

June 2015

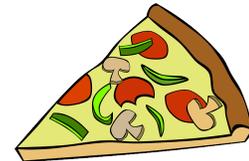
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

*transportation for volunteers only. Movie starts at 8:30 pm	1 8:30 MTM 11-8:30 Ceramics 3 Fitness 4 Dominos	2 8:30 MTM 10 Brunch Club~ 11-4 Ceramics 4 Card Games	3 8:30 MTM 11-4 Ceramics 3 Fitness 4 Scrabble	4 8:30 MTM 11-4 Ceramics NOOO W!!!!!!!!!!!!	5 8:30 MTM 11-4 Ceramics 3 Fitness	6 11-4 SATURDAY CERAMICS
7 ~walking trips. ** \$3 trip fee	8 8:30 MTM 11-8:30 Ceramics 3 Fitness 4 Dominos	9 8:30 MTM 11-4 Ceramics 4 Card Games	10 8:30 MTM 11-4 Ceramics 1 Prison Brews** 3 Fitness 4 Scrabble	11 8:30 MTM 11-4 Ceramics 11:30 Cooking Club 5 W!!!!!!!!!!!!	12 8:30 MTM 11-4 Ceramics 3 Fitness 5 LITTLE BINGO 6 MOVIE*	13
14	15 8:30 MTM 11-8:30 Ceramics 3 Fitness 4 Dominos	16 8:30 MTM 11-4 Ceramics 1 Heidelberg~ 4 Card Games	17 8:30 MTM 9 Fishing Trip 11-4 Ceramics 3 Fitness 4 Scrabble 5 "Name That Tune!"	18 NO MTM 11-4 Ceramics 5 W!!!!!!!!!!!!	19 NO MTM 11-4 Ceramics 3 Fitness	20 11-4 CLAY DAY
21	22 NO MTM 11-8:30 Ceramics 3 Fitness 4 Dominos	23 8:30 MTM 11-4 Ceramics 4 Card Games	24 8:30 MTM 11-4 Ceramics 3 Fitness 4 Scrabble 5 Karaoke	25 8:30 MTM 11-4 Ceramics 5 W!!!!!!!!!!!!	26 8:30 MTM 9 B&G (\$1) 11-4 Ceramics 3 Fitness 5 BIG BINGO	27
28	29 8:30 MTM 11-8:30 Ceramics 3 Fitness 4 Dominos	30 8:30 MTM 11-4 Ceramics 2 Coldstone Creamery~ 4 Card Games				

WALKING TRIPS	Quote of the month	DRIVING TRIPS
<p>Brunch Club will meet at Ernie's on June 2 at 10 am.</p> <p>Heidelberg on June 16 at 1 pm.</p> <p>Coldstone Creamery on June 30 at 2 pm.</p>	<p>"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."</p> <p>--Francis of Assisi</p>	<p>Trip to Prison Brews in Jefferson City on June 10 at 1 pm. Trip fee is \$3.00/person.</p> <p>Fishing trip on June 17 at 9 am. We will be fishing at Phillips Lake.</p>

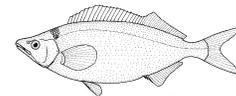
Prison Brews

Take a trip with us to eat at Prison Brews in Jefferson City. We will leave Paquin Tower on June 10 at 1 pm. Trip fee is \$3.00.



Fishing!!

Go fishing at Phillips Lake on June 17 at 9 am. Fishing poles will be provided. Please bring your own bait and snack food.



Coldstone Creamery

Get out and enjoy some wonderful ice cream from Coldstone Creamery. We'll be walking from Paquin Tower on June 30 at 2 pm.



Beer Bread

Ingredients

3 cups self-rising flour
3 tablespoons sugar
12 ounce can beer (at room temperature)
Margarine



Directions

1. Preheat oven to 375 degrees
2. Spray a 9X5X3 inch loaf pan with vegetable spray
3. Mix all ingredients until dough cleans side of bowl.
4. Turn dough into pan.
5. Bake for 40-45 minutes.
6. Remove from pan and coat top of loaf with margarine.



From *The All-In-One Diabetic Cookbook*

ANNOUNCEMENTS

Come meet our new staff member!! Alex Wenzel started working at the beginning of May and he will be working our evening activities.

The movie this month will be *Frozen: Sing Along Edition*. The movie will start at 9 pm. Cost is \$2/person, kids 8 and under are free. Movie is at Flat Branch Park at 4th and Cherry St.

Cooking Club will be taught by one of the participants of the program on June 11 at 11:30 am. Her recipe this month is Potato Surprise.

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 and Third</u> Saturday of Each Month 11am-4pm	

Staff

Thank You

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