Leisure Times
Fall Brochure 2020
1452 29th Street
West Des Moines, IA 50266
Time to register for the Fall 2020 Leisure/Recreation programs offered by LINK LEISURE SERVICES!

We will provide a variety of seasonal activities that promote independent leisure lifestyles.

Please read through this brochure carefully and make yourself familiar with Link’s registration and program guidelines!

**LINK LEISURE HOTLINE**

For program information, updates, and weather related cancellations, utilize the Link Leisure Hotline! Individual calls will not be made to participants!

**Call: 262-8888 Option #4 After 4:30 pm!**

**LINK ASSOCIATES WEBSITE:**

For more information about Leisure Services, log onto Link’s website at:

[www.linkassociates.org](http://www.linkassociates.org)

*Click on Services on the homepage
*Click on Leisure Services

Leisure Hotline Updates can be found on the Home Page under Information.
ACKNOWLEDGEMENTS

Link Associates Leisure Services would like to thank the following:

✪ West Des Moines Parks and Recreation
  Funding Support & Facility Usage

✪ Special Olympics - Athletic opportunities and Trainings

✪ Animal Rescue League of Iowa for Critter Camp

✪ Great Escape – Use of Facilities

✪ United Way of Central Iowa - Funding Support

✪ Knights of Columbus - Funding Support

✪ Northwest Missouri State University Therapeutic Recreation Program

✪ University of Iowa Therapeutic Recreation Program

✪ Erick Sims of E.D.J.E Productions - DJ Services

✪ MVP Sports - Use of Facilities

✪ Nickole Swensen - Instruction

✪ Jennifer Hanson - Instruction

✪ The Knotty Nail - Instruction and Use of Facilities

The many Volunteers that help make our programs successful; we couldn’t do it without you!!
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<td>Club Travel: IKEA Kansas City, MO 8:00 am – 8:00 pm</td>
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**Covid-19 Program Updates:**

Everyone’s health and safety is our first priority. Here are some changes you will see this brochure.

*Group sizes have been reduced to follow social distancing guidelines and recommendations.*

*All participants will have their temperature taken prior to their activity. If temperature is 100.4 or above, they will not be able to participate.*

*Staff will wear masks when working with those served, unless a 6 foot distance is possible. Participants who tolerate masks and want to wear them should bring their own mask to activities.*
Leisure Services’ Mission Statement:
Providing opportunities for individuals with disabilities to achieve an independent and healthy leisure lifestyle.

Leisure Office Contact Information:

Adria Smith, CTRS
Leisure Services Manager/Volunteer Coordinator
(515) 262-8888 ext 207
asmith@linkassociates.org

Claire Sumner, CTRS
Leisure Services Specialist
(515) 262-8888 ext 239
csumner@linkassociates.org

MAILING ADDRESS:
Link Associates
1452 29th Street
West Des Moines, IA 50266
Fax Number: (515) 225-1631

Website: www.linkassociates.org

Due to the large number of Link Leisure Times’ participants and programs, the Leisure Department staff is not always available during office hours. We will respond to questions and concerns as quickly as possible.

We thank you for your patience!
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- **November 2020**
- **Club Travel:** Tama Casino, Tama, Iowa, 9:30 am – 3:30 pm
- **Special Olympic State Bowling:** Des Moines, IA
- **CAC:** Gingerbread Cookies, 6:00 pm – 8:00 pm
- **Club Travel:** Tama Casino, Tama, Iowa, 9:30 am – 3:30 pm
- **Special Olympic State Bowling:** Des Moines, IA
- **Office Closed Holiday:** Thanksgiving Social 4:00 pm – 8:00 pm
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<td>S.O. Bowling 4:30 pm – 5:45 pm – A-D</td>
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<td>Club Travel: Colorado Springs, CO Day 4</td>
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<td>Club Travel: Ultimate Halloween Trip Day 1 – Depart 4 pm</td>
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<td>Club Travel: Ultimate Halloween Trip Day 3 – Arrive back at 11:30 am</td>
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**GENERAL INFORMATION**

**Registration Forms**
All forms must be completed on both sides prior to participation. Incomplete forms will be returned. Pre-registration is required for all Link Leisure activities.

*ON SITE REGISTRATIONS WILL NOT BE ACCEPTED!!*

Information collected from registration forms is used to enhance individual program needs, ensure expedient medical attention if required, and demonstrate merits of leisure programming to funding sources.

**Spinners, Club Travel, Community Art Connection**
Registrations for these activities will be accepted according to individual needs in the following priority on a first come/first served basis:
1. Individuals living alone, with parents or independent of scheduled support
2. Individuals with 2-30 hours per week of SCL support.
3. Individuals with 31-90 hours per week of SCL support.*
4. Individuals with 91-167 hours per week of SCL support.*
   *Support verification may be required

**Consent and Waiver Forms**
EVERYONE registering for activities must complete these forms. All consent and waiver forms received during this brochure period will be good through December 31, 2020. Registrants will be ineligible for participation without these forms on file.

