



# ADAPTIVE RECREATION

FOR THOSE WITH MILD TO MODERATE DISABILITIES  
NO EARLY BIRD OR SENIOR DISCOUNTS APPLY FOR BUS TRIPS



One-on-one assistance is NOT provided for any programs, so be sure to let us know upon registration if you are bringing someone (registration fee may apply).

## JINGLE BELL HOP

#18AR34 Friday, November 30, 7-9pm

Pre-registration is necessary for this program as we need a firm headcount for a successful event (all who attend must be registered). Gather your friends for a fun-filled evening of holiday music, photos and snacks, and dance to the sounds of our DJ. If you do require individual assistance, be sure that your one-on-one/parent registers, too. Don't miss out! Ole St. Nick will be looking for you!!

Adult / 1 session / CSS  
\$5/person

## ORNAMENTS & BUTTON ART

#18AR35 Thursday, December 13, 5:30-8pm

A great fine motor skills workout using buttons to design your very own ornament. It's creative and colorful. Materials and Holiday party included-fun for all! Encourage your friends and family to register, too! Instructor- Deb Long

8-Adult / 1 session / WMHS  
\$10 (+\$15 material fee due to instructor)

## SPARE TIME BOWLING

Mondays, 4-5pm

#18AR36 Jan 7-March 11

Ten pin or Duckpins...learn fundamentals of bowling or come to improve skills and have fun. Includes two games and shoe rental each session.

Instructor-Kathy McCaffrey  
8-Adult / 10 sessions / Greenmount Bowl  
\$55

## ME TO WE JOURNEY: "The Little Mermaid"

#18AR37 Wednesday, January 9, 9am-4:30pm (approx.)

Registration and refund deadline is December 9<sup>th</sup>, no exceptions

Journeys are to enjoy alone or with your family in our group - register a 1v1 only if needed; parents & siblings are encouraged to register, but they do not have to attend. Venture out with our group to Toby's Theatre in Columbia, MD. Cost includes show ticket, buffet lunch and transportation; bring money for souvenirs if you like. Space is very limited - don't miss the fun!

Adult / 1 session / Depart from RMC  
\$75

## ENJOY THIS PROGRAM ALL YEAR LONG!

### WILD ONES 2019

#18AR-WO19 January-December 2019, occurs monthly

An independent socialization group for those interested in social activities in a structured setting; must be an independent adult to participate.

*Hurry...spots fill quickly!*

Fee is for the 2019 year; additional fees may apply.

Coordinators- Cindy Welsh & Stacy Latchaw

Adult / up to 12 sessions / Location varies by activity  
\$52 annual membership fee (add'l fees may apply)

## Z-FITNESS

Tuesdays, 6-6:30pm

#18AR38 Jan 15-Feb 12

Exclusive to AR eligible participants and their siblings/parents. A multi-cultural dance-exercise experience with energizing music for a fun workout! Easy to follow - all abilities welcome, and all who participate must be registered.

Instructor-Melanie Haifley  
14-Adult / 5 sessions / CSS  
\$15

## DRAMA 101

Tuesdays, 7-9pm

#18AR39 Jan 22- April 2 (no 2/19)

The return of the "Wild Westminster Players"! Join us for a program focused on acting and drama. The theme is 1950s with a little bit of rock n roll - no experience necessary. If participants have a 1 v 1, please have this person attend with you, and stay on-site. We want all of our participants to have a fun, full, safe drama experience. Family and friends are invited to the final performance on April 7, 2019 at the Carroll Arts Center.

Instructors- Will & Beth Burgess  
14-Adult / 11 sessions / CSS  
\$60

## FREE EVENTS

### "WONDER"

#### FREE Sensory Film

Carroll Arts Center

Friday, January 11th, 10:30am (doors open at 10am)

Snack bar will be open with items to purchase. To attend, you must register with Recreation and Parks NO LATER THAN January 4th by calling the office Mon-Fri, 8am-5pm, or you may email [dgemmill@carrollcountymd.gov](mailto:dgemmill@carrollcountymd.gov). Bus/Van parking, call theatre ahead of time at 410-848-7272 for parking locations.

### HOLIDAY GIFT: Carroll County Arts Center (CACC)

Holidays are a time of giving! The Carroll County Arts Center and Adaptive Recreation have made available, a limited number of FREE tickets to our special population consumers. The tickets are on a first come- first serve basis for, "Charlie Brown Jazz Christmas" and "A Christmas Carol". Visit [www.CarrollCountyArtsCouncil.org](http://www.CarrollCountyArtsCouncil.org) for show times. Contact Carroll County Recreation and Parks at 410-386-2103 to receive your coupon which must be redeemed in advance at the CCAC box office. All tickets are subject to availability. Guest(s) may purchase their ticket(s) at regular price through the CCAC website or at the on-site box office.

Young Athletes™ is a unique sport and play program for children with intellectual disabilities. The focus is on fun activities important to mental and physical growth. Ages 2-7 enjoy activities that develop motor skills and hand-eye coordination - a great early introduction to sports and to the world of Special Olympics. Your child will learn new things, play and have lots of fun!  
[socr@ccg.carr.org](mailto:socr@ccg.carr.org) [specialolympicscarrollcounty.org](http://specialolympicscarrollcounty.org)