

# SPECIAL POPULATIONS

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SPECIAL POPULATIONS

For more information on special populations programs, please contact Annette Deghand, special populations supervisor, at the Community Building, 115 W. 11th St.; (785) 832-7920; TDD# (785) 832-3205; or [adeghand@lawrenceks.org](mailto:adeghand@lawrenceks.org).

Programs consist of adapted and integrated leisure recreational activities for all individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. If additional assistance is needed in these programs, call 832-7920.

## MONTHLY NEWSLETTER

A special populations monthly newsletter highlights new activities, events and trips. Many programs not published in this brochure are included. If you would like to be placed on the mailing list, call 832-7920 or e-mail the division.

## SPECIAL EVENTS AND TRIPS

Trips and special events will be announced in the monthly newsletter with dates, times, fees and other information. Mini-trips are also offered and include door-to-door transportation for participants registering within two miles of the Lawrence city limits. Sign up and register for the trips by calling 832-7920. *Tentative trips include: Casinos, Disney on Ice, Branson, K.C. Royals, New Dinner Theatre, concerts, shows and much more. Be sure to sign up for the monthly newsletter, so you won't miss out!*

## PROGRAMS

### PRE-COFFEEHOUSE DINNER

*Fee includes dinner & Coffeehouse admission. Ages: 13 & Up. Enrollment Min 5 / Max 70.* The first Monday of every month at buildings 1, 2 and/or 21 at the Douglas County Fairgrounds. A delicious, catered meal will be served before Coffeehouse. Come join your friends and have a great time before tearing up the dance floor at Coffeehouse. Participants must pre-register for the dinner. No registrations will be taken on-site. *The registration deadline is the 15th of every month prior to the dinner: Wednesday, Dec. 15; Saturday, Jan. 15; Tuesday, Feb. 15; Tuesday, March 15 and Friday, April 15. Sponsored in part by Hy-Vee, 400 W. 6th St.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122200 A	DINNER	M	5:45-7PM	1/3	FG#21	\$25
122200 B	DINNER	M	5:45-7PM	2/7	FG#18#2	\$25
122200 C	DINNER	M	5:45-7PM	3/7	FG#21	\$25
222200 A	DINNER	M	5:45-7PM	4/4	FG#21	\$25
222200 B	DINNER	M	5:45-7PM	5/2	FG#21	\$25

### COFFEEHOUSE

*Fee: \$9, at the door. Ages: 13 & Up. Enrollment Min 5 / Max 50.* An evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere at buildings 1, 2 and/or 21 at the Douglas County Fairgrounds. Join in on all the fun the first Monday of every month. Music is provided by live bands some months and DJs other months. *Participants are strongly encouraged to pre-register. See Pre-Coffeehouse Dinner for more fun on these special evenings! The registration deadline is the 15th of every month prior to the dinner: Wednesday, Dec. 15; Saturday, Jan. 15; Tuesday, Feb. 15; Tuesday, March 15 and Friday, April 15. Sponsored in part by Showpro Audio and Johnson Shockley.*



CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122201 A	CHOUSE	M	7-8:30PM	1/3	FG#21	\$10
122201 B	CHOUSE	M	7-8:30PM	2/7	FG#18#2	\$10
122201 C	CHOUSE	M	7-8:30PM	3/7	FG#21	\$10
222201 A	CHOUSE	M	7-8:30PM	4/4	FG#21	\$10
222201 B	CHOUSE	M	7-8:30PM	5/2	FG#21	\$10

## FUNDAMENTALS OF ART

*Ages: 13 and Up. Enrollment Min 5 / Max 15.* Session 1 will include some basic quilting and sewing projects, such as pre-punched felt and leather projects, which use yarn and plastic laces to sew them together. Quilts will be made from fleece squares that have cuts in the side that tie together. Session 2 will include painting projects made from watercolors, pastels, ink drawings, chalk drawings and maybe some printmaking. Session 3 is a jewelry session that will include primarily beads, charms, pendants, key chains, necklaces and bracelets. An old time favorite, ceramics will wrap up session 4. Participants will be able to build and glaze their own projects. *Fee includes all supplies and 4, 4-week sessions.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122191 A	SEWING	T	7-8PM	1/11-2/1	CB-AR	\$30
122191 B	PAINTING	T	7-8PM	2/15-3/8	CB-AR	\$30
222191 A	JEWELRY	T	7-8PM	3/29-4/19	CB-AR	\$30
222191 B	CERAMICS	T	7-8PM	5/3-5/24	CB-AR	\$30