**Confirmation for Participation**
Activity Confirmation Invoices* will be sent to you once your registration is processed. The invoice includes the total amount of payment for activities, payable to Link Leisure Services. (This includes late payments from prior brochures.)

*It is the responsibility of the individual, guardian, care-provider, staff, or payee, receiving the invoice to relay all necessary information to the participant.

P A Y M E N T S  A R E  D U E  S E P T E M B E R  3 0 T H

**Waiting Lists**
Waiting lists will be established for each activity. You will not be responsible for payment of activities that you are on the waiting list for until you receive confirmation for participation.

**Staffing Assistance**
If 3 or more individuals from the same residence are attending an activity, accompanying staff must remain at the activity site. Staff is also required for any participant requiring special assistance and/or one-on-one support. If staff will be accompanying a participant to a ticketed event the staff must pay the fee by the deadline.
General Information

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020

Program Times
We ask that you please adhere to times posted for activities. Activities are often sched- uled back to back and we are unable to provide supervision prior to or after an activity. For the safety of your family member or person served, PLEASE DO NOT drop off any earlier than 5 minutes prior to an activity and pick up promptly at the scheduled conclu- sion. Please make sure transportation is arranged prior to the activity. Phone service may not be available at each activity.

Program Fees
Program registration fees vary for each program. Individuals will be charged for each activity or program that they are registered and confirmed for, according to the reg- istration fees indicated in the Leisure Times brochure. **Send no money with your registration, you will be billed!** Payment schedules may be arranged on an indi- vidual basis by contacting the Link Leisure Department. If staff will be accompanying a participant to a ticketed event the staff must pay by the following date.

PAYMENTS ARE DUE SEPTEMBER 30TH, 2020

Transportation
Individuals who register for Spinners, Club Travel and/or Special Events and who receive 0-30 hours of SCL support, live alone or have no means of transportation, except mass transit, are eligible for transportation. Contact the Leisure Department at 262-8888 when you receive your confirmation letter to request transportation. Trans- portation services are limited and available on a first come first served basis. The cost for transportation is $8 round trip or $5 one-way. Once transportation is confirmed you are responsible for payment unless proper cancellation notice is given. In the event an unconfirmed/unscheduled ride is provided for take home, you will be billed $25.00.

Cancellation Policy
If a participant is unable to attend any program activity, they must contact the Leisure Department at 262-8888 no later than **NOON 2 BUSINESS DAYS PRIOR** to the activity. If proper notice is not received, the participant risks losing all pre-paid fees for the activity. **Failure to give proper notice of cancellations 2 times in the same brochure period will result in removal of the individual’s name from all scheduled activities in that brochure period.** Registration fees in this situation are non-refundable! Extended trips may have a different cancellation policy. Please see the specific brochure activity for any cancelation policy changes or updates. We do not receive messages left on the Leisure Hotline; you must dial a direct extension.

Special Olympics (SO) Athlete Forms
Physicals and releases must be updated every three years.
Anyone interested in competing in ANY Special Olympic events must complete an “Iowa Special Olympics Physical & Release Form” prior to participation. Please check with the Leisure Department to verify your forms are current and on file.

Volunteer Opportunities
Volunteer opportunities are identified throughout the brochure. No matter what your special talents, interests and schedules are, you can help change someone’s life at Link. If you share our commitment to the continued well being of our participants and community, consider becoming a Link volunteer! Please contact Adria Smith, the Volunteer Coordinator at 262-8888 ext 207 or asmith@linkassociates.org
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**S.O. Dance**

It’s Dance season! Athletes will practice at Link Associates Thursday evenings starting in January from 5:30 pm – 7:30 pm and continue through March. All new dance participants will need to attend a mandatory assessment session on December 17th from 5:30 - 6:30 pm at Link Associates. Athletes will compete in the Mid-Winter Tournament in Iowa City in March. We will have two dance teams with a limit of 16 athletes. All participants must be signed up prior to December 11th. Physicals are due by December 31st.

Athletes who are competing in Basketball will not be able to compete in Dance.

**LAST DAY TO REGISTER FOR DANCE IS DECEMBER 11th, 2020**

**PROGRAM REGISTRATION FEE:** $40.00  
**TIME:** 5:30 pm – 7:30 pm  
**DATE:** Assessments for NEW participants on December 17th (see above)  
Regular practices will begin on Thursday, January 7th, 2021  
**COST:** Registration Fee Only  
**PLACE:** Link Associates - 1452 29th St., WDM

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**S.O. Basketball**

Hooray! It is time to shoot some hoops! We offer many options for all ability levels from beginners that are learning the basics to those more advanced. New participants must attend a mandatory assessment session on November 24th from 6:00 pm – 7:00 pm at MVP Sports in Des Moines to be eligible to participate in the Special Olympics 2020-2021 basketball Season. All participants must be signed up by November 18th. Physicals will be due by December 4th or you will NOT be able to participate.

