Leisure Times
Fall Brochure 2022
1452 29th Street
West Des Moines, IA 50266
(515) 262-8888
Time to register for the Fall 2022 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)

To locate Leisure Services information:

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

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

[LOGO]

Serving people with intellectual disabilities
ACKNOWLEDGEMENTS

Link Associates Leisure Services would like to thank the following:

✪ West Des Moines Parks and Recreation - Funding Support

✪ United Way of Central Iowa - Funding Support

✪ Knights of Columbus - Funding Support

✪ Valley Community Center - Facility Usage

✪ University of Iowa Therapeutic Recreation Program

✪ MVP Sports - Facility Usage

✪ Special Olympics - Athletic Opportunities and Trainings

✪ Krave Gym - Program Support

✪ Karolee Klongan - Program Support

✪ Brooke Dannenfeldt - Program Support for Living Healthy Program

✪ Bowlerama - Use of Facilities

✪ Animal Rescue Leage of Iowa - Critter Camp Support

The many Volunteers that help make our programs successful; we couldn’t do it without you!!
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Link Associates:
1452 29th Street
West Des Moines, IA 50266
Phone (515) 262-8888
Fax (515) 468-2952
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 Supervisor &
Volunteer Coordinator
(515) 262-8888 ext 207
asmith@linkassociates.org

**Ashley Clark, CTRS**
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Leisure Services Specialist
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On-Call Leisure Services Specialists
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ckurth@linkassociates.org

MAILING ADDRESS:
Link Associates
1452 29th Street
West Des Moines, IA 50266
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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**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, 2022. 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.

**PAYMENTS ARE DUE SEPTEMBER 30TH, 2022**

**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.
REGISTRATION PROCESSING BEGINS: AUGUST 1ST, 2022

Program Times
We ask that you please adhere to times posted for activities. Activities are often scheduled 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 conclusion. 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 registration fees indicated in the Leisure Times brochure. Send no money with your registration, you will be billed! Payment schedules may be arranged on an individual 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, 2022

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. Transportation 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 cancellation 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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<td>Spinsners: Monterrey Mexican Restaurant 6:00 pm – 8:30 pm</td>
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<td>CAC: Scarecrows 6:00 pm – 7:00 pm</td>
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<td>Spinners: Music in the Garden 6:00 pm – 8:00 pm</td>
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**S.O. Dance**

It’s Dance season! Athletes will practice at Link Associates Thursday evenings starting in January and continue through March. All new dance participants will need to attend a mandatory assessment session on December 14th from 5:00 - 6:00 pm at Link Associates. Athletes will compete in the Mid-Winter Tournament in Iowa City in March, 2023. We will have three dance teams with a limit of 19 athletes. Athletes who are competing in Basketball will not be able to compete in Dance.

**LAST DAY TO REGISTER FOR DANCE IS DECEMBER 9th, 2022.**

**S.O. Dance physicals are due on DECEMBER 9th, 2022.**

**PROGRAM REGISTRATION FEE:** $45.00  
**TIME:** TBD – You will get a phone call notifying you of your dance team/time  
**DATE:** Assessments for NEW participants on December 14th  
Dance practice begins on January 5th  
**COST:** Registration Fee Only  
**PLACE:** Link Associates; 1452 29th St, WDM  
**Limited to 19 Participants**

**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 16th from 5:00 – 6:00 pm at MVP Sports in Des Moines to be eligible to participate in the Special Olympics 2022-2023 basketball Season. Athletes who are competing in Dance will not be able to compete in Basketball.

**LAST DAY TO REGISTER FOR BASKETBALL IS NOVEMBER 4th, 2022**

**Basketball physicals are due by NOVEMBER 4th, 2022**

**PROGRAM REGISTRATION FEE:** $35.00  
**TIME:** TBD – You will get a phone call notifying you of your basketball team/time  
**DATE:** Assessments for NEW participants are on November 16th - Basketball practice begins on January 4th.  
**COST:** Registration Fee Only  
**PLACE:** MVP Sports Center – 4600 Park Ave, DSM
Halloween Outdoor Movie Night & Haunted Carnival

All things spooooooooky shall be brewing at our annual outdoor haunted carnival and movie night. We will start the night with our outdoor haunted carnival, where you can play all of the scary games. This will be followed with popcorn, candy, and a Halloween movie! Wear a spooky costume and be ready for all of the fun Halloween things!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm – 9:00 pm  
**DATE:** Wednesday, October 12th, 2022  
**COST:** Registration Fee Only  
**LOCATION:** Link Associates; 1452 29th St., WDM

Overnight Holiday Lock-in

Join us for an overnight lock-in with the leisure department! Create hand-made winter crafts, sing and dance along to your favorite holiday songs and bake holiday-themed cookies, and the night with a Holiday movie and popcorn! The fun doesn’t end there! Have a slumber party with your friends at Link Associates! No matter what holiday you celebrate, this lock-in will lift your holiday spirits!

