

Activities & Recreation Schedule

Consumer Support Services
Pine Street Recreation Building
107 South Pine Street
Newark, Ohio 43055
740-344-3600



November 2010

Welcome

Consumer Support Services is offering exciting programs at our Pine Street Recreation Building at 107 South Pine Street in Newark. We currently serve adults and children with special needs in Licking County.

Program Goals

Consumer Support Services activity and recreation goals for the 2010 year are to:

- Promote and encourage socialization in a safe environment
- Provide a variety of program opportunities
- Promote physical fitness through appealing activities
- Work with families, group homes, and supported living sites to best meet the needs in our community
- Work to insure everyone who attends our activities has fun

Registration

In order for us to provide the most appropriate services to you and your family, our staff will need specific information on all participants. Please complete the attached registration form and Emergency Medical Authorization form. These forms, and any related documents must be on file before a person will be able to participate in any activities. Registration deadlines are listed with each program description. Please mail or drop off your registration forms and money to:

Pine Street Recreation Building
Attention: Amy Gartner - Activities Director
107 South Pine Street
Newark, Ohio 43055
Monday – Friday
8 a.m. – 4 p.m.

If you have any questions, please contact Amy at 740-344-3600 extension 242, cell phone 740-739-2753 or email at amy.gartner@cssohio.org. Program space is limited. Registrations will be on a first-come first-served basis. So register early!

Cancellation

If you have registered for a program that you are no longer able to attend please be sure to give 24 hours notice in order to get a refund. If 24 hours notice is not given, you will **not** receive a refund unless you provide medical documentation. Occasionally your activity may need to be **cancelled due to low registration** or weather related emergencies. Participants will be notified if program is cancelled and you will receive a refund. We will always try to reschedule a cancelled program in the case of a weather related emergency.

Deadlines

Please make sure to look at each programs registration deadline. In order for you to participate you must be **pre-registered** and **pre-paid**; please make checks payable to Consumer Support Services.

Program Suggestions

Do you have a special interest or hobby? If you have a program suggestion or an interest that you would like to explore, please contact Amy Gartner - Activities Director and she will work to bring that idea to life.

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Imagine If</i> 2:30 - 3:30 <i>Footsteps to Fitness</i> 3:30 - 4:30	2 <i>Yoga Stretch</i> 2:30 - 3:30	3 <i>Fall Craft</i> 5 - 6 <i>Pine Street Bible Study</i> 6 - 7:15	4	5	6
7	8 <i>Imagine If</i> 2:30 - 3:30 <i>Footsteps to Fitness</i> 3:30 - 4:30	9 <i>Yoga Stretch</i> 2:30 - 3:30	10 <i>Southgate Church of Christ Bible Study</i> 7 - 8	11	12 <i>Funtastic Friday</i> 4:30 - 6:00	13
14	15 <i>Imagine If</i> 2:30 - 3:30 <i>Footsteps to Fitness</i> 3:30 - 4:30	16 <i>Yoga Stretch</i> 2:30 - 3:30	17 <i>Southgate Church of Christ Bible Study</i> 7 - 8	18	19 <i>Karaoke Dance Party</i> 6 - 8	20
21 <i>Lunch & Movie</i> 12 - 3	22 <i>Imagine If</i> 2:30 - 3:30 <i>Footsteps to Fitness</i> 3:30 - 4:30	23 <i>Yoga Stretch</i> 2:30 - 3:30	24 <i>Give Thanks Dinner</i> 4:30 - 6 <i>Southgate Church of Christ Bible Study</i> 7 - 8	25 CLOSED	26 CLOSED	27
28	29 <i>Imagine If</i> 2:30 - 3:30 <i>Footsteps to Fitness</i> 3:30 - 4:30 <i>Movie</i> 5 - 7	30 <i>Yoga Stretch</i> 2:30 - 3:30				

LET'S GET CREATIVE!

IMAGINE IF...

Do you like to read or be read to? We will explore a different book each month. Come enjoy an hour of relaxation and reading.

