



February 2017

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1 11-4 Ceramics 3 HHF	2 11-4 Ceramics 3 HHF 5 Wii	3 11-4 Ceramics 3 HHF 5 BINGO	4
5	6 11-4 Painting 3 HHF 4-8:30 Ceramics	7 11-4 Ceramics 10:30 El Jimador 3 HHF 6 MOVIE NIGHT	8 11-4 Ceramics 3 HHF	9 11-4 Ceramics 3 HHF 5 Wii	10 11-4 Ceramics <i>12 Valentine Crafts</i> 3 HHF 5 BINGO	11 9:30 5 Below*
12	13 11-4 Painting 3 HHF 4-8:30 Ceramics	14 <i>9 Pretty Pancakes</i> 11-4 Ceramics 3 HHF 6 MOVIE NIGHT	15 11-4 Ceramics 3 HHF	16 11-4 Ceramics 3 HHF	17 11-4 Ceramics 3 HHF 6:30pm Dance at the ARC^	18 12-3 Saturday Ceramics
19	20 11-4 Painting 3 HHF 3:30 Adapted Bell Choir 4-8:30 Ceramics	21 11-4 Ceramics 2 DIY Kinetic Sand 3 HHF 6 MOVIE NIGHT	22 11-4 Ceramics 3 HHF	23 11-4 Ceramics 3 HHF 5 Wii	24 11-4 Ceramics 3 HHF 5 BINGO	25
26	27 11-4 Painting 3 HHF 4 Mac N Cheese Bites 4-8:30 Ceramics	28 11-4 Ceramics 3 HHF 6 MOVIE NIGHT				
	Garden Sign ups will start Feb. 1.			^No transportation provided	*Trip Fee is \$3 per person plus a current Rec Card	~Walking trip



<p>HHF is a fitness group that meets at 3 pm M-F. Different types of activities will be offered. Tuesdays and Thursdays will be Pokemon Go.</p> <p>Movie Nights are every Tuesday night at 6 pm. Popcorn will be provided.</p> <p>A trip to El Jimador will be on February 7 at 10:30 am. Please sign up in the ACR office. A current Rec Card is needed also.</p>	<p>Make some Valentines for your special someone on Feb. 10 at 12 pm.</p> <p>We plan on shopping at 5 Below in Jefferson City on February 11 at 9:30 am. Trip fee is \$3.00 and a current Rec Card is needed.</p> <p>Pretty Pancakes will be February 14, 9 am. \$2.00/plate.</p> <p>The dance will be on February 17 at 6:30 pm, fee is \$5 at the door.</p>	<p>We'll be open on Saturday, February 18, 12 pm-3 pm for Saturday Ceramics. Come down and learn some new craft projects.</p> <p>DIY Kinetic Sand is a workshop to learn to make your own kinetic sand to use as a stress reliever. Join us in the art room on February 21 at 2 pm.</p> <p>Learn how to make Mac N Cheese bites on February 27 at 4 pm.</p>
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Craft Room Hours

About Us

Monday	11am-8:30pm	<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>
Tuesday	11am-4pm	
Wednesday	11am-4pm	
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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