

# **ADAPTIVE RECREATION SERVICES**

2019 May Calendar and Newsletter

## NOTES:



Just a Reminder!  
ARS will be closed May 27th  
for Memorial Day!

### 2019 McMurry War Hawk Sports Clinic

The McMurry Athletics Department teamed up with 16 of our participants for our Annual Sports Clinic this year! The participants enjoyed different events including basketball, football, volleyball, and even some track and field events! This was one of the highlights of the year for both participants and staff alike!!

Needs List:  
Old T-Shirts (plain),  
Kleenex, Bug spray,  
Hand sanitizer,  
Feminine products, Art  
Supplies, Bingo prizes,  
Dance decorations.  
Everything is extremely  
appreciated!! Thank  
you!!


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ARS would love to introduce our new Recreation Supervisor Natasha Jones!! Natasha joined us on April 15th and has become a wonderful asset to our team!


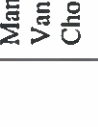





# MAY 2019

## M T W T F

 <p><b>CITY OF ABILENE</b> COMMUNITY SERVICES</p>	<p><b>ADAPTIVE RECREATION</b> 2609 S 7TH STREET PO Box 60 ABILENE, TX 79604 676-6575</p> <p>Program Hours - 9:00 AM to 3:30PM <b>Hot Lunch Served Daily</b></p>	<p><b>1</b> <b>MAY DANCE OFF</b> 12:10 History, Name Art, Planet Earth, No Quit Jeopardy. 1:30 Solve the Riddle, Dice Fitness, The Deep Sea, Unscramble.</p>	<p><b>2</b> 9:30 Balloon Relay, Counting Money, Relaxation Hour, Meditation Draw. 12:10 North America, Jailbreak, T.V Songs, Jam-O-Rama. 1:30 Tell your Story, Power Training, Sink the Ship, Mix and Match.</p>	<p><b>3</b> 9:30 <b>Ballet Folkloric Dancers</b> 12:10 <b>Cinco De Mayo Celebration</b> 1:30 <b>Celebration Refreshments</b></p>
<p><b>6</b> 9:30 Know Money, Spanish Class, Yoga, City Block Painting. 12:10 Know Wisconsin, Sports Trivia, Music Exercise, Coffee Club. 1:30 Kickball, Marbles &amp; Games, Music Hour, Coffee Day Design.</p>	<p><b>7</b> 9:30 Time, Ball Tag, Spring Color, Fun Pack. 12:10 Hit the Target, Name that Tune, Learn Rummy, Jam-O-Rama. 1:30 Stars &amp; Stripes, Power Training, Podcast Hour, Apple Craft.</p>	<p><b>8</b> 9:30 <b>SINGING FUN</b> 12:10 May Flower, Craft Hour, Planet Earth, Hidden Objects. 1:30 Number and Concepts, Homerun Derby, The Deep Sea, Beat the Clock.</p>	<p><b>9</b> 9:30 Tennis, Reading Hour, Relaxation Hour, Meditation Draw. 12:10 Rain Forest, Battle ball, Seven Up, Jam-O-Rama. 1:30 Hidden Finds, Power Training, 3 on 3, Fact or Fiction.</p>	<p><b>10</b> 9:30 Read &amp; Answer, Draw &amp; Jam, Soccer, Remember 911. 11:00am <b>Whataburger \$15.00</b> 12:10 Book Club, Jeopardy, Make your Own, Who has it? 1:30 Cloze, Counting Game, Flower Art, Music Bingo.</p>