## N.E.W.S. (NUTRITION, EXERCISE, WALKING, SHAPE)

*Ages: 13 and Up. Enrollment Min 5 / Max 20.* Participants will learn how to make some nutritious, delicious snacks, gain new ways to exercise and workout. This class will also help with snack ideas, sack lunches, eating out, breakfast on the go and much more. Classes will include some yoga, Pilates, weight training, power walking, circuit training and cycling/spin classes.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122400 A	N.E.W.S.	R	7-8:30PM	1/20-3/10	CB-AR&CR3	\$30
222400 A	N.E.W.S.	R	7-8:30PM	3/31-5/19	CB-AR&CR3	\$30

## ACTING 101

*Ages: 13 and Up. Enrollment Min 5 / Max 30.* Do you feel like you have some acting skills just built up inside of you, wanting to get out? Now is your time to shine! This class will involve some acting, public speaking, skits, plays and maybe a chance to be a star of a play. Even if you don't want the spotlight totally on you, there is always a demand for the "extras" with every performance. Come join the fun and try something new. We'll practice lines and dance moves to a play, open to the public on Monday, April 20. Location and time are to be announced. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast* and several others. **No class 2/7; 3/7.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122401 A	ACTING	M	6:30-8PM	1/10-3/28	UPD	\$30

50

**THE NEXT CHAPTER BOOK CLUB**

*Ages 13 and Up. Enrollment Min 5 / Max 10.* Two staff members recently were trained and certified to be facilitators for this program. The Next Chapter Book Club (NCBC) promotes social connectedness, literacy learning and community inclusion. Regardless of reading skills, the group will gather together with the facilitators and discuss a book. Books will include classic novels as well as current, popular fiction and nonfiction. Members are making friends and having a lot of fun doing it! The club will start out meeting in a recreation center, with the goal to move out and meet at various places around towns like coffee shops, restaurants and bookstores. *Two eight-week sessions.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122450	A	BOOKCLUB	W	7-8PM	1/19-3/9	CB-AR	\$30
222450	A	BOOKCLUB	W	7-8PM	3/30-5/18	CB-AR	\$30

**SOCIAL BOWLING**

*Ages: 13 and up.* Meets at Royal Crest Lanes, 9th and Iowa St., 3-5 p.m. the third Saturday of every month, unless indicated otherwise (see monthly newsletter). Join the fun, meet new people and try your bowling skills. Includes bowling and shoe rental. Choose an option to meet your needs. Take note: Silver and Bronze options require pre-registration prior to the 15th of every month prior to the program, December 15, January 15, February 15 and April 15.

**Silver Option — Enrollment Min 5 / Max 30.** Bowling and dinner at the bowling alley. Dinner party will be held after bowling at Royal Crest Lanes. *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122301	A	BOWLSILV	S	3-5:30PM	1/15	RCL	\$20
122301	B	BOWLSILV	S	3-5:30PM	2/19	RCL	\$20
122301	C	BOWLSILV	S	3-5:30PM	3/19	RCL	\$20
222301	A	BOWLSILV	S	3-5:30PM	4/16	RCL	\$20
222301	B	BOWLSILV	S	3-5:30PM	5/21	RCL	\$20

**Bronze Option — Enrollment Min 5 / Max 10.** Bowling Only, *Fee: \$10.* *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122302	A	BOWLBRONS		3-5PM	1/15	RCL	\$10
122302	B	BOWLBRONS		3-5PM	2/19	RCL	\$10
122302	C	BOWLBRONS		3-5PM	3/19	RCL	\$10
222302	A	BOWLBRONS		3-5PM	4/16	RCL	\$10
222302	B	BOWLBRONS		3-5PM	5/21	RCL	\$10