**PROGRAM REGISTRATION FEE:** $75.00  
**TIME:** Drop off on 12/16 at 4:00 pm  
Pick up on 12/17 at 10:00 am  
**DATE:** 12/16 to 12/17  
**COST:** Registration Fee Only  
**LOCATION:** Link Associates; 1452 29th St., WDM  

Limited to 16 Participants
NEW PROGRAMS & SPECIAL EVENTS

Celebrating You: A Guide to Self-Worth - Group 1

This session is all about you! You are important and a valuable member of society. Learn about the importance of self-love and how to properly advocate for yourself in all settings! Specifically, you will learn about the different types of manipulation, where manipulation can take place, and what can be done to prevent manipulation. You’re amazing and there’s no one quite like you! It’s important to learn about how to properly make sure your needs are met and that you are cared for!

*You cannot sign up for both sessions, please pick only one*

PROGRAM REGISTRATION FEE: $15.00
TIME: 6:00 pm – 8:30 pm
DATE: Wednesday, December 21st
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 25 Participants

Celebrating You: A Guide to Self-Worth - Group 2

This session is all about you! You are important and a valuable member of society. Learn about the importance of self-love and how to properly advocate for yourself in all settings! Specifically, you will learn about the different types of manipulation, where manipulation can take place, and what can be done to prevent manipulation. You’re amazing and there’s no one quite like you! It’s important to learn about how to properly make sure your needs are met and that you are cared for!

*You cannot sign up for both sessions, please pick only one*

PROGRAM REGISTRATION FEE: $15.00
TIME: 6:00 pm - 8:30 pm
DATE: Wednesday, December 28th
COST: Registration Fee Only
LOCATION: Link Associates; 1452 29th St., WDM

Limited to 25 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 1ST, 2022

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 in January – 2023 in Dubuque, IA at Albrecht Acres, and is an overnight experience. More information will be provided. The snowshoeing cost covers hotel, food, and travel costs for the final competition.

Last day to Registration for Snowshoeing is November 4th. Snowshoeing physicals are also due by November 4th.

PROGRAM REGISTRATION FEE: $85.00
TIME: 5:00 pm - 6:00 pm
DATE: Starting Monday, November 21st, 2022
COST: Registration Fee Only
PLACE: Link Associates; 1452 29th St, WDM

Limited to 12 Participants
Fun & Fitness

Healthy Living Program “Live Excellently”

If you love consistent activities and want to learn more about “Living Excellently,” you are in the right place! This 14-week program provides opportunities to experience a variety of activities and learn strategies to live a healthier life. We want to help you learn and develop habits and have a deeper understanding of healthy living. Each week will be two fun-filled hours of fitness, nutrition, and mental health topics. Come cook a meal, dine out at a restaurant, lift some weights, and so much more! Other activities include journaling, healthy shopping, professionally led workout classes, and goal workshopping. All supplies and experiences are included in the cost. You will come away from this series with items to take home and help you continue your healthy lifestyle journey. You are sure to learn SO MUCH and have a great time with friends!

We will begin September 1st and go through December 8th
*No session on November 24th for Thanksgiving

PROGRAM REGISTRATION FEE: $300.00
TIME: 6:00 pm - 8:00 pm
DATE: Every Thursday -Starting September 1st - Dec. 8th
COST: Registration Fee Only
LOCATION: Link Associates - 1452 29th Street, WDM

Limited to 12 Participants

Boot Camp

Get ready to feel the burn at bootcamp! The challenges you will face at bootcamp will be tough, but also super fun to do with your peers. We will be using tires, ropes and plenty of other equipment to make for an intense workout!

PROGRAM REGISTRATION FEE: $25.00
TIME: 4:00 pm - 5:30 pm
DATE: Tuesday, September 13th
COST: Registration Fee Only
LOCATION: Link Associates - 1452 29th Street, West Des Moines

Limited to 15 Participants
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. Each activity is limited to 12 participants.