Athletes who are competing in Dance will not be able to compete in Basketball.

**LAST DAY TO REGISTER FOR BASKETBALL IS NOVEMBER 18th, 2020**

**PROGRAM REGISTRATION FEE:** $30.00  
**TIME:** 5:00 pm - 8:00 pm  
**DATE:** Assessments for NEW participants are on November 24th, 2020 (see above)  
Regular practices will begin on Tuesday, January 5th, 2020  
**COST:** Registration Fee Only  
**PLACE:** MVP Sports Center - 4600 Park Ave, DSM
New Programs & Special Events

NEW PROGRAMS & SPECIAL EVENTS

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020

LA Social Club Take 2

This three-part series will address and go into further detail on topics such as personal hygiene, self-expression, sex education, emotional relations and responsibilities, human anatomy, social skills, and what makes a healthy friendship. We understand that some topics discussed may be seen as inappropriate, but we want to reassure all parties that our goal is to inform, educate, and provide a safe and nonjudgmental environment for participants.

PROGRAM REGISTRATION FEE: $30.00
TIME: 6:00 pm – 7:30 pm
DATE: Wednesday’s - September 16th, 23rd, 30th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 10 Participants

Harry Potter Escape Room

Let’s get MAGICAL with this Harry Potter-themed escape room! We will recreate many exciting scenes from the Harry Potter movies during this experience. This escape room will use descriptive storytelling, visual images, and interactive questions that will get you one step closer to escaping—or keep you right where you are. You begin your journey as a first-year student at Hogwarts, will you be able to escape?

PROGRAM REGISTRATION FEE: $15.00
TIME: 7:00 pm - 9:00 pm
DATE: Monday, October 19th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 16 Participants
Thanksgiving Social

Gobble your way over to the Thanksgiving social. You will be able to assist in cooking the sides for this great Thanksgiving social. Enjoy a delicious Thanksgiving meal while you socialize with the ones you are most thankful for. There will also be fun games and activities to enjoy for the remainder of the night.

PROGRAM REGISTRATION FEE: $10.00
TIME: 4:00 pm - 8:00 pm
DATE: Thursday, November 25th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 20 Participants

Healthy Freezer Meals

Are you wasting food, spending too much at the grocery store, never know what to cook? This activity is the key to all your problems. We will be learning all about preparing healthy meals that can be put in the freezer and used whenever you are ready. With the completion of the activity, you will be able to take home 2 freezer meals each session! Along with meals, you will be able to take home and have new knowledge on freezer meals that you can use in the future. Please remember to eat before you come, as we are not offering dinner during this program.

PROGRAM REGISTRATION FEE: $50.00
TIME: 6:00 pm - 8:00 pm
DATE: Tuesday’s - December 1st, 8th, & 15th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 8 Participants
NEW PROGRAMS & SPECIAL EVENTS

SPECIAL OLYMPICS ATHLETICS

Anyone interested in competing in ANY Special Olympic events must complete an “Iowa Special Olympics Physical” prior to participation. Physicals must be updated every three years. The fees charged for Link Leisure Special Olympics are to participate through Leisure Services. These fees cover facility rentals, charter buses, equipment, uniforms, banquet, and t-shirts. If you have questions regarding these fees please contact the Leisure Office.

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020

S.O. Snowshoeing 🗼

Grab your snow gear, we’re going snowshoeing! Learn how to use snowshoes and other equipment to walk 100m, 500m, or 1K. Practice all season to prepare yourself for Special Olympics Iowa WINTER GAMES! You will be able to compete with the skills you’ll learn during practices. Winter Games will be held January 11th – 13th, 2021 in Dubuque, IA at Albrecht Acres, and is an overnight experience. More information will be provided.

LAST DAY TO REGISTER FOR SNOWSHOEING IS October 26th, 2020

Physicals are due by November 2nd, 2020.

PROGRAM REGISTRATION FEE: $30.00
TIME: 5:00 pm - 6:00 pm
DATE: Starting Monday, November 2nd, 2020
COST: Registration Fee Only
PLACE: Link Associates - 1452 29th St., WDM
Fun & Fitness

Chair One Fitness

Our very own Leisure Specialist, Claire Sumner, has been certified as a Chair One Fitness Instructor! Come join us for fun, musically driven, chair exercise classes with various functional benefits. Chair One Fitness is designed to provide a full body workout that enables everyone to stay active mentally and physically; no matter their age and ability!

**PROGRAM REGISTRATION FEE:** $10.00
**TIME:** 5:30 pm - 6:30 pm
**DATE:** Thursday's - November 5th & 12th
**COST:** Registration fee only
**LOCATION:** Link Associates - 1452 29th St.

Limited to 8 people per activity. Reduced group size for social distancing.

