

Adapted Leisure Activities

2305 Douglass Blvd #3 40205 • 502/456-8120 • metro-parks.org • aleisure@louisvilleky.gov

FALL/WINTER 2014

All Adapted Leisure programs are limited in size, so please call or visit the center early to reserve your place. If you make a cancellation less than 48 hours before a program you are still responsible for class fees.

REALLY SPECIAL EVENTS

Holiday Celebration at Douglass

Wednesday, December 17, 1-2:30 p.m.

Douglass Community Center. For ages 18 and older. Refreshments and fun!!

FREE!!

New Year's Eve Eve Dance

Tuesday, December 30, 7-9 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$5

Snow Ball Dance

Saturday, January 17, 7-9 p.m.

Douglass Community Center Gym. For ages 16 and older.

FEE: \$5. Call to register.

Valentine's Dance

Saturday, February 14, 7-9 p.m.

Douglass Community Center Gym. For ages 16 and older.

FEE: \$5. Call to register.



LOUISVILLE

HEALTH AND WELLNESS

Silver Sneakers

Tuesday and Thursday, 10:30-11:30 a.m.

Douglass Community Center. For Seniors.

FEE: Eligible participants attend for free. All others \$10 per month. Call for information on eligibility

Square Dance Lessons

Monday, December-February, 6:30-8:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: Call 456-8148 for more information concerning dates, and cost.

Pickle Ball

Monday, December 1, 8, 15, January 5, 12, 26, February 2, 9, 16, 23, 2-3 p.m.

Douglass Community Center. For ages 18 and older.

FREE!

Open Wheelchair Basketball

Monday, December 1, 8, 15, 22, 29, January 5, 12, 26, February 2, 9, 16, 23, 6-7:30 p.m.

Douglass Community Center. For ages 16 and older.

FEE: Free

Healthy Lifestyles

Monday, December 1, 8, 15, January 5, 12, 26, February 2, 9, 16, 23, 1-2 p.m.

Douglass Community Center 18 and older.

FREE!

Beep Baseball

Monday, December 1, 8, 15, 22, 29, 7:30-9 p.m.

Douglass Community Center. Baseball, adapted for individuals 18 and older who are blind or visually-impaired, as well as anyone else who wants to play!

FREE!

Deaf Volleyball

Tuesday, December 2, 9, 16, 23, January 6, 13, 20, 27, February 3, 10, 17, 24, 6:30-9 p.m.

Douglass Community Center. For ages 18 and older.

FREE!

"Walk with Ease" Walking Program Developed by the Arthritis Foundation

Wednesday & Friday, December 3, 5, 10, 12, January 7, 9, 14, 16, 21, 23, 28, 30, February 4, 6, 11, 13, 18, 20, 25, 27, 1:30-2:30 p.m.

Douglass Community Center. For ages 18 and older.

FREE!! Earn cool incentives!

Aqua Exercise

Thursday, December 4, 11, 18, January 8, 15, 22, 29, February 5, 12, 19, 26, 1-2 p.m.

Mary T Meagher Aquatic Center, 201 Reservoir Ave. For ages 18 and older.

FEE: \$2 per week/\$20 per session

Archery Practice Range

Thursday, December 4, 11, 18, January 8, 15, 22, 29, February 5, 12, 19, 26, 1-2 p.m.

Douglass Community Center Gym. For participants 18 and older who have completed Archery 101.

FEE: \$1

Archery 101

Thursday, December 4, 11, 18, January 8, 15, 22, 29, February 5, 12, 19, 26, 2-3 p.m.

Douglass Community Center Gym. For archery beginners 18 and older.

FEE: \$1

Derby City Mustangs Team Practice

Saturday, December 6, 13, 20, January 10, 17, 24, 31, February 14, 21, 28, 1-3 p.m.

Douglass Community Center. For ages 17 and older.

FEE: Free

Derby City Junior Mustangs

Wednesday, January 7, 14, February 4, 11, 6-7:30 p.m.

Saturday, January 24, 31, February 18, 28, 9-10:30 a.m.

Douglass Community Center. For ages 8-16.

FEE: Free

Assisted Wheelchair Basketball

Saturday, December 6, 13, 20, January 10, 17, 24, 31, February 14, 21, 28, 11 a.m.-12:30 p.m.

Douglass Community Center. For ages 12 and older.

FEE: Free

Goal Ball Clinic and Practice

Monday, January 5, 12, 26, February 2, 9, 16, 23, 7:30-8:50 p.m.

Douglass Community Center Gym. Goal Ball is a popular sport played by blind and visually-impaired individuals. Learn about this great activity!

FREE!!



ON FACEBOOK:
Louisville Metro Parks Adapted Leisure

CENTER HOURS

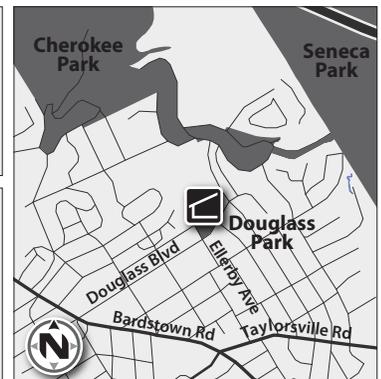
Tuesday-Thursday: 10 a.m.-9 p.m. •
Friday: 9:30 a.m.-6 p.m. •
Saturday: 8:30 a.m.-4 p.m.

