

Quantum LEAP Activities 2022

Fall Session I: Monday, November 7th - December 16th

Registration Deadline: Friday, November 4, 2022



The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities for adults with disabilities (ages 18 - 59) and senior citizens (age 60 and over).

We are excited to **resume in-person activities**. 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.

- **All activities are in-person.**
- **Register** for these activities online at www.leapinfo.org/events or complete the [2022 Activities Registration](#) and return to LEAP.
- The [2022 Annual Participant Registration](#) is also **required** to be on file with LEAP for participation. You only need to complete once for the full 2022 program year.

Walking Club - East

Date: Mondays, November 7 - December 12 **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!

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

Limit: 20 **Duration:** 6 weeks **Cost:** \$15.00

Location: Beachwood Mall (We will meet at the front of the food court.)

Address: 26300 Cedar Rd, Beachwood, OH 44122

Jazzercise with Patty

Date: Mondays, November 7 - December 12 **Time:** 6:00pm - 6:45pm

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:** 6 weeks **Cost:** \$30.00

Location: Parma Adult Activity Center

Address: 12660 Plaza Dr, Parma, OH 44130

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Bowling League!

Date: Tuesdays, November 8 - December 13 **Time:** 6:00pm - 7:15pm OR 7:15pm - 8:30pm

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 per Group (or time slot) **Duration:** 6 weeks **Cost:** \$40.00

Location: AMF Brookgate Lanes

Address: 14950 Snow Rd, Brook Park, OH 44142

Indoor Fun & Games

Date: Wednesdays, November 9 - December 14 **Time:** 6:00pm - 6:45pm

Description: Join us for some fun games as we play basketball, corn hole, ring toss and more! We play to have fun and socialize so all skill levels are welcome. Each week, participants will have the opportunity to shoot hoops, play corn hole and try other games that will change week to week. You may even find a new skill you didn't realize you had!

Limit: 20 **Duration:** 6 weeks **Cost:** \$20.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

Bingo!

Date: Thursdays, November 10 - December 15 **Time:** 6:00pm - 7:00pm

* There will be no class on November 24 for Thanksgiving.

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:** 5 weeks* **Cost:** \$15.00

Location: Green Road Developmental Center

Address: 4329 Green Rd, Highland Hills, OH 44128

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Acrylic Painting with Bernadette

Date: Thursdays, October 27 - December 15 **Time:** 9:30am - 11:30am

**** This class runs for 7 weeks, ending on December 15.**

There will be no class on November 24 for Thanksgiving.

Description: During these art classes, the group will explore the techniques and skills necessary to work with acrylic paint. Each week's concept will be introduced and experienced with a "spotlight artist" to practice technique, perspective and medium. Adaptations will be made based on the abilities of the participants. Students will create original artwork with the objective to confidently draw inspiration from their own life and experience. An art show will be the culminating activity.

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

Limit: 8 **Duration:** 7 weeks** **Cost:** \$6.00

Location: Murtis Taylor

Address: 13411 Union, Cleveland, OH 44120

Walking Club - West

Date: Thursdays, November 10 - December 15 **Time:** 6:00pm - 7:00pm

* There will be no class on November 24 for Thanksgiving.

Description: Get together with others to walk and move! All fitness levels welcome to join us for exercise and socialization!

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

Limit: 20 **Duration:** 5 weeks* **Cost:** \$15.00

Location: Great Northern Mall (Meet in front of the food court.)

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

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Basketball Skills ****Updated Dates and Cost**

Date: Fridays, December 2 - December 16

Time: 3:30pm - 4:30pm

Description: Learn basketball through fun, team-oriented drills and scrimmages. All skill levels welcome. Empower Sports Programs emphasizes socialization skills, self-esteem, teamwork, discipline and most importantly, HAVING FUN!

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

Limit: 20 **Duration:** 3 weeks **Cost:** \$15.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

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.

To access forms & printable calendar, please visit: www.leapinfo.org/programs/services/recreation
 Register online at: www.leapinfo.org/events

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