Hula Dancing

Hula dancing is a native Hawaiian dance. The dance is created to tell a story that can be used as entertainment or for religious and spiritual purposes. Sign up for this activity and you will learn the basics of hula dancing from a professional instructor Ilima Young and gain knowledge about the dance. All you need to do is bring your dancing moves and be ready to learn.

**PROGRAM REGISTRATION FEE:** $25.00
**TIME:** 6:00 pm - 7:00 pm
**DATE:** Tuesday, December 22nd
**COST:** Registration Fee Only
**LOCATION:** Link Associates - 1452 29th St.

Limited to 10 people per activity. Reduced group size for social distancing.
NEW PROGRAMS & SPECIAL EVENTS

RIVER CITY SPINNERS

PROGRAM DESCRIPTION: A social group for adults with mild intellectual and/or physical disabilities, who may be socially isolated within our community. Participants must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. Social activities are scheduled three to four times per month. (Participants requiring medication during the event, must bring only necessary dosage and it must be labeled with medication name, dosage, and directions.) Staff to participant ratio is 1:4 or 1:6. Ratios of 1:1 or 1:2 are not available.

Please note the meeting place for each activity.

Limited to 6 people per activity. Reduced group size for social distancing.

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020

Wednesday, September 2nd: Flying Mango

Once voted the “Best Kept Secret” in Des Moines, your mouth will water the second you walk through the door of this award-winning BBQ and Caribbean restaurant in the heart of Beaverdale, IA. Right as you walk in, you will witness the chef cooking, and you’ll instantly feel taken care of by their family owned business. We recommend you try the ribs, brisket, or chicken sandwich. Don’t worry, there is something for everyone to enjoy. Show up hungry!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm - 8:30 pm
COST: $30, pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday, September 9th: Archery

The professional staff at Archery Field and Sports has years of archery experience, and the certified trainers will guide us through a private group lesson. Come find out if you are more of a Katniss Everdeen, Robin Hood, or Ygritte?! Many will enter as beginners and many will leave feeling like an advanced shooter! Having fun is guaranteed! Wear your closed toed shoes. Ready, aim, FIRE!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm - 8:30 pm
COST: $25; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM
**Tuesday, September 15th: Guys Night - Laser Tag**

Great Escape Laser Tag has a brand new LASERTRON arena, and it’s your chance to come try it out! The goal is to strike your opponent’s sensors with your gun’s laser! Although the lasers are pain free, it doesn’t mean getting hit hurts any less! This game is going to bring out the competitor in all of us! There may be areas to hide, but good luck not getting caught!

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**Friday, October 2nd: Johnston High Football Game**

Are you ready for a night at the football field? We are going to have a ball at the Johnson Dragons football game. Join us in a night of cheering loud and proud for the Dragons. Help cheer them on to a victory.

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<td>TIME: 6:30 pm – 10:00 pm</td>
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<td>COST: $6; bring money for concessions</td>
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**Wednesday, October 21st: Center Grove Pumpkin Patch**

Join us for a fun filled visit to Center Grove Orchard! We will be getting a private tour and will pick apples, get lost in a corn maze, befriend the goats, enjoy a bonfire, and enjoy playing farm games. Be sure to wear good walking shoes, and don’t forget any spending cash as their apple cider donuts are worth trying!

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<td>COST: $34; bring money for concessions, and souvenirs</td>
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Gym Class Heroes - Session 1

This program will offer you new and exciting ways to stay fit and keep you moving. On each Monday, join us at Link Associates Leisure Department from 3:00 pm – 4:00 pm for a workout you won’t forget. We will try it all: yoga, pound fitness, dance aerobics, Pilates, stepping class, strength training, tai-chi, nutrition info, Chair One Fitness, and power walking.

On Wednesday’s, we will head out to different locations around town including, but not limited to Krave Gym, Walnut Creek YMCA, Grays Lake, and Water Works Park from 3:00 pm – 4:30 pm, where we will continue our fitness by trying classes, basketball, cardio machines, weight machines, swimming and walking. This new program will not only keep you moving but also make you feel accomplished!

We will begin Monday, September 14th and go through October 28th

PROGRAM REGISTRATION FEE: $25.00
TIME: Mondays 3:00 pm – 4:00 pm
Wednesdays 3:00 pm – 4:30 pm
DATE: See description above
COST: Registration Fee Only
MEETING PLACE: Link Associates-1452 29th St.

Limited to 6 Participants. Reduced group size for social distancing.

Gym Class Heroes - Session 2

This program is the second session for the above description. We will offer you new and exciting ways to stay fit and keep you moving for 8 weeks. You are welcome to sign up for one or both of the sessions!

We will begin Monday, November 2nd and go through December 23rd

PROGRAM REGISTRATION FEE: $25.00
TIME: Mondays 3:00 pm – 4:00 pm
Wednesdays 3:00 pm – 4:30 pm
DATE: See description above
COST: Registration Fee Only
MEETING PLACE: Link Associates-1452 29th St.

