

# Quantum LEAP Activities 2024

Winter Session I: Monday, Jan. 08th - Friday, Feb. 16th

**Registration Deadline: Friday, January 5, 2024**



The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities for adults with disabilities (ages 18+).

Please review the "[Quantum LEAP Return to In-Person Activity Guidelines](#)" prior to signing up for an activity to fully understand our Covid-19 protocols and requirements. More information can be found on our website at [leapinfo.org/services/recreation](http://leapinfo.org/services/recreation).

- All activities are in-person.
- Register for these activities online at [www.leapinfo.org/events](http://www.leapinfo.org/events) or complete the [2024 Activities Registration](#) and return to LEAP.
- The [2024 Annual Participant Registration](#) is also **required** to be on file with LEAP for participation. You only need to complete once for the full 2024 program year.

## Adaptive Jazzercise with Patty

**Date:** Mondays, January 8<sup>th</sup> - February 12<sup>th</sup> \*

**Time:** 6:00pm - 6:45pm

\* LEAP will be closed in observance of Martin Luther King Jr. Day on Monday, January 15th.

**Description:** Have fun in this mix of aerobics, cardio and dance fitness with instructor Patty! Come join us in-person!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 5 weeks\*

**Cost:** \$25.00

**Location:** Rocky River Rec Center

**Address:** 21016 Hilliard Blvd, Rocky River, OH 44116

## Walking Club (EAST)

**Date:** Mondays, January 8<sup>th</sup> - February 12<sup>th</sup>\*

**Time:** 6:00pm - 7:00pm

\* LEAP will be closed in observance of Martin Luther King Jr. Day on Monday, January 15th.

**Description:** Get together with others to walk and move! All fitness levels welcome to join us for exercise and socialization! Come stretch your legs and get some exercise!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 5 weeks\*

**Cost:** \$15.00

**Location:** Beachwood Mall

**Address:** 26300 Cedar Rd, Beachwood, OH 44122

We will meet in front of the 2nd Floor Food Court at Beachwood Mall.

# Quantum LEAP Activities 2024

Winter Session I: Monday, Jan. 08th - Friday, Feb. 16th

Registration Deadline: Friday, January 5, 2024

## Line Dancing Class

**Date:** Mondays, January 8<sup>th</sup> - February 12<sup>th</sup>\*

**Time:** 7:00pm - 8:00pm

\* LLEAP will be closed in observance of Martin Luther King Jr. Day on Monday, January 15th.

**Description:** Come and enjoy popular line dances while learning some new ones too! We'll be dancing and having fun while making new friends!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 5 weeks\*

**Cost:** \$25.00

**Location:** Ellenwood Center

**Address:** 124 Ellenwood Ave, Bedford, OH 44146

## Basketball Skills

**Date:** Tuesdays, January 9th - February 13th

**Time:** 6:00pm - 7:00pm

**Description:** Come and practice your basketball skills. Each week we will work on improvement and focus on having fun!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$20.00

**Location:** Green Road Developmental Center

**Address:** 4329 Green Rd, Highland Hills, OH 44128

## Painting in Bedford - ONE DAY ONLY!

**Date:** Tuesday, February 20<sup>th</sup>

**Time:** 6:00pm - 8:00pm

**Description:** Join Melinda from So-So Artsy to paint your masterpiece. Melinda will provide step-by-step instructions to create a gorgeous painting. We will express our creativity & have fun!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 1 evening

**Cost:** \$10.00

**Location:** Ellenwood Center

**Address:** 124 Ellenwood Ave, Bedford, OH 44146

## Quantum LEAP Activities 2024

Winter Session I: Monday, Jan. 08th - Friday, Feb. 16th

Registration Deadline: Friday, January 5, 2024

### Bowling League (WEST)

**Date:** Tuesdays, January 9<sup>th</sup> - February 13<sup>th</sup>

**Time:** 6:00-7:15pm -or- 7:15-8:30pm

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

When registering, please select one of two time slot options so that we can help ensure as many can participate as possible. Thank you.

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 18 per Group (or time slot)

**Duration:** 6 weeks

**Cost:** \$50.00

**Location:** AMF Brookgate Lanes

**Address:** 14950 Snow Rd, Brook Park, OH 44142

### Bowling League (EAST)

**Date:** Wednesdays, January 10<sup>th</sup> - February 14<sup>th</sup>

**Time:** 6:30 - 8:00pm

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

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 24

**Duration:** 6 weeks

**Cost:** \$50.00

**Location:** Roseland Lanes

**Address:** 26383 Broadway Ave, Oakwood, OH 44146



## Quantum LEAP Activities 2024

Winter Session I: Monday, Jan. 08th - Friday, Feb. 16th

Registration Deadline: Friday, January 5, 2024

### Walking Club (WEST)

**Date:** Wednesdays, January 10<sup>th</sup> - February 14<sup>th</sup>

**Time:** 6:00pm - 7:00pm

**Description:** Get together with others to walk and move! All fitness levels welcome to join us for exercise and socialization! Come stretch your legs and get some exercise!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$15.00

**Location:** Great Northern Mall

**Address:** 4954 Great Northern Blvd, North Olmsted, OH 44070

We will meet in front of the Food Court at Great Northern Mall.

