

# Quantum LEAP Activities 2023

Winter Session I: Wednesday, Nov. 08th – Friday, Dec. 21st

**Registration Deadline: Friday, November 10, 2023**



November 2023								
Mon	Tue	Wed	Thu	Fri				
		1	2	3				
6	7	8 Bowling League (EAST) 6:30-8pm * Oakwood	9	10				
13 Walking Club (EAST) 6-7:00pm Beachwood	Jacob's Ladder Fitness 7-8:00pm Bedford	14 QL Choir 6-7:00pm Bedford	Bowling League (WEST) 6-7:15 -OR- 7:15-8:30 Brook Park	15 Bowling League (EAST) 6:30-8pm Oakwood	Music Therapy Sampler 6:30-7:30pm Parma	16 Walking Club (WEST) 6-7:00pm N. Olmsted	17 Virtual Activities Peer Group 3-4:00pm Zoom	
20 Walking Club (EAST) 6-7:00pm Beachwood	Jacob's Ladder Fitness 7-8:00pm Bedford	21 QL Choir 6-7:00pm Bedford	Bowling League (WEST) 6-7:15 -OR- 7:15-8:30 Brook Park	22 There are no activities on this day.	23 LEAP will be closed in observance of Thanksgiving	24		
27 Adaptive Jazzercise w/Patty 6-6:45pm Rocky River	Walking Club (EAST) 6-7:00pm Beachwood	Jacob's Ladder Fitness 7-8:00pm Bedford	28 QL Choir 6-7:00pm Bedford	Bowling League (WEST) 6-7:15 -OR- 7:15-8:30 Brook Park	29 Bowling League (EAST) 6:30-8pm Oakwood	Music Therapy Sampler 6:30-7:30pm Parma	30 Walking Club (WEST) 6-7:00pm N. Olmsted	Bingo! Create Art 6-7:00pm Lakewood
		<p><b>There are also Saturday events happening in November!</b></p> <ul style="list-style-type: none"> <li>• Pizza Bowl Party! 11am - 1pm AMF Brookgate Lanes, Brook Park</li> <li>• Crafts with Cleveland Museum of Art, Nov. 25<sup>th</sup>, 10am - 12pm CMA The Pivot Center, Cleveland</li> </ul>						

# Quantum LEAP Activities 2023

Winter Session I: Wednesday, Nov. 08th – Friday, Dec. 21st

**Registration Deadline: Friday, November 10, 2023**



December 2023									
Mon			Tue		Wed		Thu		Fri
									<b>1</b> Virtual Activities Peer Group 3-4:00pm Zoom
<b>4</b> Adaptive Jazzercise w/Patty 6-6:45pm Rocky River	Walking Club (EAST) 6-7:00pm Beachwood	Jacob's Ladder Fitness 7-8:00pm Bedford	<b>5</b> QL Choir 6-7:00pm Bedford	Bowling League (WEST) 6-7:15 -OR- 7:15-8:30 Brook Park	<b>6</b> Bowling League (EAST) 6:30-8pm Oakwood	Music Therapy Sampler 6:30-7:30pm Parma	<b>7</b> Walking Club (WEST) 6-7:00pm N. Olmsted	Bingo! Create Art 6-7:00pm Lakewood	<b>8</b> Virtual Activities Peer Group 3-4:00pm Zoom
<b>11</b> Adaptive Jazzercise w/Patty 6-6:45pm Rocky River	Walking Club (EAST) 6-7:00pm Beachwood	Jacob's Ladder Fitness 7-8:00pm Bedford	<b>12</b> QL Choir 6-7:00pm Bedford	Bowling League (WEST) 6-7:15 -OR- 7:15-8:30 Brook Park	<b>13</b> Bowling League (EAST) 6:30-8pm Oakwood	Music Therapy Sampler 6:30-7:30pm Parma	<b>14</b> Walking Club (WEST) 6-7:00pm N. Olmsted	Bingo! Create Art 6-7:00pm Lakewood	<b>15</b> Virtual Activities Peer Group 3-4:00pm Zoom
<b>18</b> Adaptive Jazzercise w/Patty 6-6:45pm Rocky River	Walking Club (EAST) 6-7:00pm Beachwood	Jacob's Ladder Fitness 7-8:00pm Bedford	<b>19</b> QL Choir 6-7:00pm Bedford	Bowling League (WEST) 6-7:15 -OR- 7:15-8:30 Brook Park	<b>20</b> Bowling League (EAST) 6:30-8pm Oakwood	Music Therapy Sampler 6:30-7:30pm Parma	<b>21</b> Walking Club (WEST) 6-7:00pm N. Olmsted	Bingo! Create Art 6-7:00pm Lakewood	<b>22</b> LEAP will be closed in observance of Christmas Eve
<b>25</b> LEAP will be closed in observance of Christmas			<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>
					<p><b>There are a few special events occurring in December!</b></p> <ul style="list-style-type: none"> <li>• Holiday Party, Friday, Dec. 15<sup>th</sup>, 6-8:30pm, Bedford</li> <li>• Painting in Bedford, Tuesday, Dec. 19<sup>th</sup>, 6-8:00pm, Bedford</li> <li>• Crafts w/CLE Museum of Art, Dec.16<sup>th</sup>, 10am-12pm, The Pivot Ctr</li> </ul>				