Please note the meeting place for each activity.

REGISTRATION PROCESSING BEGINS: AUGUST 1ST, 2022

Wednesday, September 7th: Ashton Observatory

It’s time to go star gazing! Join us for a magical night at the observatory, located in Mingo, IA. We will listen to a presentation and go on a tour with an expert. You will get to use the amazing telescopes within the observatory’s two domes. The milky way, planets, and shooting stars are all ready for us to enjoy! You don’t want to miss this opportunity to aim for the stars.

PROGRAM REGISTRATION FEE: $10.00
TIME: 7:00 pm - 10:00 pm
COST: $5.00; Pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Tuesday, September 13th: Monterrey Mexican Restaurant

Love Mexican food? Then you need to come and join us for an evening out at Monterrey Mexican Restaurant! You can order a burrito, tacos, fajitas, quesadilla—whatever you want along with some delicious complimentary chips and salsa.

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm - 8:30 pm
COST: $25; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM
Thursday, September 22nd: Aerial Play

We are going to get an experience of the lifetime trying out the aerial hammocks at Club B Fit! We will try out different poses and tricks in the air! You will have the opportunity to relax and unwind while also challenging yourself. This class is perfect for beginners and will match the level of challenge you are comfortable with. Bring active clothes and be ready to move! Please do not eat food or drink alcohol within an hour and a half before the activity.

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:30 pm
COST: $35; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Thursday, September 29th: Music in the Garden

Ready to get your groove on at the Botanical Garden here in Des Moines, Iowa! Get the amazing opportunity to experience jazz, neo-soul pop, and R&B led by The Voice 12th season finalist, Sharene Callister! This is the perfect opportunity to experience diversity in music and see some exotic plants/flowers with friends!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:00 pm
COST: $10; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday, October 19th: Center Grove Orchard

Get ready for a night of corn mazes, campfires, and cider at Center Grove Orchard! This family-run farm will not disappoint. We will take an evening hayrack ride, explore the corn maze, and hang out at the campfire with some delicious treats. Bring your walking shoes and a smile for a great fall night.

PROGRAM REGISTRATION FEE: $10.00
TIME: 5:30 pm - 8:30 pm
COST: $22; bring money for pumpkins
MEETING PLACE: Link Associates -1452 29th St., WDM
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, and power walking.

On Wednesdays, 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 program will not only keep you moving but also make you feel accomplished!

We will begin Monday, September 12th and go through October 26th

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 12 Participants

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. You are welcome to sign up for one or both of the sessions!

We will begin Monday, October 31st and go through Wednesday, December 21st

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 12 Participants
NEW PROGRAMS & SPECIAL EVENTS

**Tuesday, November 29th: Rug Hooking**

Like crafts and soft things? You need to make your own rug! We will be making our very own 12 inch by 12 inch rugs with fun patterns on them. You will get to pick out the pattern you like most and make a rug to take home!

**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 20 Participants*

**Wednesday, December 7th: Squeegee Painting**

Did you know you can create art pieces from common household items such as the squeegee which is used for cleaning windows? We are going to use squeegees to create abstract paintings that are sure to blow your mind. We cannot wait for you to try out this stunning painting technique!

**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 25 Participants*
Friday, October 28th: Tormented Souls Haunt Park

BOO! Did we scare you? Put your bravery to the test at the Tormented Souls Haunt and Scream Park in Madrid, Iowa! You will have the chance to ride on the Terror bus and go through the haunted maze. Can you solve the maze riddles and survive the creepy creatures of the night?

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:30 pm - 10:30 pm  
**COST:** $19; bring money for concessions  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Wednesday, November 2nd: Candle Making

What is better than creating your own candle to match your personality?! Choose a mold, color, and scent to build your personalized candle at Glazed Expressions. We will let you know when your candle is ready to pick up from Link Associates. Your heart will melt after seeing your glowing candle creation.

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 5:00 pm – 7:30 pm  
**COST:** $40; pay when confirmed  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM

Monday, November 14th: Pots & Shots

Let's head over to Pots & Shots in Waukee. We will spend some time shopping in this one of a kind store. Everyone will be able to purchase a plant to take home. After shopping we will enjoy some beverages, while taking in this amazing store!