Limited to 6 Participants. Reduced group size for social distancing.
Community Art Connection

Thursday, November 19th: Gingerbread Cookies

That’s right, we are making cookies! Come join us as we bake and decorate fall themed gingerbread cookies with a gingerbread master, Jennifer Hanson! Jennifer has been making gingerbread cookies for years and has mastered the skill of making these mouthwatering gorgeous treats! What are the odds these tasty cookies even make it back home?!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 8:00 pm
COST: Registration Fee only
LOCATION: Link Associates - 1452 29th St, WDM

Limited to 10 Participants. Reduced group size for social distancing.

Thursday, December 3rd: Holiday Wreaths

Whether you have been naughty or nice, you can join us in this Christmas wreath activity. All you have to do is bring your creativity and use it to create your own wreath. You will be able to take your wreath with you and hang it up as a decoration in your home. This is the perfect way to get in the holiday spirit.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:30 pm
COST: Registration Fee only
LOCATION: Link Associates - 1452 29th St., WDM

Limited to 8 Participants. Reduced group size for social distancing.
Thursday, October 29th: Slaughter House

The Slaughter House is full of haunted history. Join us for this famous spooky tour in the heart of Des Moines! You won’t be the only one to let out a squeal! And if you’re lucky, you won’t make the cut. Enter at your own risk!!

PROGRAM REGISTRATION FEE: $5.00
TIME: 8:00 pm - 10:00 pm
COST: $30; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Friday, November 6th: Coffee Cats

Calling all cat lovers, join us in a purrfect trip to Coffee Cats in West Des Moines. This is Iowa’s first cat café. There will be cats from the Animal Rescue League present. What could be better than having a cup of coffee and having some company from cats? Remember if you are allergic or don’t like cats, this may not be the outing for you.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 8:00 pm
COST: Bring money for coffee or shopping
MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday, November 11th: Gnome Buddies

There’s no place like Gnome! Here is your chance to come make yourself some whimsical gnome buddies! Use these gnome buddies for a book end, decoration, door stop, or new roommates! They are silly looking little gnomes, and they want their fun to be known! What’s a Gnome’s favorite movie? Gnome Alone! You don’t want to miss out on having these goofy gnomes in your homes!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 9:30 pm
COST: $50; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM
NEW PROGRAMS & SPECIAL EVENTS

Friday, November 20th: Girls Night - Arts & Craft Show
Iowa’s largest arts and crafts show, held at the Iowa State Fairgrounds, displays over 300 talented exhibitors, who sell thousands of unique handmade products. Explore the crafts and see what fun items you may find!

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm – 9:00 pm  
**COST:** $7; bring money for concessions and shopping  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

Wednesday, December 2nd: Movie Night
Lights, camera, ACTION! Come enjoy a showing on the big screen of a popular, must see, new movie. Whether it’s a romantic comedy, thriller, or Disney, you are sure to have a fun night out at the theater.

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm - 9:30 pm  
**COST:** $12; bring money for concessions  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

Thursday, December 10th: Jingle in the Junction
You’ll want to join us in going to Jingle in the Junction if you want to get in the Christmas spirit. Be ready for a night filled with all things Christmas. The streets along Historic Valley Junction will be filled with Christmas lights, caroling, horse and trolley rides, and most importantly Santa will be there. Get signed up, it is a night you won’t want to miss.

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm - 8:00 pm  
**COST:** Pay when confirmed; Bring money for shopping  
**MEETING PLACE:** Link Associates -1452 29th St., WDM
COMMUNITY ART CONNECTION

PROGRAM DESCRIPTION: Community Art Connection (CAC) is a program designed to introduce participants to a variety of leisure time alternatives. Speakers are scheduled to present information and/or a hands-on experience for the topic they are addressing. Come view, listen to, and experience a new leisure option.

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020

Thursday, September 31st: Smear Painting

Join us as we transform a plain canvas into a gorgeous piece of art! The best part about smear painting? It is supposed to be messy! This easy and satisfying painting style is an awesome way to express oneself. As the famous Bob Ross once said, “Every day is a good day when you paint”.

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:00 pm
COST: Registration Fee only
LOCATION: Link Associates -1452 29th St., WDM

Limited to 8 Participants. Reduced group size for social distancing.

Wednesday, October 28th: Pumpkin Carving

Celebrate the fall season by doing a little bit of pumpkin carving. Carve the coolest pumpkin on your block! Learn tips and techniques to create your very own masterpiece. Whether you’re a master carver or not, you’re bound to have a spooky fun time!

PROGRAM REGISTRATION FEE: $5.00
TIME: 6:00 pm – 7:30 pm
COST: Registration Fee only
LOCATION: Link Associates -1452 29th St., WDM

Limited to 8 Participants. Reduced group size for social distancing.
OVERNIGHT CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to travel one weekend day each month to a new destination in Iowa and the Midwest. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. There are a variety of trips planned, so choose the one (or all) that appeals to you and make your reservation now!

