Quantum LEAP Activities 2023
Summer Session II: Monday, August 7th - Thursday, September 14th
Registration Deadline: Friday, August 4, 2023

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).

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 but one activity is in-person.
- Register for these activities online at www.leapinfo.org/events or complete the 2023 Activities Registration and return to LEAP.
- The 2023 Annual Participant Registration is also required to be on file with LEAP for participation. You only need to complete once for the full 2023 program year.

### Walking Club

**Date:** Mondays, August 7th - September 11th**

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

**No session on Monday, September 4th as the LEAP office is closed in observation of Labor Day.**

**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:** Acacia Reservation Metroparks

**Address:** 527 Cedar Rd, Lyndhurst, OH 44124

We will meet north of the clubhouse. For any bad weather, as a back-up, we will meet in front of the 2nd Floor Food Court at Beachwood Mall.

### Kickball (WEST)

**Date:** Mondays, August 7th - September 11th**

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

**No session on Monday, September 4th as the LEAP office is closed in observation of Labor Day.**

**Description:** We will be having a fun and non-competitive game of kickball where all skill levels are welcome! Get outside and enjoy playing with friends!

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

**Limit:** 20  
**Duration:** 5 weeks**  
**Cost:** $20.00

**Location:** Rocky River Metroparks

**Address:** Memorial Field, Valley Pkwy, Cleveland, OH 44111
Bowling League (WEST)

Date: Tuesdays, August 8th - September 12th  
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: 24 per Group (or time slot)  
Duration: 6 weeks  
Cost: $40.00

Location: AMF Brookgate Lanes
Address: 14950 Snow Rd, Brook Park, OH 44142

Bowling League (EAST)

Date: Wednesdays, August 9th - September 13th  
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: 24 per Group (or time slot)  
Duration: 6 weeks  
Cost: $40.00

Location: Roseland Lanes
Address: 26383 Broadway Ave, Oakwood, OH 44146
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Music Therapy Sampler with Music Izz Groovy

**Date:** Wednesdays, August 9th - September 13th  
**Time:** 6:00pm - 7:00pm

**Description:** This all-inclusive Music Therapy program will demonstrate all that Music Therapy can offer. This series is designed for all abilities, while also highlighting areas such as socialization, communication, relaxation, and expression. We cannot wait to see each individual's musicality shine through Music Therapy! We'll play games, try instruments and sing together!

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

**Limit:** 12  
**Duration:** 6 weeks  
**Cost:** $30.00

**Location:** Music Izz Groovy  
**Address:** 6659 Pearl Rd, Suite 302, Parma, OH 44130

Virtual Activities Peer Group

**Date:** Thursdays, August 10th - September 14th  
**Time:** 4:00pm - 5:00pm

**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.

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

**Location:** Virtual (Zoom Link) No pre-registration required.
Kickball (EAST)

**Date:** Thursdays, August 10th - September 14th  
**Time:** 6:00pm - 7:00pm  
**Description:** We will be having a fun and non-competitive game of kickball where all skill levels are welcome! Get outside and enjoy playing with friends!  
Due to Covid-19 protocols, please plan to bring your own water.  
**Limit:** 20  
**Duration:** 6 weeks  
**Cost:** $20.00  
**Location:** Ellenwood Center Pavilion  
**Address:** 124 Ellenwood Ave, Bedford, OH 44146

Bocce Ball

**Date:** Thursdays, August 10th - September 14th  
**Time:** 5:30pm - 6:30pm  
**Description:** Join us for some fun playing Bocce, one of the most popular sports worldwide! It’s easy to play but challenging to master, come and give it a try! All ability levels are welcome!  
Due to Covid-19 protocols, please plan to bring your own water.  
**Limit:** 20  
**Duration:** 6 weeks  
**Cost:** $20.00  
**Location:** Rocky River AAC  
**Address:** 20120 Detroit Ave, Rocky River, OH 44116

Painting in the Park - ONE DAY ONLY!

**Date:** Tuesday, September 19th  
**Time:** 6:00pm - 8:00pm  
**Description:** Join Melinda from So-So Artsy under the pavilion to paint your masterpiece. Melinda will provide step-by-step instructions to create a gorgeous painting. We will express our creativity and 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
Crafts with Cleveland Museum of Art

Date: LAST SATURDAY of the MONTH through 2023
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. You can show-up anytime between 10am - 12pm. Look for Ted to find LEAP’s group and start your art project! 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 except in December
           (July 29th, Aug. 26th, Sept. 30th, Oct. 28th, Nov. 25th, Dec. 16th)
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.

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

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