**PROGRAM REGISTRATION FEE:** $10.00  
**TIME:** 6:00 pm – 8:00 pm  
**COST:** $30, bring money for shopping/drinks  
**MEETING PLACE:** Link Associates - 1452 29th St., WDM
Tuesday, November 22nd: Cheesecake Factory

Do you like cheesecake, carrot cake, or chocolate cake? This is the perfect place for you! Come join us for a fun night with friends at Cheesecake factory! You will have the opportunity to have a yummy meal, drink, and dessert!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:30 pm
COST: $60; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Wednesday, November 30th: Holiday Ornaments

What better way to get into the holiday spirit than by creating your very own ornament? Pottery painting is always a blast, but we are adding a festive twist. Come for a chance to glaze your own ornament at Five Monkeys Inc. We will let you know when your creation is ready to pick up from Link Associates. We can’t wait to see what you create!

PROGRAM REGISTRATION FEE: $10.00
TIME: 5:30 pm - 7:30 pm
COST: $15; pay when confirmed
MEETING PLACE: Link Associates -1452 29th St., WDM

Tuesday, December 6th: Molly’s Cupcakes

What’s the best way to thank a baker for making you cupcakes? Send them flours! Join us as we head over to Molly’s cupcakes in Des Moines, IA. Come taste-test 3 of the various flavors of mini-cupcakes with your friends and decide which one is your favorite! Molly’s Cupcakes is a tasty way to end your day, so don’t miss out!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm - 8:00 pm
COST: $5; bring money for additional drinks and snacks
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 1ST, 2022

Wednesday, September 28th: Scarecrows

How does a scarecrow drink? With a straw! We are so excited for you to make your very own scarecrows to take home! This class will teach you to build a scarecrow safely. You will be provided with step-by-step instructions, plenty of straw, and a pre-made kit containing clothing, and decorations.

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 25 Participants

Monday, October 31st: Halloween Canvas Painting

Learn how to transform your canvas into a spooky piece of art! Join us for a night of Halloween fun painting creepy crawlers, haunted houses, forbidden forests, and more! Your creation is sure to be “fangtastic.” We will make sure you have a spook-tacular Halloween!

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 25 Participants
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 do an overnight travel experience. Travelers must exhibit good social behavior, have no major medical concerns, and display appropriate behavior toward property, themselves, and others. All inclusive trips with the exclusion of snacks and souvenirs. No transportation will be available. Additional waiver, paperwork, and cancelation policy must be filled out prior to attending. If confirmed, all paperwork will be sent with confirmation letter. Participant must be able to be alone overnight in hotel with roommate of same gender. Travelers will have own but must share room. These trips have ratio of 1:5, and all medications must be prepackaged and labeled. We will not require a COVID-19 vaccination to travel (unless noted in specific trip), but we strongly encourage all travelers and staff to get vaccinated as soon as they are able.

REGISTRATION PROCESSING BEGINS: AUGUST 1ST, 2022

Omaha, NE Old Market: October 7th - October 9th

It’s time to head back to Omaha, but this time we will be exploring the Old Market. We will spend lots of time swimming, shopping, exploring, and enjoying the food options. With our full day there we will start with some shopping, try ice cream at a local favorite spot, explore the Museum of Shadows, and go for a carriage ride! Before we head home on Sunday, we will walk over to the famous Hollywood Candy store! Lots of fun and unique options will be included on this trip, so we hope you can join us!

*All Inclusive trip with the exclusion of snacks and souvenirs.

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

*You must cancel at least 10 business days in advance. If proper notice is not received, the participant risks losing all pre-paid fees for the activity.

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

PROGRAM REGISTRATION FEE: $650 (covers; admission, hotel, transport, and meals)
DATE: Friday, October 7th (Check In at 5:30 pm) to Sun., October 9th (Pick up 12:00 pm)
COST: Payment plans available; bring money for souvenirs and snacks
MEETING PLACE: Link Associates - 1452 29th St., WDM

Limited to 10 Participants
Thursday, December 15th: Jingle in the Junction
Always put your holiday shopping off until the last minute? No worries! We will be going shopping at the local vendors in Historic Valley Junction. There will also be festive lights and music to enjoy. Buy some food, and enjoy the winter spirit with us on this trip to Jingle in the Junction.

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:00 pm
COST: Bring money for shopping/concessions
MEETING PLACE: Link Associates - 1452 29th St., WDM

Tuesday, December 20th: Movie Night
Life is Butter with you in it! Join us for an evening out with friends to the latest flix! What’s better than a movie and popcorn? Watching it with friends! This motion picture, big screen movie will have you at the edge of your seat and wanting more! The Leisure department will choose the best movie being shown this week to enjoy!