We will meet, depart from, and arrive back at Link Associates – 1452 29th St.

Limited to 6 people per activity. Reduced group size for social distancing.

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020


Calling all Halloween enthusiasts! We are heading on the Ultimate Halloween Weekend Trip! Our fun starts Friday night as we check out the Mystery Manor in Omaha! The Mystery Manor is a haunted attraction that will leave you forever frightened! On Saturday, we are spending the day at Vala’s Pumpkin Patch in Gretna, Nebraska. This Pumpkin Patch is huge, with lots of fun attractions such as a Lost Pumpkin Mine, Corn Maze, Pirate Maze, Storybook Barn, Spook Shed and Haunted Farmhouse. Later Saturday night, we will head to the Ranch of Terror and Haunted Hayride in Papillion, Nebraska for some more Halloween fun! The Haunted Hayride is one of the top Midwest haunted attractions, along with The Ranch of Terror. Over 30 minutes of twists and turns through the eerie hollow. Over 20 acres of shrill seeking events will leave you breathless, confused and terrified. They are notching up the scares this season so be prepared for a great time! We will return back at Link Associates for pick up at 11:30 am on Sunday! Get ready for the Ultimate Halloween Trip!

*Must meet qualifications to attend this program, as participant must have community alone time to attend. Must be able to be alone overnight in hotel with roommate of same gender. Participants will have own bed, but must share a room. This trip has a chaperone ratio of 1:4, and all medications must be prepackaged and labeled.

*Additional wavier must be filled out prior to attending. If confirmed, a waiver will be sent with confirmation letter.

*No transportation available-must be able to meet at Link Associates and be picked up.

Cancellation Policy: You must cancel at least 14 business days in advance. If proper notice is not received, the participant will lose all pre-paid fees for the activity. No refunds due to weather delays or cancelations.

PROGRAM REGISTRATION FEE: $415 (fee covers; admission, hotel, transport, and meals)
TIME: Friday, Oct. 23rd (Depart at 4 pm) through Sunday, Oct. 25th (Arrive back -11:30 a)
COST: Registration Fee Only; Bring money for souvenirs and snacks
MEETING PLACE: Link Associates - 1452 29th St., WDM
Wednesday, December 16th: Texas Roadhouse

They see me ROLLING into Texas Roadhouse to enjoy those famous rolls. Come enjoy a night out and have a yummy supper prepared for you. It will be a night spent with food, friends, and laughter. You’ll be sure to leave with a full stomach and a smile on your face.

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm – 8:30 pm  
**COST:** $25; Pay when confirmed  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

Wednesday, December 23rd: Jolly Holiday Lights

Tis the season to be jolly! What better way to get into the holiday spirit than to scope out some light displays? Jolly Holiday Lights is a drive-through holiday light display set up in Adventureland Park by Make-A-Wish Iowa. This event helps raise money to grant wishes to children who have critical illnesses.

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm – 9:00 pm  
**COST:** $5, pay when confirmed  
**MEETING PLACE:** Link Associates -1452 29th St., WDM

Tuesday, December 29th: B-Roll Bowling

Lets try out the new bowling alley in Ankeny called B-Roll Bowling! Roll on over, there’s no time to “spare.” Come join us for a fun night of bowling at B-Roll Bowling! Be sure to wear white or a light colored clothing so you glow under those LED lights!

**PROGRAM REGISTRATION FEE:** $5.00  
**TIME:** 6:00 pm – 9:00 pm  
**COST:** $22; bring money for concessions  
**MEETING PLACE:** Link Associates -1452 29th St., WDM
DAY TRIP
CLUB TRAVEL

PROGRAM DESCRIPTION: A program designed for adults with mild intellectual disabilities and/or physical disabilities who may be socially isolated within our community, and want to travel one weekend day each month to a new destination in Iowa and the Midwest. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. There are a variety of trips planned, so choose the one (or all) that appeals to you and make your reservation now!

We will meet, depart from, and arrive back at Link Associates – 1452 29th St. Limited to 6 people per activity. Reduced group size for social distancing.

REGISTRATION PROCESSING BEGINS: AUGUST 7TH, 2020

Saturday, September 19th: Hansen’s Dairy Farm
Have you ever wanted to bottle feed a calf, milk a cow, or pet a kangaroo? Well, Hansen’s Dairy is just the place for you! Join us for a private, hands-on tour of Hansen’s Dairy in Hudson, Iowa. This tour is the full experience! You will get to ride a trolley to the farm, feed calves, milk cows, pet the kangaroos and goats, make homemade butter, and even sample Hansen’s products and eat ice cream.