Date: November 1, 8, 15, 22 & 29, 2010
Time: 2:30 p.m. - 3:30 p.m. **NEW TIME**
Location: Pine Street Recreation Building
Cost: \$12 per participant, for all sessions
Deadline: October 29, 2010
Min/Max: 4/8
Note: If consumers attend James Street they may stay over for Imagine if.



FALL CRAFT

We will be making some fall crafts to take home and decorate for the fall season, including a fall wreath for your front door.

Date: November 3, 2010
Time: 5:00 p.m. - 6:00 p.m.
Location: Pine Street Recreation Building
Cost: \$6 per participant
Deadline: October 29, 2010
Min/Max: 4/8

FITNESS

FOOTSTEPS TO FITNESS

In Footsteps to fitness we will work on all aspects of a healthy lifestyle, including nutrition, strength training, endurance, and weight loss.

Date: November 1, 8, 15, 22 & 29, 2010
Time: 3:30 p.m. - 4:30 p.m.
Location: Pine Street Recreation Building
Cost: \$10 for all sessions
Deadline: October 29, 2010
Min/Max: 4/15
Notes:



YOGA STRETCH

During this hour we will explore the art of yoga and stretching. The lights will be dim the music will be relaxing and each participant will connect with their inner selves.

Dates: November 2, 9, 16, 23 & 30, 2010
Time: 2:30 p.m. - 3:30 p.m.
Location: Pine Street Recreation Building
Cost: \$10 for all sessions
Deadline: October 29, 2010
Min/Max: 4/15
Notes: Be sure to wear comfortable workout clothes and tennis shoes.



SPECIAL EVENTS

FUNTASTIC FRIDAYS

Join us for an evening of fun! We'll have pizza, snacks and drinks along with games, crafts and bingo with prizes.

Date: November 12, 2010
Time: 4:30 p.m. – 6:00 p.m.
Location: Pine Street Recreation Building
Cost: \$8
Deadline: November 5, 2010
Min/Max: 4/20
Notes: Come hungry so you may enjoy pizza! If staff wish to eat they are asked to pay \$4.



KARAOKE DANCE PARTY

Do you like to sing? Do you like to dance? Join us for an evening of karaoke & dancing. Jump up and dance and sing your heart out to your favorite song or just sit back and listen and watch as others perform. You are sure to have a GREAT time. Light snacks and drinks will be provided.

Date: November 19, 2010
Time: 6:00 p.m. – 8:00 p.m.
Location: Pine Street Recreation Building
Cost: \$4
Deadline: November 12, 2010
Min/Max: 4/15
Notes: **We will have a variety of songs to choose from but will not have everything.**



MONDAY MOVIE MADNESS

Ready to relax? Kick back and enjoy an evening of adventure with a different movie each month. Cost is to cover snacks and drinks for each paid participant.

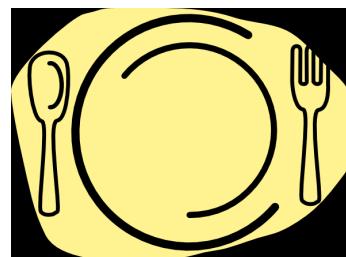
Date: November 29, 2010
Time: 5 p.m. – 7 p.m.
Location: Pine Street Recreation Building
Cost: \$6
Deadline: November 19, 2010
Min/Max: 4/15
Notes:



LUNCH & MOVIE

Come to Pine Street and enjoy lunch and a movie. We will be showing a new release. Our lunch will be Chili, grilled cheese sandwiches, chips and dessert. Drinks will be provided as well.

Date: November 21, 2010
Time: 12:00 p.m. – 3:00 p.m.
Location: Pine Street Recreation Building
Cost: \$12
Deadline: November 5, 2010
Min/Max: 4/15
Notes:



GIVE THANKS DINNER

This is just a dinner for us to come together and celebrate and give thanks for everything over the past year. We will provide turkey, dressing, sweet potatoes, mashed potatoes, green bean casserole, rolls, dessert and drinks. Dinner will begin promptly at 4:30 p.m.

