

Quantum LEAP Activities 2017

Winter Session 1: Monday, October 23rd – Thursday, December 14th
Sign Up Deadline: Friday, October 13th, 2017

The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities to people with developmental disabilities. Participants must be at least 18 years of age, reside in Cuyahoga County, and be eligible to receive services from the Cuyahoga County Board of Developmental Disabilities.

Quantum LEAP offers year-round activities in the evenings and on weekends. These activities are specifically designed or adapted for persons with disabilities. Sessions are six weeks long, and change throughout the year.

To register for these activities, please complete the October – December 2017 Session Registration and return to LEAP. A 2017 Annual Registration is also required to be on file with LEAP for participation.

Walking Club

Date: Mondays, October 23rd – December 11th **Time:** 6:00pm – 7:00pm

Description: Walking is proven to be one of the best forms of exercise. As a safe and low impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood. Winter sessions of Walking Club meet at the 2nd Floor Food Court at Beachwood Place Mall. Come stretch your legs and get some exercise!

Limit: N/A

Number of Sessions: 8

Cost: \$12.00

Location: 2nd Floor Food Court

Address: 26300 Cedar Rd, Beachwood, OH 44122

Basketball Clinic

Date: Tuesdays, October 24th – December 12th **Time:** 6:00pm – 7:30pm

Description: Feeling like LeBron? Come channel your inner Cavalier at Basketball Clinic! Each week, we will learn the fundamentals of basketball, including skills practice and rule review.

Limit: 25

Number of Sessions: 8

Cost: \$25.00

Location: Green Rd Services Center

Address: 4329 Green Road, Highland Hills, OH 44128

Bowling League

Date: Wednesdays, October 25th – December 13th **Time:** 6:00pm – 8:00pm

No Bowling on November 22nd – Thanksgiving Wednesday

Description: With equal parts strategy and skill, bowling is a fun activity for everyone. Come see the highest score you can get! Six bowlers max per lane

Limit: 75 participants

Number of Sessions: 7

Cost: \$45.00

Location: Game of Wickliffe

Address: 28801 Euclid Ave, Wickliffe, OH 44092



Linking Employment, Abilities and Potential
2545 Lorain Ave, Cleveland, OH 44113
216.696.2716 www.leapinfo.org
Activity/event cancelation line: 216.456.0840



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Aerobics – Cardio Fitness

Date: Thursdays, October 26th – December 14th **Time:** 6:00pm – 7:00pm

No Aerobics on November 23rd – Thanksgiving

Description: Exercise is an important part of a healthy lifestyle. This hour long, moderately intense aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood.

Limit: 35 participants

Number of Sessions: 7

Cost: \$18.00

Location: Forest Hill Center

Address: 14800 Private Dr., East Cleveland, OH 44112

Halloween Party & Dance

Date: Saturday, October 28th **Time:** 7:00pm – 9:00pm

Description: Dress in your best Halloween costume and dance the night away. Awards will be given out for the weirdest, funniest, scariest, most creative, and best overall costumes. Cheeseburger/hamburger, fries and beverage will be provided.

Limit: 150

Number of Sessions: 1

Cost: \$12.00

Location: Hilton Garden Inn – Cleveland East

Address: 700 Beta Drive, Mayfield, OH 44143

Game Night

Date: Friday, November 3rd / Friday, December 1st **Time:** 6:00pm – 8:00pm

Description: Come unwind and test your skills at a night of strategy, chance, and fun! Participants will participate in board games, volleyball, basketball, ping pong, and more. Game Nights meet at Mayfield Middle School, and include pizza, chips and a beverage.

Limit: 90 participants each session

Number of Sessions: 2

Cost: \$6 each session

Location: Mayfield Middle School

Address: 1123 SOM Center Rd, Mayfield Heights, OH 44124

Solon Blue Ribbon Karaoke & Dance

Date: Friday, November 17th **Time:** 6:30pm – 9:00pm

Description: Come sing, dance, and be merry. Our amazing DJ, Denise Formica, will be serving up the best jams in town, while we experience the awesome talents of our karaoke singers. A full dinner will be served.

