

Quantum LEAP Activities 2023

Spring Session 1: Monday, Feb. 27th - Wednesday, Apr. 12th

Registration Deadline: Friday, February 24, 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.
- **Please pay attention to the start dates.**
Some start in February, some on different days in March.
- 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 2022 program year.

Walking Club

Date: Mondays, Feb. 27th - Apr. 3rd

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: Beachwood Mall (We will meet in front of the 2nd Floor Food Court.)

Address: 26300 Cedar Rd, Beachwood, OH 44122

Jazzercise w/Patty

Date: Mondays, Feb. 27th - Apr. 3rd

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: Rocky River Rec Center

Address: 21016 Hilliard Blvd, Rocky River, OH 44116

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Bowling League (WEST)

Date: Tuesdays, Feb. 28th - Apr. 4th **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

Painting in Bedford

Date: Tuesday, April 11th **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 and have fun!

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

Limit: 20 **Duration:** 1 Session **Cost:** \$10.00

Location: Ellenwood Center

Address: 124 Ellenwood Ave, Bedford, OH 44146

Bowling League (EAST)

Date: Wednesdays, March 8th - Apr. 12th **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: 20 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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Virtual Activities Peer Group

Date: Thursdays, Mar. 2nd - Apr. 20th**

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.

**Note that this virtual program is an extended peer group that runs through April 20th.

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

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

Bingo!

Date: Thursdays, Mar. 2nd - Apr. 6th

Time: 5:45pm - 6:45pm

Description: Join us for some fun as we will play Bingo! Win some prizes and visit with your 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

Make & Create Art with Kat

Date: Thursdays, Mar. 2nd - Apr. 6th

Time: 6:00pm - 7:00pm

Description: Join Kat to show your creativity making easy crafts to take home! All ability levels welcome to come and be artistic!

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

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

Location: Cove Community Center

Address: 12525 Lake Ave, Lakewood, OH 44107

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SPECIAL EVENT

Spring Fling Dance

The Quantum LEAP program is excited to again host a dance for people to gather with their friends for some fun! There will be music, activities and refreshments available to enjoy.

Date: Friday, March 31st
Time: 6:00 - 9:00pm
Location: Ellenwood Center
Address: 124 Ellenwood Ave, Bedford, OH 44146
Cost: \$10.00

Spring Fling
DANCE



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