

ADAPTED LEISURE ACTIVITIES

Summer 2012 • June • July • August

All Adapted Leisure programs are limited in size, so please call or visit the center early to reserve your place.

If you make a cancellation less than 48 hours before the program starts, you are still responsible for any class fees.

◆ Really Special Events ◆

Party in the Park

DATE: Wed, June 6
TIME: 11 a.m.-2 p.m.
PLACE: George Rogers Clark Park, 1024 Thruston Ave.
AGES: 16 and Up
FEE: Free!

Hotdogs and drinks, fun and games!! Call to reserve your spot.

Louisville Bats Baseball

DATES: Tue, June 19, July 24, Aug 28
TIME: 6:30-9:30 p.m.
PLACE: Louisville Slugger Field, 401 East Main St.
AGES: 18 and older
FEE: \$10

Call to reserve your spot!

Tropic Thunder Dance

DATE: Sat, June 23
TIME: 7-9 p.m.
PLACE: Douglass Comm. Center Gym
AGES: 18 and older
FEE: \$5

Concert for AMBUCS

DATE: Sat, June 30
TIME: 7-9 p.m.
PLACE: Douglass Comm. Center
AGES: 18 and older
FEE: \$5

Fundraiser with a live band TBA.

That Seventies Dance

DATE: Sat, July 28
TIME: 7-9 p.m.
PLACE: Douglass Comm. Center Gym
AGES: 18 and older
FEE: \$5

Come dressed like it's the 1970s!

Gone Country Dance

DATE: Sat, Aug 11
TIME: 7-9 p.m.
PLACE: Douglass Comm. Center
AGES: 18 and older
FEE: \$5

Put on your cowboy hat, come out and join us!

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Join us online for updates!

◆ Sports and Games ◆

Silver Sneakers Senior Exercise

DATES: Tue & Thu, June 5, 7, 12, 14, 19, 21, 26, 28 July 3, 5, 10, 12, 17, 19, 24, 26, 31, Aug 2, 7, 9, 14, 16, 21, 23, 28 & 30

TIME: 10:30-11:30 a.m.

PLACE: Douglass Comm. Center

FEE: Free for Silver Sneaker members! \$10/month for non-members

For information on eligibility call 456-8148 or 456-8120.



Aqua Exercise

DATES: Thu, June 7, 14, 21, 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23 & 30

TIME: 1-2 p.m.

PLACE: Mary T. Meagher Aquatic Center, 201 Reservoir Ave

AGES: 18 and older

FEE: \$24/session

Youth Wheelchair Sports and Game Club

DATES: Sat, June 9*, July 7, Aug 4

TIME: 10:30 a.m.-Noon

PLACE: Douglass Comm. Center Gym

AGES: 5-12 Years Old

FEE: Free!

Having fun playing a variety of sports and games, for individuals with physical disabilities.

*6/9 meeting at Iroquois Park for wheelchair racing clinic; meets by Iroquois Amphitheater.

Healthy Lifestyles

DATES: Mon, June 11, 18, 25, July 9, 16, 23, 30 Aug 6, 13, 20, 27

TIME: 1:30-2:30 p.m.

PLACE: Adapted Leisure Bldg

AGES: 16 and older

FEE: Free!

Tips and training for a healthy lifestyle!

Beginning Wheelchair Basketball

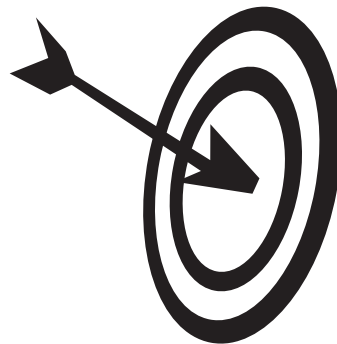
DATES: Mon, June 11, 18, 25, July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27

TIME: 6-7:30 p.m.

PLACE: Douglass Comm. Center Gym

AGES: 12 and older

FEE: Free!



Archery 101

DATES: Thu, June 12, 26, July 10, 31, Aug 14 & 21

TIME: 6:30-7:30 p.m.

PLACE: Douglass Comm. Center

AGES: 14 and older

FEE: Free!

Stroke Support With Frazier Rehab

DATES: Wed, June 20, July 18 & Aug 15

TIME: Noon-1:30 p.m.

PLACE: Adapted Leisure Bldg

FEE: Free!

Open to anyone who has had a stroke, their friends and family.

Powered Wheelchair Soccer Practice

DATES: Sat, July 7 & Aug 4

TIME: 12:30-1:30 p.m.

PLACE: Douglass Comm. Center Gym

AGES: 12 and older

FEE: Free!

◆ Just for Fun ◆

Bowling Fridays!