**SWIM TEAM**

*Ages: 13 and Up. Enrollment Min 5 / Max 25.* It doesn't matter what swimming ability you are, this class is for swimmers and walkers at all levels. Fine-tune your strokes and maybe learn a new one. Water walkers are also welcome in this class. Go at your own pace and have fun. Water exercises and strength training in the water will be included as well. Class is for all abilities; it is not a one-on-one setting. **No class 2/12. Two, 8-week sessions.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122180	A	SWIMTEAM	S	10:45-11:45AM	1/22-3/19	LIAC	\$23
222180	A	SWIMTEAM	S	10:45-11:45AM	4/2-5/21	LIAC	\$30

**ADULT & YOUTH ALL-STAR SPORTS LEAGUES**

*Enrollment Min 10/Max 40 (per league).* The overall goal of the league is to provide an inclusive environment, which teaches individuals with and without disabilities the fundamentals of the sport, teamwork, sportsmanship and competition, all while having a great time. Awards for all players

will be presented on the last night. Rules and adaptations are made to accommodate all levels and all abilities. Volunteer coaches are needed. All youth games will be held on Fridays from 6-7 p.m. Adult games will be held 7:15-8:15 p.m. Winter leagues will consist of basketball. The spring league will play kickball and also will be played outside when weather permits. *Deadline to enroll in basketball: Friday, Jan. 4. Deadline to enroll in kickball: Friday, March 25.*

**ADULT ALL-STAR BASKETBALL**

*Ages: 13 and Up. Enrollment Min 10 / Max 40.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122110	A	ADULTBB	F	7:15-8:15PM	1/21-3/11	ELRC-GY	\$30

**YOUTH ALL-STAR BASKETBALL**

*Ages: 5-12. Enrollment Min 10 / Max 40.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122110	B	YOUTHBB	F	6-7PM	1/21-3/11	ELRC-GY	\$30

**ADULT ALL-STAR KICKBALL**

*Ages: 13 and Up. Enrollment Min 10 / Max 40.*

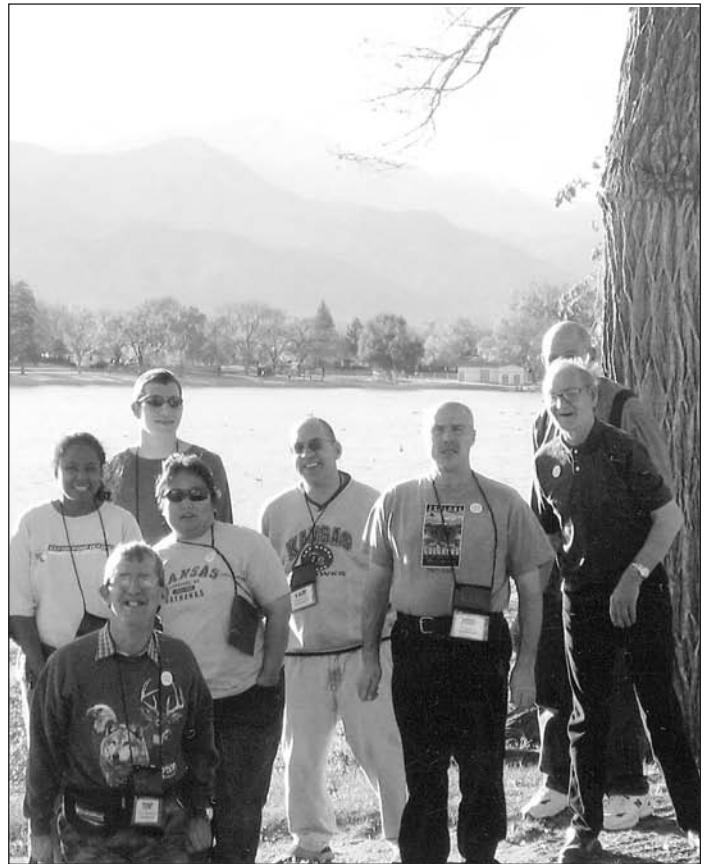
CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
222110	A	ADULTKB	F	7:15-8:15PM	4/1-5/20	ELRC-GY	\$30

**YOUTH ALL-STAR KICKBALL**

*Ages: 5-12. Enrollment Min 10 / Max 40.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
222110	B	YOUTHKB	F	6-7PM	4/1-5/20	ELRC-GY	\$30

**SPRING BREAK CAMP — (SEE YOUTH CAMPS — SPRING BREAK, PAGE 56)**



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