<p><b>13</b> 9:30 20 Questions, Money Management, Yoga, Sweet Pop Art. 11:00am <b>Buffalo Wild Wings \$20.00</b> 12:10 U.S Word Finds, Dice Battle, Music Exercise, Coffee Club. 1:30 Disc Golf, Magazine Hunt, Can you Sing it?, Find Me.</p>	<p><b>14</b> 9:30 Trivia Tic-Tac-Toe, Park Fun, Animal Art, Clue Stories. 12:10 Football Pass, Name Game, Search em All, Jam-O-Rama. 1:30 Know Wyoming, Power Training, Music Study, Paper Bag Stars.</p>	<p><b>15</b> 9:30 <b>DANCING FUN</b> 12:10 Count this, String Art, Planet Earth, Pumpkin Race. 1:30 Trivia, Hula Race, The Deep Sea, Clothes Pin Keep.</p>	<p><b>16</b> 9:30 Bean Bags, Who Said This? Relaxation Hour, Meditation Draw. 12:10 Time Zones, 25, Guess the Character, Jam-O-Rama. 1:30 The Message, Power Training, Pink Pong Tournament, Ad Match.</p>	<p><b>17</b> 9:30 Maze Time, Draw &amp; Jam, Make the Miss, Washer Necklace. 12:10 Book Club, Dice Fun, Bird Color, Hidden Pic Racers. 1:30 Logic Math, Math Dice, Lets Color em, Name that Voice.</p>
<p><b>20</b> 9:30 Fill-Ins, Spelling Contest, Yoga, Newspaper Craft. 11:00am <b>Golden Chick \$12.00</b> 12:10 Vermont's Flag, Missing Letters, Music Exercise, Coffee Club. 1:30 Scoop ball, Hidden Pictures, Table Top Hour, Famous Who?</p>	<p><b>21</b> 9:30 Name It, Co-op Pass, Totem Color, Hoy! 12:10 Jam-O-Rama, Cross them Words, Trivia Hour, Co-Op Pass. 1:30 Lewis and Clark, Power Training, Zodiac Color, Mad Libs.</p>	<p><b>22</b> 9:30 <b>CENTER UPDATES</b> 12:10 What Color, Graph Art, Planet Earth, Free Pick. 1:30 Hangman, Hula Bowling, The Deep Sea, Color Pack.</p>	<p><b>23</b> 9:30 Move It, Media &amp; Puzzles, Relaxation Hour, Meditation Draw. 12:10 <b>BirthDay Party</b> 1:30 <b>Bingo, Karaoke.</b></p>	<p><b>24</b> 9:30 Washington D.C, Draw &amp; Jam, 4 Corner Music, XO Project. 12:10 <b>MOVIE DAY</b> 1:30 <b>POPCORN PARTY</b></p>
<p><b>27</b></p> <p><i>Closed for Memorial Day!</i></p>	<p><b>28</b> 9:30 Crosswords, Names &amp; Meanings, Yoga, Horse Race. 12:10 Jam-O-Rama, Foreign Art, Puzzle Hour, Relays. 1:30 U.S Fun Facts, Power Training, Pool Time, Name Hanger.</p>	<p><b>29</b> 9:30 <b>YOUR PICK</b> 12:10 Word Searches, Beads, Planet Earth, Partner Guess. 1:30 Pearl Harbor, Pick One, The Deep Sea, Sparkle Art.</p>	<p><b>30</b> 9:30 5 on the Floor, Writing Sentences, Relaxation Hour, Meditation Draw. 12:10 Jam-O-Rama, Would you Rather? 3 Tips, Mexico Minerals. 1:30 Start With? Power Training, Kick It, Big 5.</p>	<p><b>31</b> 9:30 South America, Draw &amp; Jam, Can you make it? Teddy Bear Draw. 11:00am <b>Boyles \$15.00</b> 12:10 <b>MOVIE DAY</b> 1:30 <b>POPCORN PARTY</b></p>

