo 5 Wii	19 8:30 MTM 11-4 Ceramics 11 Jewelry Making 3 Chair Yoga 5 LAZY DAY BING 6:30pm Dance at the ARC^	20 8 Fishing
21	22 8:30 MTM 11-4 Painting 4-8:30 Ceramics 3 HHF 4 Dominos	23 8:30 MTM 11-4 Ceramics 3 Cardio Boxing 4 Card Games 6 MOVIE NIGHT	24 8:30 MTM 11-4 Ceramics 3 HHF 4 Scrabble	25 8:30 MTM 11-4 Ceramics 2 Cardinals Game* 3 HHF 5 Wii	26 8:30 MTM 11-4 Ceramics 3 Chair Yoga 5 Big Bingo	27
28	29 8:30 MTM 11-4 Painting 4-8:30 Ceramics 3 HHF	30 8:30 MTM 11-4 Ceramics 3 Cardio Boxing 4 Card Games 6 MOVIE NIGHT	31 8:30 MTM 11-4 Ceramics 3 HHF 4 Scrabble			
31				^No transportation provided	*Trip Fee is \$25.00 per person plus a current Rec Card	MTM is morning coffee with a puzzle available to play



<p>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>Meet the Morning will resume this month. The prize is a bag of chips.</p> <p>Jewelry making will be the first and third Fridays of the month. Aug. 5 & 19 at 11 am.</p>	<p>A trip to the Farmer's Market will be on August 6 at 9 am.</p> <p>Ice Dying will be August 9 at 5 pm. Fee is \$8.00</p> <p>CiCi's Pizza will be on August 11 at 11 am. Please make sure your recreation card is up to date.</p> <p>The dance will be on August 19 at 6:30 pm, fee is \$5 at the door.</p>	<p>Gone Fishin'! We'll go to Cosmo-Bethel Park on August 20 at 8 am to fish and have some lunch too! Please sign up ahead of time in the office.</p> <p>Let's watch some baseball!! We'll leave at 2 pm on August 25 to go watch the Cardinals play. Trip fee is \$25 plus \$2 for the Metro. We will stop along the way for food also.</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>
Monday	11am-8:30pm										
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Thursday	11am-4pm										
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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