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 9:30 pm
COST: $12; bring money for concessions
MEETING PLACE: Link Associates - 1452 29th St., WDM

Friday, December 30th: Monsterama Arcade
What do monsters turn on in the summertime? The scare conditioner! Join us for a ghoulish adventure to the Monsterama Arcade in Des Moines, IA. It’s only $15 for any and all games within the arcade, no purchasing of a game card required! Please bring money if you’re interested in purchasing pizza and/or other concessions.

PROGRAM REGISTRATION FEE: $10.00
TIME: 6:00 pm – 8:00 pm
COST: $15; bring money for snacks/drinks
MEETING PLACE: Link Associates - 1452 29th St., WDM
**NEW PROGRAMS & SPECIAL EVENTS**

**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. Each trip is limited to 12 participants.

**REGISTRATION PROCESSING BEGINS: AUGUST 1ST, 2022**

**Saturday, September 3rd: White Eagle Pow Wow**

Do you love to learn about and experience new cultures? Come join the fun, and visit The Annual White Eagle Pow Wow! This event is all about bringing communities together through culture and celebrating diversity across the World. You will get the opportunity to experience traditional, Native American food, dance to traditional Native American dances, learn traditional Native American storytelling, listen to Native American music, and try some historical Native American arts and crafts.

**PROGRAM REGISTRATION FEE:** $20.00

**TIME:** 11:00 am - 4:00 pm

**COST:** $30 (includes lunch and admission)

**MEETING PLACE:** Link Associates - 1452 29th St., WDM

**Saturday, October 1st: Vala’s Pumpkin Patch**

We are headed to good ole Gretna, Nebraska to visit Vala’s Pumpkin Patch! Enjoy over 50 attractions that are free with admission, including a corn maze, hayrack ride, a haunted farmhouse, the petting corral, and much more! Shop one of the many stores to purchase your very own pumpkins or gourds, dip your own candles, or buy a souvenir. Order some delicious barbeque food from Pork Chop Annies or some soup and pizza from Country Bakery. Don’t miss this fun trip!

**PROGRAM REGISTRATION FEE:** $20.00

**TIME:** 8:00 am – 5:00 pm

**COST:** $70 (includes admission and lunch)

**MEETING PLACE:** Link Associates - 1452 29th St., WDM

**Saturday, December 3rd: John Deere Tractor Museum**

Calling all John Deere lovers! We have just the museum for you! Join us for a fun day in Waterloo, IA and ride in to the fascinating world of John Deere! Stop for lunch in Waterloo at the Highway 63 Diner and then join us on a self-guided tour through the museum. With free admission and a giftshop to explore, this museum is a must-see for all!

**PROGRAM REGISTRATION FEE:** $20.00

**TIME:** 9:00 am – 5:00 pm

**COST:** $25 (includes lunch and admission)

**MEETING PLACE:** Link Associates - 1452 29th St., WDM
NEW ADVENTURES DAY CAMP

PROGRAM DESCRIPTION: New Adventures Day Camp offers indoor and outdoor adventures for adults with disabilities! Our dedicated, mature, and fun-loving staff will take our campers on an unforgettable journey. Our goal is to create an environment that facilitates physical, social, and emotional well-being. The safety and well being of our campers is always our first concern. Our camp staff have spent months planning unique and exciting activities for this upcoming brochure. We look forward to sharing and experiencing a fun camp week with our campers. Campers should bring a cold lunch, warm clothing, water bottle, change of clothing, all medications (packaged and labeled) and sunscreen. You must cancel at least 14 business days in advance. If proper notice is not received, the participant risks losing all pre-paid fees for the activity. Limited to 6 people per camp unless otherwise noted.

REGISTRATION PROCESSING BEGINS: AUGUST 1ST, 2022

The Great Pumpkin Day Camp: October 24th - October 28th

Love everything Halloween and fall-themed? Then this camp is for you! Join us for multiple Halloween and fall-themed crafts, including pumpkin carving and painting. We will also be going to Center Grove Orchard, Pumpkinville, and Toad Valley Golf Course. We will be making multiple snacks this week like caramel apples, pumpkin seeds, and more. We will end the week watching The Great Pumpkin, Charlie Brown!