CENTER STAFF

Manager: BJ Levis • Brent Priddy,
Diane Harrod, Joseph Blankenship,
James Williams, Wayne Kuchenbrod,
Steven Kuchenbrod, Mike Herbst

CENTER AMENITIES

Game Room • Gymnasium • Outdoor Court • Rental Space • Weight Room



METRO PARKS
AND RECREATION

Adapted Leisure Activities

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Stroke Support With Frazier Rehab

Wednesday, December 12, January 21, February 18, Noon-1:30 p.m.

Douglass Community Center. For ages 18 and older. Call for a list of speakers.

FREE!

JUST FOR FUN

Uno Club

Wednesday, December 3, Jan 7, February 4, 10:30 a.m.-Noon

Douglass Community Center. For ages 18 and older.

FEE: \$1 per person

Bowling Friday

Friday, Dec 5, 12, 19, January 2, 9, 16, 23, February 13, 20, 27, 10 a.m.-Noon

Fern Bowl, 5518 Bardstown Road. For ages 18 and older.

FEE: \$6 per week/\$54 per session

Original Fun and Games

Tuesday, December 9, 16, 23, January 6, 13, 20, 27, February 3, 10, 17, 24, 1:30-2:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$1 per week/\$12 per session

Call for list of events

Girl Talk: Holiday Craft

Thursday, December 18, 6-7:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$5

Girl Talk: A Chick Flick!

Thursday, Jan 15, 6-8 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$5

Super Star Karaoke

Friday January 23, February 27, 1:30-3 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$1 per person

Zany Games

Friday, January 28, February 25, 10:30-11:30 a.m.

Douglass Community Center Gym. For ages 16 and older.

FEE: \$1 per person

Grab Bag Night: Card and Board Games

Wednesday, January 28, 6:30-8:30 p.m.

Douglass Community Center. For ages 16 and older.

FEE: \$3 per person

Friday Fun Night Basketball

Friday, January 30, 6-8 p.m.

Douglass Community Center. For ages 16 and older.

FEE: \$2 per person

Girl Talk: Valentine Candy

Thursday, February 19, 6-7:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$5

Grab Bag Night: Karaoke

Wednesday, February 25, 6-8 p.m.

Douglass Community Center. For ages 16 and older.

FEE: \$3 per person

LEARNING AND SPECIAL INTEREST

Coffee Talk Book Club

Tuesday, December 2, 9, 16, 23, January 6, 13, 20, 27, February 3, 10, 17, 24, 1-2:30 p.m.

Douglass Community Center. For ages 18 and older. Upcoming: *The Walk* by Richard Paul Evans.

FEE: Cost of the book

Best Book Club Ever

Thursday, December 4, 11, 18 January 8, 15, 22, 29 February 5, 12, 19, 26, 3-4:30 p.m.

Douglass Community Center. For ages 16 and older. Improve reading and comprehension skills with fun and interactive group reading sessions. Call to sign up.

FEE: \$5 per person for all sessions

ARTS AND CRAFTS

Crafts: Wooden, Stained Glass Ornaments

Tuesday, December 9, 10:30-11:30 a.m.

Douglass Community Center. For ages 16 and older.

FEE: \$4

Crafts: Bead Ornaments

Tuesday, Dec 16, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$4

Crafts: Holiday Door Hangers

Tuesday, December 23, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$4

Craft: Winter Wonderland Frames

Tuesday, January 6, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$4

Craft: Snowman Mason Jars

Tuesday, January 13, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$4

Craft: Water Bottle Penguins

Tuesday, January 20, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$4

Craft: Sun Catchers

Tuesday, January 27, 10:30-11:30 a.m.

Douglass Community Center Ages: 18 and older.

FEE: \$4

Valentine Craft

Tuesday, February 3, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$5 per person

Craft: Friendship Bracelets

Tuesday, February 10, 10:30-11:30 a.m.

Douglass Community Center. For ages 18 and older.

FEE: \$4

Craft: Ceramic Bracelets

Tuesday, February 17, 10:30-11:30 a.m.

Douglass Community Center. For ages 8 and older.

FEE: \$4

Craft: Birdhouses

Tuesday, February 24, 10:30-11:30 a.m.

Douglass Community Center. For ages 8 and older.

FEE: \$4

VISION NOW

Shaping your future with extended educational opportunities!

Vision Now: Cookie Decorating for the Holidays

Tuesday, December 9, 6-7:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$2 per person

Vision Now: Building Better Relationships

Tuesday, January 13, 6-7:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$2 per person

Vision Now: All Things Valentine, Fun, History and a Craft!

Tuesday, February 10, 6-7:30 p.m.

Douglass Community Center. For ages 18 and older.

FEE: \$2 per person