PROGRAM REGISTRATION FEE: $10.00
TIME: 1:00 pm - 9:45 pm
COST: $45; (includes dinner & admission) - bring money for souvenirs
MEETING PLACE: Link Associates - 1452 29th St., WDM
**Saturday, November 14th: Tama Casino**

Take a gamble and join us in a day event to the Meskwaki Casino in Tama, Iowa. Sign up for a day full of games and fun. The casino has many game options including, slots, table games, bingo, and poker. There is something for everyone and it will definitely be a fun filled day. Lunch will be at the Casino’s buffet, so there will be plenty of options to suit everyone’s likes.

*In order to get into the Casino, you must be 21 years of age and older and have your ID with you on that day.*

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 9:30 am – 3:30 pm  
**COST:** $11 (includes lunch) bring money for gambling and bring your ID  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

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**Saturday, December 15th: IKEA**

Do you need to get your Christmas shopping done? Come join us for a day full of browsing and buying gifts, and maybe a treat for yourself. The store will be perfectly decorated in all things Christmas, so enjoying all the lights and décor will be a fun way to spend the day. We will get lunch at the cafeteria at Ikea, followed by lots of shopping. As we are headed back, we will be stopping along the way to enjoy a meal, so we can reenergize after the full day of walking, shopping, and laughing with friends.

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 8:00 am – 8:00 pm  
**COST:** $50 (includes lunch and dinner) - bring money for snacks and shopping  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM
**PHOTO CONSENT**

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<th>Activity</th>
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<td>B-Roll Bowling ($27.00)</td>
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<td>Jolly Holiday Lights ($10.00)</td>
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<td>Texas Roadhouse ($30.00)</td>
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<td>Jingle in the Junction ($5.00)</td>
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<td>Movie Night ($17.00)</td>
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<td>Girls Night – Arts &amp; Craft Show ($12.00)</td>
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**PHOTO CONSENT AGREEMENT:**

I grant permission for photographs, press materials, and/or video clips to be used by Leisure Services sponsoring agencies for the purpose of education, program promotion, and public relations. I understand I, my heirs, and all persons who are with me, are responsible for the safety of my child(ren) during participation in any and all activities and for the content of any photograph(s) or video(s) taken of me. I understand that a photograph may be used in emergency purposes. If participating in Special Olympics, I am aware and in agreement for all Special Olympics activities. I understand vides or other publications may be used in videos of other publications. Because the Leisure Program is community based, I understand there is a possibility that my photograph may be used in videos of education, program promotion, and public relations. I hereby agree to hold harmless Link Associates, its agents, officers, board members, volunteers, and employees, and all other responsible parties for any and all liability for personal injuries or damages I may hereafter sustain while participating in traveling to and from or observing the sponsored activities. The individuals listed above have my permission to participate in the listed programs.

**HOLD HARMLESS, CONSENT, & WAIVER AGREEMENT:**

In consideration of your acceptance of my participation, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, Dowling Schools, Warrior Run Golf Course, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama, YMCA or any of the subsidiaries, affiliates, employees or agents for any and all injuries suffered by me in said programs/services for the period of January 1, 2020- December 31, 2020. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no medical or physical conditions that prevent my participation.

**PHOTO CONSENT**

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In consideration of your acceptance of my participation, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, Dowling Schools, Warrior Run Golf Course, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama, YMCA or any of the subsidiaries, affiliates, employees or agents for any and all injuries suffered by me in said programs/services for the period of January 1, 2020- December 31, 2020. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no medical or physical conditions that prevent my participation.

**PHOTO CONSENT**

I understand that a photograph may be used in emergency purposes. If participating in Special Olympics, I am aware and in agreement for all Special Olympics activities. I understand videos or other publications may be used in videos of other publications. Because the Leisure Program is community based, I understand there is a possibility that my photograph may be used in videos of education, program promotion, and public relations. I hereby agree to hold harmless Link Associates, its agents, officers, board members, volunteers, and employees, and all responsible parties for any and all liability for personal injuries or damages I may hereafter sustain while participating in traveling to and from or observing the sponsored activities. The individuals listed above have my permission to participate in the listed programs.

**HOLD HARMLESS, CONSENT, & WAIVER AGREEMENT:**

In consideration of your acceptance of my participation, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, Dowling Schools, Warrior Run Golf Course, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama, YMCA or any of the subsidiaries, affiliates, employees or agents for any and all injuries suffered by me in said programs/services for the period of January 1, 2020- December 31, 2020. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no medical or physical conditions that prevent my participation.
Fall 2020 Program Registration

Link Leisure Services

Registrations accepted on a first come, first served basis.

Registration Processing Begins: August Th, 2020

Send NO Money with your registration. Confirmation letters will be sent out once your registration is processed.