# ADAPTIVE RECREATION MENU MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"></p> <p><b>1</b> Swiss Steak Corn Pudding Seasoned Green Beans Chilled Peas Dinner Roll Choice of Milk</p>	<p><b>2</b> Fish served with Tartar Sauce Baked Beans Creamy Coleslaw Pineapple Chunks Whole Wheat Bread Choice of Milk</p>	<p><b>3</b> <b>Cinco de Mayo</b> Beef and Bean Tostada Lettuce, Tomato, Cheese Salsa, Sour Cream, Jalapenos Mandarin Oranges Vanilla Ice Cream Choice of Milk</p> <p style="text-align: right;"></p>	<p><b>4</b> Chicken Salad Plate with Sliced Pineapple, Tomato Wedges Saltine Crackers Cherry Cheesecake Choice of Milk</p> <p style="text-align: right;"></p>	<p><b>5</b> Taco Bean Soup Pimiento Cheese Sandwich Pineapple Chunks Sugar Cookies Choice of Milk</p>
<p><b>6</b> Creole Chicken served over Rice Fried Okra Chilled Orange Juice Oreo Pudding Whole Wheat Bread Choice of Milk</p>	<p><b>7</b> Chopped BBQ on a Bun with Sliced Onion Potato Tots with Ketchup Sliced Peaches Rainbow Sherbet Choice of Milk</p>	<p><b>8</b> Pinto Beans and Ham Sliced Onion Chilled Juice Apple Jubilee Fresh Baked Cornbread Choice of Milk</p>	<p><b>9</b> Chicken Fried Steak with Gravy Whipped Potatoes Green Peas and Onions Tropical Fruit Dinner Roll Choice of Milk</p>	<p><b>10</b> <b>Mother's Day</b> Chicken Salad Plate with Sliced Pineapple, Tomato Wedges Saltine Crackers Cherry Cheesecake Choice of Milk</p>
<p><b>13</b> Teriyaki Chicken with Pineapple Glaze over Rice Pilaf Eggroll Green Peas Sugar Cookies Choice of Milk</p>	<p><b>14</b> Savory Meatloaf White Hominy California Vegetables Chocolate Cake Whole Wheat Bread Choice of Milk</p>	<p><b>15</b> Smoked Turkey on Gravy Baked Yam Mixed Green Salad with Dressing Coconut Pie Dinner Roll Choice of Milk</p>	<p><b>16</b> Chicken Strips with Gravy Whipped Potatoes Cucumber Tomato Salad Purple Plums Whole Wheat Bread Choice of Milk</p>	<p><b>17</b> Taco Bean Soup Pimiento Cheese Sandwich Pineapple Chunks Sugar Cookies Choice of Milk</p>
<p><b>20</b> Beef Sausage with Sauerkraut Potato Salad Sliced Carrots Tropical Fruit Whole Wheat Bread Choice of Milk</p>	<p><b>21</b> Beef, Rice Casserole Steamed Corn Sliced Pineapple Vanilla Ice Cream Whole Wheat Bread Choice of Milk</p>	<p><b>22</b> Chicken Salad Sandwich on Whole Wheat with Pickles Baked Lays Tropical Fruit Choice of Milk</p>	<p><b>23</b> Beef Tips with Tomatoes and Peppers served over Egg Noodles Seasoned Yellow Squash Carrot Cake with Icing Dinner Roll Choice of Milk</p>	<p><b>24</b> Hamburger on a Bun Lettuce, Tomato, Pickle, Onion French Fries with Ketchup Mustard, Mayo Mandarin Gelatin Choice of Milk</p>
<p><b>27</b> <i>Memorial Day</i> </p>	<p><b>28</b> Salisbury Steak Whipped Potatoes Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread Choice of Milk</p>	<p><b>29</b> Parmesan Chicken Macaroni and Tomatoes Seasoned Green Beans Lemon Whip Garlic Bread Choice of Milk</p>	<p><b>30</b> <b>Birthday's</b> Sliced Ham Baked Potato with Sour Cream California Vegetables Cheesecake Whole Wheat Bread Choice of Milk</p> <p style="text-align: center;"></p>	<p><b>31</b> Spaghetti with Meat Sauce Yellow Squash Mixed Green Salad with Dressing Fruited Gelatin Garlic Bread Choice of Milk</p>

**ROSE PARK SENIOR CENTER**  
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.  
TAKE-HOME MEALS 12:15 P.M. TO 12:30 P.M.

**COBB, G.V. DANIELS, SEARS**  
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.  
TAKE-HOME MEALS 12 P.M. TO 12:15 P.M.

**MENUS SUBJECT TO CHANGE WITHOUT NOTICE**



# May Field Trips



All field trips will be eat-in's again this month!

Whataburger: Friday May 10th, 11:00am, \$15.00

Buffalo Wild Wings: Monday May 13th, 11:00am, \$20.00

Golden Chick: Tuesday May 21st, 11:00am \$12.00

Bogies: Friday May 31st, 11:00am, \$15.00

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NAME

DATE