Limit: 75 participants

Number of Sessions: 1

Cost: \$10.00

Location: Solon Community Center

Address: 35000 Portz Parkway, Solon, OH 44139



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Guided Tour of Cleveland's Museum of Contemporary Art (MOCA)

Date: Friday, November 18th **Time:** 11:00am – 1:00pm

Description: The Museum of Contemporary Art, MOCA, is a unique and dynamic place for the visual art of our time. MOCA's purpose is to push the boundaries of innovation, creativity and exploration through exhibitions and education.

On this **guided tour**, MOCA will be featuring two exhibits: ***A Poet*hical Wager*** and ***Phil Collins: my heart's in my hand, and my hand is pierced, and my hand's in the bag, and the bag is shut, and my heart is caught***. We will explore these exhibits and have tactile material to see. We will also take time to make hands-on material relating to the exhibits.

For more information on these exhibits, please visit:

<https://www.mocacleveland.org/exhibitions/upcoming>

Limit: 10 participants

Number of Sessions: 1

Cost: \$5

Location: Museum of Contemporary Art – MOCA – pay lot is behind MOCA

Address: 11400 Euclid Avenue, Cleveland, OH 44106



Pizza Bowl

Date: Saturday, November 18th **Time:** 1:00pm – 3:00pm – **NEW TIME**

Description: What a great way to spend a Saturday afternoon! Enjoy two hours of bowling with friends. The cost also covers one slice of cheese pizza, a small soft drink and a small cup of ice cream for the participant.

Limit: 90 participants - Six bowlers max per lane

Number of Sessions: 1

Cost: \$15.00

Location: Game of Wickliffe – **NEW LOCATION**

Address: 28801 Euclid Ave, Wickliffe, OH 44092

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Holiday Party & Dance

Date: Friday, December 8th **Time:** 7:00pm – 9:00pm

Description: Celebrate the holiday season with us. Wear your ugly holiday sweaters. We will have a competition for the ugliest sweater. Ugly sweaters are not required, but are encouraged. Dress code is casual. Lasagna, side salad, breadstick and beverage will be provided.

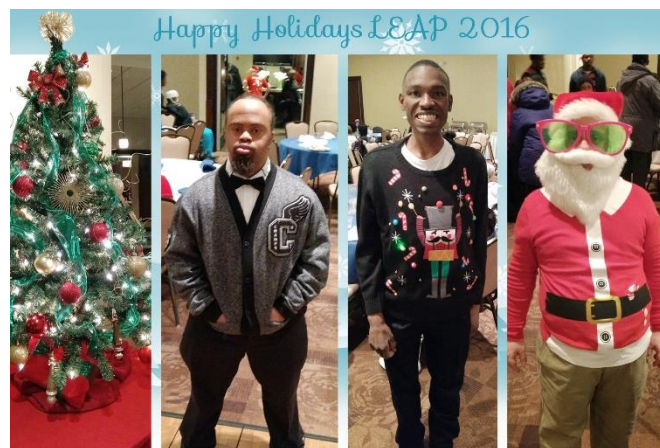
Limit: 150 participants

Number of Sessions: 1

Cost: \$12.00

Location: Hilton Garden Inn – Cleveland East

Address: 700 Beta Drive, Mayfield, OH 44143



To access forms and calendars, please visit:

<http://www.leapinfo.org/programsservices/recreation>

* We are now taking online registrations at: <http://www.leapinfo.org/events> *

Important Information

For updates on cancelations of Quantum LEAP events or activities due to weather, or any unforeseen circumstances, please call **216-456-0840**. This line will be updated for cancelations only, 2 hours prior to the start of an event or activity.

For all activities, an aid or assistant (which can be a parent, guardian or caregiver) **MUST BE PRESENT** for assistance. Please contact Jayme or Gary if any special accommodations are necessary.

For questions or concerns, contact

Gary Edler at 216-696-2716 ext. 822

Jayme Jirousek at 216-696-2716 ext. 824

gledler@leapinfo.org or jjirousek@leapinfo.org

After hours: 216-287-9641



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