*Campers should bring a cold lunch, water bottle, warm clothes, all medications (packaged & labeled) and sunscreen. You may also bring some spending money if you wanted to purchase something at the pumpkin patches.

*You must cancel at least 10 business days in advance. If proper notice is not received, the participant risks losing all pre-paid fees for the activity.

*No transportation available-must be able to meet at Link Associates and be picked up. You can meet in the Leisure Department at 9:00 am be and picked up at 2:00 pm.

PROGRAM REGISTRATION FEE: $350.00 (covers admissions & supplies)
TIME: 9:00 am - 2:00 pm daily
COST: Registration fee only; bring cold lunch/water each day
MEETING PLACE: Link Associates - 1452 29th St., WDM

Limited to 6 Participants
If you would like a copy of this release please call the Leisure Department at 515-262-8888.

Person Legally Responsible: __________________________________________ Date: _______________

By signing this form, I understand and agree with the Photo Consent Agreement and the Hold Harmless, Consent, and Waiver Agreement.

Link Leisure Services policies and procedures included in the Leisure Times brochure and Registration form. By

I (participant and/or guardian) have read and understand the

THIS FORM MUST BE SIGNED IN ORDER TO PROCESS YOUR REGISTRATION!

I hereby agree to hold harmless Link Associates, its agents, officers, board members, volunteers and employees from any and all liability for personal injuries or
damages I may hereafter sustain while participating in traveling to and from observing the sponsored activities. The individuals listed above have my

Photo Consent Agreement & Hold Harmless, Consent, & Waiver

Special Olympics Athletes Only

Email: ____________________________________________________ T-Shirt Size: ________________________

Birth Date: _____________________

Address: _________________________________________________________________ Zip Code: ___________

Participant’s Name: _____________________________________ Phone #: ____________________________

Participant’s Age: ____________________

Please place a check in the box next to the program you are wanting to register for. If a program is not listed, please call 515-262-8888. Registration processing begins August 1, 2022.

Activity Totals:

Office Use Only

Includes fee, tickets, and meal (Includes fee, admissions, meal, transportation & lodging)

30th St.

West Des Moines, IA

1452 28th St.

National Des Moines, IA

Fall 2022 Program Registration

LINK ASSOCIATES

LINK LEISURE SERVICES

Mail to: 50266

Day Trip Club Travel:

S.O. Athletic Programs:

New Adventures Day Camp:

Fun & Fitness:

New Programs/Special Events:

Community Art Connection:

Monsterama Arcade ($25)

Rug Hooking ($5)

Halloween Canvas Painting ($5)

Scarecrows ($5)

Community Art Connection:

John Deere Tractor Museum ($40)

S.O. Athletic Programs:

A Guide to Self-Worth - Group 2 ($15)

Snowshoeing ($85)

Boot Camp ($25)

Basketball ($35)

Holiday Overnight Lock-in ($75)

Gym Class Heroes Session 1 ($25)

Halloween Outdoor Movie & Carnival ($10)

Healthy Living Program “Live Excellently” ($300)

The Great Pumpkin Camp ($350)

Healthy Living Program “Live Excellently” ($300)

Special Olympics Athletes Only

Email: ____________________________________________________ T-Shirt Size: ________________________

Birth Date: _____________________

Address: _________________________________________________________________ Zip Code: ___________

Participant’s Name: _____________________________________ Phone #: ____________________________

Participant’s Age: ____________________
Link Leisure Services policies and procedures included in the Leisure Times brochure and Registration form. By

I (participant and/or guardian) have read and understand the

THIS FORM MUST BE SIGNED IN ORDER TO PROCESS YOUR REGISTRATION!

January 1, 2022- December 31, 2022. I certify that I have full knowledge of the risks involved in leisure/recreation activities and that I am physically fit and have no

ents for any and all injuries suffered by me in said programs/activities for the period of

Schools, Warrior Run Golf Course, Valley Community Center, MVP Sports, Ankeny, Urbandale, West Des Moines, & Des Moines Parks and Recreation, Bowlerama,

administrators, waive any and all rights and claims for damages I may now or hereafter have against the Leisure Services Program, Link Associates, Dowling

irs, executors and

permission to participate in the listed programs. In consideration of your acceptance of my participation, I hereby, for myself, my he

damages I may hereafter sustain while participating in traveling to and from, or from observing the sponsored activities. The individuals listed above have my

I hereby agree to hold harmless Link Associates, its agen

Photo Consent Agreement

Email ____________________________________________________ T-Shirt Size  ________________________

sex Age (City) (Street) (State) Zip Code _________________________ Phone # _________________________

Participat’s Name: ______________________________________________________________

Email: ____________________________________________________ T-Shirt Size  ________________________

sex Age (City) (Street) (State) Zip Code _________________________ Phone # _________________________

Participat’s Name: ______________________________________________________________

T-Shirt Size

Email

sex

Birth Date

Address

Phone #

Participat’s Name: ______________________________________________________________

Your Registration is processed.