Mail to: Link Associates, 1452 29th Street, West Des Moines, IA 50266

www.linkassociates.org
PARTICIPANT CONTACT INFORMATION

REGISTRATION PROCESSING BEGINS: August 7th, 2020

Name: ________________________________________ Phone: ________

Behaviors to encourage______________________________________________________

Behaviors to discourage_____________________________________________________________________________________

Health &/or behavior concerns that may affect participation__________________________________________________________

Do you currently have a recreation, leisure, or community integration goal: ____Yes ____No
If yes, what is your current goal? ______________________________________________________

EMERGENCY CONTACT INFORMATION

Residential Provider: _____________________________________ Phone: _______________

Agency Supervisor: ______________________ Emergency Cell: _____________________
Email: _________________

Case Manager: _______________ Phone: _________________________ Email: _______

Payee: __________________ Address: ______________________________________

1. EMERGENCY CONTACT PERSON – Evening and Weekend
Name: ________________________________________ Phone: ________________________
Address: ______________________________________________________________________________________
Relationship to Client: __ Email: ____________________________________________

2. EMERGENCY CONTACT PERSON – Evening and Weekend
Name: _________________________________________ Phone: _________________________
Address: ______________________________________________________________________________________
Relationship to Client: ______________________________ Email: __________________________

Physician Name: __________________________________________ Phone: _______________________

Hospital Preference: _____________________________________________

Place a (X) by the participant’s primary disability:

- Developmental
- Autism
- Wheelchair Assistance
- Borderline
- Cerebral Palsy
- Diagnosed Mental Illness
- Visually Impaired
- Physical Disability
- Seizure Disorder
- Hearing Impaired
- Other

Place a (X) by the participant’s secondary disability:

- Autism
- Emotion/Behavioral Disorder
- ID Mild
- ID Moderate
- ID Profound
- ID Severe
- ID Mild
- ID Moderate
- ID Profound
- ID Severe
- ID Mild
- ID Moderate
- ID Profound
- ID Severe
- ID Mild
- ID Moderate
- ID Profound
- ID Severe
- ID Mild
- ID Moderate
- ID Profound

Place a (X) by the participant’s current living arrangement:

- Independent (individuals with NO scheduled support)
- Independent (individuals living with family with no support)
- Individuals with 2—30 hours SCL support per week
- Individuals with 31—90 hours SCL support per week
- Individuals with 91—167 hours SCL support per week
- Individuals with 240 hours of support per week

Place a (X) by the participant’s ethnic group:

- Caucasian/White
- Hispanic
- Asian
- African-American/Black
- Native Hawaiian
- Native American/Alaskan
- Other

Physician Name: __________________________________________ Phone: _______________________

Hospital Preference: _____________________________________________

Relationship to Client: _____________________________________________

Address: _____________________________________________

Name: _____________________________________________

Place a (X) by the participant’s primary disability:

- Developmental
- Autism
- Wheelchair Assistance
- Borderline
- Cerebral Palsy
- Diagnosed Mental Illness
- Visually Impaired
- Physical Disability
- Seizure Disorder
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- Other
PARTICIPANT CONTACT INFORMATION

REGISTRATION PROCESSING BEGINS: August 7th, 2020

Name: ________________________________________     Phone: ________

Behaviors to encourage______________________________________________________

Behaviors to discourage_____________________________________________________________________________________

Health &/or behavior concerns that may affect participation________________________________________________________

Do you currently have a recreation, leisure, or community integration goal: ____Yes ____No

If yes, what is your current goal? ______________________________________________________

__________________________

EMERGENCY CONTACT INFORMATION

Residential Provider: _____________________________________     Phone: _______________

Agency Supervisor: ______     Phone: _________________________

Case Manager: ___________     Emergency Cell: _____________________

Email: _________________

Payee: __________________ Address: ______________________________________

Relationship to Client: __     Email: __________________________

1. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: ________________________________________ Phone: ___________________________

Address: ______________________________________________________________________________________

Relationship to Client: __     Email: _____________________________________

2. EMERGENCY CONTACT PERSON – Evening and Weekend

Name: ________________________________________ Phone: ___________________________

Address: ______________________________________________________________________________________

Relationship to Client: __     Email: _____________________________________

Physician Name: ______________________________________________ Phone: ___________________________

Hospital Preference: ____________________________________________

Place a (X) by the participant's primary disability:

_____Developmental   _____Autism   _____Wheelchair Assistance

_____Borderline   _____Cerebral Palsy   _____Diagnosed Mental Illness

_____ID Mild   _____Visually Impaired   _____None Reported

_____ID Moderate   _____Seizure Disorder   _____ID Profound

_____Physical Disability   _____Autism   _____Emotional/Behavioral Disorder

_____Other

Place a (X) by the participant's secondary disability:

Place a (X) by the participant's current living arrangement:

If yes, what is your current goal?

Do you currently have a recreation, leisure, or community integration goal: ____Yes ____No

Health &/or behavior concerns that may affect participation

Behaviors to discourage

Behaviors to encourage

Place a (X) by the participant's ethnic group:

_____Independent (individuals with NO scheduled support)

_____Independent (individuals living with family with no support)

_____Individuals with 2-30 hours SCL support per week

_____Individuals with 31-90 hours SCL support per week

______individuals with 91-167 hours SCL support per week

_____Native Hawaiian

_____Other