DATES: Fri, June 1, 8, 15, 22, 29, July 6, 13, 27, Aug 3, 10 & 24

TIME: 10 a.m.-Noon

PLACE: Fern Bowl Lanes, 5518 Bardstown Rd

AGES: 18 and older

FEE: \$50/session or \$5/week



Original Fun and Games!

DATES: Tue, June 5, 12, 19, July 10, 17, 24, Aug 7 & 14

TIME: 1:30-2:30 p.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$1/event

Call for schedule of activities.

Grab Bag Night

DATES: Thu, June 7, July 26 & Aug 16

TIME: 6:30-8:30 p.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$2/class

Games, music, snacks and more!

Pizza and a Movie

DATES: Wed

TIME: 6:30-9 p.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$5/night

Jun 13: *We Bought a Zoo*

Jul 11: *One for the Money*

Aug 8: *Journey to the Center of the Earth*

Call 456-8148 to reserve a spot!



Girl Talk

DATES: Wed

TIME: 6:30-8 p.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$1/class

Jun 27: Spa Day

Jul 25: Find Your Inner Stylist

Aug 22: Baking 101

Fun activities for the ladies!

Generation "X" Club

DATES: Fri & Sat

PLACE: Douglass Comm. Center

Jun 30: 7-9 p.m., live concert with great snacks

AGES: 18-29

FEE: \$5

Jul 20: 6:30-8:30 p.m., volleyball, bocce ball, snacks and more!

AGES: 18-29

FEE: \$2

Aug 31: Wii, games and snacks!

TIME: 6:30 - 8:30 p.m. -

AGES: 18-29

FEE: \$2

Cool activities for a new generation!

◆ Learning and Special Interest ◆

Coming in September: Metro Dreams "U"! Continuing Education for individuals with and without disabilities.

More programs on the back!



METRO Parks
www.metro-parks.org

ADAPTED LEISURE ACTIVITIES

Summer 2012 Calendar

The programs and activities in this calendar are offered through the Metro Parks Adapted Leisure Activities Program.

Adapted Leisure Activities offers recreational opportunities for individuals with mental and/or physical disabilities, their friends and families. Adapted Leisure also offers programs specifically designed for youths with and without disabilities.

Payment for programs (by check or money order) is requested in advance. Registration is required for all programs.

For more information or to preregister, please call 456-8148.

Adapted Leisure Activities

2305 Douglass Blvd #3
Louisville KY 40205

Mon-Fri 8:30 a.m.-5 p.m.

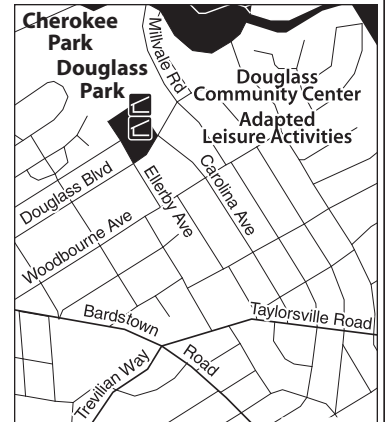
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aleisure@louisvilleky.gov



Greg Fischer, Mayor
Louisville Metro Council



phone • 502/456-8148
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Adapted Leisure Activities
2305 Douglass Boulevard #3
Louisville KY 40205

Coffee Talk Book Club

DATES: Tue, June 5, 12, 19, 26,
July 3, 10, 17, 24, 31,
Aug 7, 14, 21 & 28

TIME: 1-2:30 p.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$10 or cost of the book

Jun/Jul: "A" is for Alibi
by Sue Grafton

Aug/Sep: Fried Green Tomatoes
at the Whistle Stop Café
by Fannie Flagg

♦ Arts & Crafts ♦

Fun Leis

DATE: Tue, June 5

TIME: 10:30 - 11:30 a.m.

PLACE: Douglass Comm. Center

AGES: 16 and Older

FEE: \$5

Make a paper lei and be ready for our Tropic Thunder Dance!

Patriotic Fun Beads

DATE: Tue, June 12
10:30-11:30 a.m.

PLACE: Douglass Comm. Center

AGES: 16 and older

FEE: \$5/class

Make red, white and blue bracelets for the Fourth of July.

Refrigerator Pockets

DATE: Tue, July 17

TIME: 10:30-11:30 a.m.

PLACE: Douglass Comm. Center

AGES: 16 and older

FEE: \$5

Decorate a magnetic pocket to hold your notes and coupons.

Summer Mystery Craft

DATE: Tue, July 31

TIME: 10:30-11:30 a.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$5

Drawing With Color

DATES: Tue, Aug 7 and 14

TIME: 10:30-11:30 a.m.

PLACE: Douglass Comm. Center

AGES: 18 and older

FEE: \$10



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