### Bingo!

**Date:** Thursdays, January 11<sup>th</sup> - February 15<sup>th</sup>

**Time:** 6:00pm - 7:00pm

**Description:** Come and enjoy a fun game of Bingo! Win some prizes and meet new friends!

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 20

**Duration:** 6 weeks

**Cost:** \$20.00

**Location:** Ellenwood Center

**Address:** 124 Ellenwood Ave, Bedford, OH 44146

### Adapted Acting with Talespinner

**Date:** Thursdays, January 11<sup>th</sup> - February 15<sup>th</sup>

**Time:** 6:00pm - 7:00pm

**Description:** The class will center around the 5 tools of the actor - concentration, connection, imagination, body, and voice. Each of the first 5 sessions will center around one tool, with the 6th session serving to pull them all together. Participants will work individually, with partners, and groups in various activities to ensure each participant finds comfort and success throughout the sessions.

Due to Covid-19 protocols, please plan to bring your own water.

**Limit:** 16

**Duration:** 6 weeks

**Cost:** \$40.00

**Location:** 78th St. Studios

**Address:** 1305 West 80th St, Cleveland, OH 44102



## Quantum LEAP Activities 2024

Winter Session I: Monday, Jan. 08th - Friday, Feb. 16th

Registration Deadline: Friday, January 5, 2024

### Virtual Activities Peer Group

---

**Date:** Fridays, January 12<sup>th</sup> - February 16<sup>th</sup>

**Time:** 3:00pm - 4:00pm

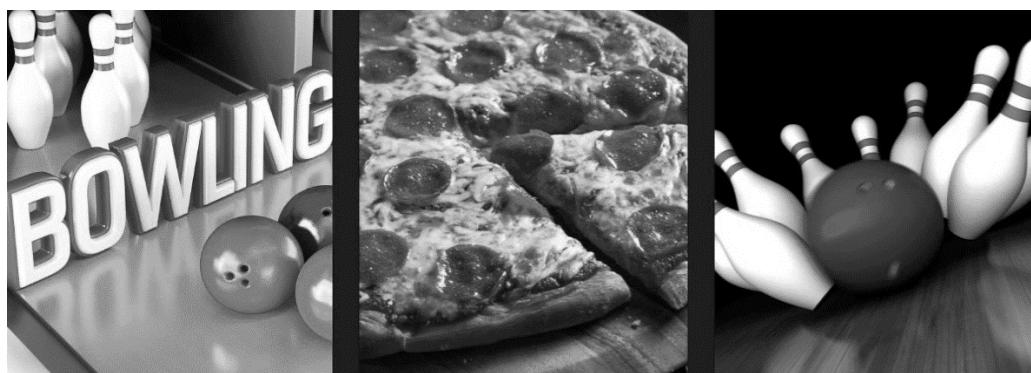
**Description:** Join us each week as we discuss our local Northeast Ohio sports teams, and interactivities like virtual jigsaw puzzles and games, and more! For more information or questions, please contact Maria Sutter, Peer Support Specialist at (216) 456-0839 or [msutter@leapinfo.org](mailto:msutter@leapinfo.org).

**Limit:** n/a      **Duration:** 6 weeks      **Cost:** FREE

**Location:** Virtual ([Zoom Link](#)) No pre-registration required.

### Pizza Bowl Party

---



**Date:** Saturday, February 10<sup>th</sup>

**Time:** 1:00pm - 3:00pm

**Description:** Join us for a wonderful Saturday afternoon filled with friends, pizza, and bowling! The event is Valentine's Day themed, so wear your favorite red or pink clothes! Each participant will receive a slice of pizza, chips, pop, and a treat.

**Limit:** 24

**Cost:** \$15.00

**Location:** AMF Brookgate Lanes

**Address:** 14950 Snow Rd, Brook Park, OH 44142

## Quantum LEAP Activities 2024

Winter Session I: Monday, Jan. 08th - Friday, Feb. 16th

Registration Deadline: Friday, January 5, 2024

### Crafts with Cleveland Museum of Art

**Date:** LAST SATURDAY of the MONTH (January 27<sup>th</sup> and February 24<sup>th</sup>)

**Time:** 10:00am - 12:00pm

**Description:** Every weekend, the Cleveland Museum of Art Community Arts Center hosts open hours at The Pivot Center. On the last Saturday of each month, LEAP will attend as a group. Please join us for some Saturday morning crafts with friends! We will meet at The Pivot Center. Call Ted for more details or to register, 216-456-083. You can also register online. Cleveland Museum of Art Community Art Center has free parking on Castle Avenue.

**Limit:** n/a      **Cost:** FREE

**Duration:** Last Saturday of the month  
(January 27<sup>th</sup> and February 24<sup>th</sup>)

**Location:** CMA The Pivot Center

**Address:** 2937 West 25th St, Cleveland, OH 44113

### 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.
- Please review the "[Quantum LEAP Return to In-Person Activity Guidelines](#)" prior to signing up for an activity
- Please contact Ted Sielski with accommodation questions at (216) 456-0832 or [tsielski@leapinfo.org](mailto:tsielski@leapinfo.org).

To access forms & printable calendar, please visit: [www.leapinfo.org/programsservices/recreation](http://www.leapinfo.org/programsservices/recreation)  
Register online at: [www.leapinfo.org/events](http://www.leapinfo.org/events)

For questions or concerns, contact: Ted Sielski at (216) 456-0832 or [tsielski@leapinfo.org](mailto:tsielski@leapinfo.org)