Date: November 24, 2009
Time: 4:30 p.m. – 6:00 p.m.
Location: Pine Street Recreation Building
Cost: \$12
Deadline: November 19, 2009
Min/Max: 4/15
Notes:



Bible Studies

FRIENDS OF JESUS MINISTRY WITH BILL WAYT

This group has been together for the most of 15 years and started in a small group home with about 6 people. God has blessed them over the years and they now have people from several local agencies participating as well as individuals in supported living environments. They sing, talk, share, pray, and usually have a snack and social time after each bible study.

This group consists of people from many different Christian and non-Christian backgrounds who come together every Tuesday to worship, fellowship, and have conversations about the Bible, God, and the reality of their faith. Anyone and everyone is welcome to join and they make an effort to include people with disabilities. Please bring a snack to share.

Date: November 3, 2010
Time: 6:00 p.m. – 7:15 p.m.
Location: Pine Street Recreation Building
107 South Pine Street
Newark, Ohio 43055



Cost: **FREE**
Note: This activity is not led by Consumer Support Services (CSS). This group is simply using the Pine Street Recreation Building. You must provide assistance to those who are in need. **Please bring a snack to share if you are able!**

HAPPY HEARTS BIBLE STUDY AT SOUTHGATE CHURCH OF CHRIST

You are invited to join the Happy Hearts at the Southgate Church of Christ, 1075 South 30th Street, Heath, each 2nd, 3rd, and 4th Wednesday of the month at 7-8 p.m. There we will celebrate our relationship with God and each other through prayer, singing, and a Bible lesson. Happy Hearts is an extension of the Friends of Jesus ministry.

For more information contact Jill Gillespie at 740.328.5738 or terp@roadrunner.com

Date: November 10, 17 & 24, 2010
Time: 7:00 p.m. – 8:00 p.m.
Location: Southgate Church of Christ
1075 South 30th Street
Heath, Ohio 43056

Cost: **FREE**
Note: This activity is not led by Consumer Support Services (CSS). You must provide assistance to those who are in need.



Consumer Support Services Emergency Medical Authorization

Name: _____

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Type of emergency transportation required: (please circle one)

Private Residential provider Public (taxi) Wheelchair lift Ambulance

In the event of an emergency evacuation, have you made arrangements to stay with anyone? If yes, who? _____

Does the participant have a current behavior plan? YES NO If yes, please attach _____

Will a caregiver accompany you to our activities? YES NO

Care givers name: _____ Relationship: _____

Address: _____ Phone: _____

Please list any medical supplies you use on a daily or weekly basis: _____

Please list any other accommodations needed, comments or suggestions that may assist in your care in the event of an emergency evacuation (sign language or interpreter, guide dog, etc.) _____

Please list any dietary restrictions and attach a copy of the orders: _____

Please list any special equipment that the participant might use or circle any of the following: _____

Life Support Electricity Suction equipment Wheelchair Walker Cane
Ostomy supplies Eye Glasses Hearing Aid Dentures Urinary Supplies
Personal Eating Utensils Breathing Machine

I give consent for Consumer Support Services staff and contract agencies to secure Emergency Medical Treatment in the event of a medical emergency. Reasonable attempts to notify contact person will be made.

Contact Person/Agency: _____ Phone: _____

Natural Support: _____ Phone: _____

Home Health Agency: _____ Phone: _____

Emergency Contact Person (in case of natural disaster or community emergency)

Contact 1 Name: _____ Phone: _____

Contact 2 Name: _____ Phone: _____

Personal Physician: _____ Phone: _____

Personal Dentist: _____ Phone: _____

Signature: _____

Please check one:

Date: _____ Self Guardian

Guardian Name: _____ Guardian Phone: _____

Guardian Street: _____ Guardian City/State/Zip: _____

Form must be completed in entirety. Signature from individual or guardian if one is appointed.

Form completed by: _____ Date: _____

THIS AUTHORIZATION IS IN EFFECT FOR THE FOLLOWING TIME SPAN
FROM: _____ to _____

Consumer Support Services
James Street Center - Pine Street Recreation Building
107 South Pine Street
Newark, Ohio 43055