

Quantum LEAP Activities 2024

II Session: Monday, November 11th - Friday, December 20th

Registration Deadline: Friday, November 8th, 2024



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 activities are in-person, except for Virtual Activities Peer Group.**

- Register for these activities online at www.leapinfo.org/events or complete the Session Registration Form found on our [website](#) (bottom of page) 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.

****No activities on November 28th**

Adaptive Jazzercise w/Patty

Date: Mondays, November 11th - December 16th

Time: 6:00pm - 7:00pm

Description: Have fun in this mix of aerobics, cardio and dance fitness with instructor Patty!

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

Fitness w/Jacob's Ladder

Date: Mondays, November 18th - December 16th*

Time: 7:00pm - 8:00pm

Description: A 60-minute adapted exercise class that includes stretching, planking, calisthenics, agility drills, fitness, and yoga. Come and move with your friends! All ability levels are welcome! *No class on the 11th

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

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Walking Club

Date: Mondays, November 11th - December 16th

Time: 6:00pm - 7:00pm

Description: Join us for a walk around Beachwood Mall. Have some fun conversations while getting in 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

Address: 26300 Cedar Rd, Beachwood, OH 44122

Bowling **West**

Date: Tuesdays, November 12th - December 17th
8:30pm

Time: 6pm-7:15pm -or- 7:15pm-

Description: Our bowling league is a great place to socialize while practicing your bowling skills.

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

Limit: 24 per Group (or time slot)

Duration: 6 weeks

Cost: \$50.00

Location: AMF Brookgate Lanes

Address: 14950 Snow Rd, Brook Park, OH 44142

Bowling **East**

Date: Tuesdays, November 12th - December 17th
8pm

Time: 5:45pm-6:45pm -or- 7pm-

Description: Our bowling league is a great place to socialize while practicing your bowling skills.

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

Limit: 24 per Group (or time slot)

Duration: 6 weeks

Cost: \$50.00

Location: Roseland Lanes

Address: 26383 Broadway Ave, Oakwood, OH 44146

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Basketball Skills

Date: Wednesdays, November 13th - December 18th

Time: 6:00pm - 7:00pm

Description: Join us for a non-competitive night of basketball and fun! All ability levels welcome as the focus is learning basketball skills and 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, Cleveland, OH 44128

Make and Create

Date: Wednesdays, November 13th - December 18th

Time: 6:00pm - 7:00pm

Description: Join us 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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Fun and Games

Date: Thursdays, November 14th - December 19th** **Time:** 6:00pm-7:00pm

Description: Join us for a night of playing games! We will have Cornhole, Frisbees, balls and games so we can have some fun and socialize! **No activity on November 28th

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

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

Location: Youth Challenge

Address: 800 Sharon Dr Suite A, Westlake, OH 44145

Video Gaming with Matt

Date: Thursdays, November 14th - December 19th** **Time:** 7:00pm - 8:00pm

Description: Hang out and enjoy non-competitive weekly video game play on Nintendo Switch game system and Roblox with rotating game offerings geared for an adaptive audience. **No activity on November 28th

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

Virtual Activities Peer Group

Date: Fridays, November 14th - December 19th **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!

Join us each week via this [Zoom link](#). No pre-registration required!

For more information or questions, please contact Maria Sutter, Peer Support Specialist at (216) 456-0839 or msutter@leapinfo.org.

Special Activities

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Holiday Dance

Date: Friday, December 20th

Time: 6-8:30 pm

Description: Come ready to dance in your best Holiday outfit and enjoy the photo booth, snacks and fun! Hope to see you there!

Limit: 80 **Cost:** \$10 (one guest for free)

Location: Rocky River Memorial Hall

Address: 21016 Hilliard Blvd, Rocky River, OH 44116

Painting in the Park with Melinda

Date: Monday, November 4th

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!"

Limit: 20 **Cost:** \$10.00

Location: Ellenwood Center Pavilion

Address: 124 Ellenwood Ave, Bedford, OH 44146

Crafts with Cleveland Museum of Art

Date: Last Saturday of the Month

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! Call Ted for more details or to register, 216-456-0832

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

Limit: n/a **Cost:** Free

Location: 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.

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- 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