Confirmation letters will be sent out once

SEND NO MONEY WITH YOUR REGISTRATION.

Place a check by the program you are wanting to register for. Please refer to brochure for program times, dates, and costs. Registrations accepted on a first

come first served basis.

Bob's Burgers ($20)

Dance (5/4)

Basketball (5/5)

Snowshoeing (6/5)

Fun & Fitness:

New Adventures Day Camp:

The Great Pumpkin Camp ($350)

New Programs/Special Events:

-- Mommy & Me Camp (Fall) ($30)

-- Gym Class Heroes Session 1 ($25)

-- Gym Class Heroes Session 2 ($25)

-- Healthy Living Program "Live Excellently" ($300)

Ovemight Club Travel:

Ovemight Club Travel:

Boot Camp (2/25)

Gym Class Heroes Session 1 ($25)

Gym Class Heroes Session 2 ($25)

Healthy Living Program "Live Excellently" ($300)

River City Trips:

-- A Guide to Self-Defense - Group 2 ($15)

-- A Guide to Self-Defense - Group 1 ($15)

-- Holiday Overnight - Lock-in ($75)

-- Halloween Outdoor Movie & Carnival ($10)

-- Rocky Horror Picture Show ($15)

-- Star Trek ($15)

-- Rocky Horror Picture Show ($15)

-- Star Trek ($15)

-- Rocky Horror Picture Show ($15)

-- Star Trek ($15)

-- Rocky Horror Picture Show ($15)

-- Star Trek ($15)

-- Rocky Horror Picture Show ($15)

-- Star Trek ($15)

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PARTICIPANT CONTACT INFORMATION

Fall 2022
Registration Processing Begins: August 1st, 2022

Participant's 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? If yes, what is your current goal?
_____________________________________________________________________________________________________________________________________________

Residential Provider: ___________________________________________ Phone: ____________________

Guardian Name: ___________________________________________ Phone: ____________________ Email: __________________________

Agency Supervisor: ___________________________ Emergency Cell: ____________________ Email: __________________________

Case Manager: ___________________________ Phone: ____________________ Email: __________________________

Payee: ___________________________ Address: __________________________ Email: __________________________

Emergency Contact Person - Evening & Weekend

Name: ___________________________________________ Phone: ____________________

Address: ______________________________________________________________________________________

Relationship to Client: ___________________________________________ Email: __________________________
PARTICIPANT CONTACT INFORMATION
123 Anywhere St., Any City, ST 12345
+123-456-7890 (Office)
www.reallygreatsite.com

Fall 2022
Registration Processing Begins: August 1st, 2022

PROGAM EVALUATION DATA:
The following information is required for program evaluation purposes and funding proposals for the continuation of Leisure Services. This information is also necessary to inform our staff of the individuals enrolled, so that they may better structure activities. This information will be kept confidential and will only be available to Leisure Services personnel.

Place a (X) by the participant's primary disability:
- Developmental
- Borderline
- ID Mild
- ID Moderate
- ID Severe
- ID Profound
- Autism
- Other

Place a (X) by the participant's secondary disability:
- Autism
- Cerebral Palsy
- Visually Impaired
- Hearing Impaired
- Seizure Disorder
- Physical Disability
- Emotional/Behavioral Disability
- Wheelchair Assistance
- Diagnosed Mental Illness
- None Reported
- Other

Place a (X) by the participant's current living arrangement:
- Independent (individuals with NO Scheduled support)
- Independent (individual living with family with no support)
- Individuals with 2-30 hours with SCL support per week
- Individuals with 31-90 hours SCL support per week
- Individuals 91-167 hours SCL support per week
- Individuals with 24 hours of support per day

Place a (X) by the participant's ethnic group:
- Caucasian/White
- Hispanic
- Asian
- African-American/Black
- Native Indian/Alaskan
- Native Hawaiian
- Other