VOLUNTEERS are needed in all recreation activities.
If you are interested in volunteering, please call Volunteer Services at (440) 350-5173 or email lynnmarie.phillips@lakebdd.org.
If you are interested in attending any of the activities that require registration, you must do so by March 1, 2020, via one of three ways:

<table>
<thead>
<tr>
<th>Method</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call</td>
<td>Contact us at (440) 350-5165 or call the Recreation Specialist associated to the activity.</td>
</tr>
<tr>
<td>Email</td>
<td>Send your information to the Recreation Specialist associated to the activity.</td>
</tr>
<tr>
<td>Mail/Drop Off</td>
<td>Fill out the registration form associated to the activity you selected and drop/send it to the address below:</td>
</tr>
<tr>
<td>Lake County Board of DD/Deepwood</td>
<td></td>
</tr>
<tr>
<td>c/o Recreation Services</td>
<td></td>
</tr>
<tr>
<td>8121 Deepwood Boulevard</td>
<td></td>
</tr>
<tr>
<td>Mentor, OH 44060</td>
<td></td>
</tr>
</tbody>
</table>

Please DO NOT send money at this time. If a fee is due, please bring payment to the activity.

Questions? You can reach Recreation Services at (440) 350-5165 or (440) 918-5165. Visit www.lakebdd.org to learn more about us.
LAKE COUNTY
BOARD OF DEVELOPMENTAL DISABILITIES/
DEEPWOOD

Recreation Community Program
OPEN ENROLLMENT ACTIVITIES

You can attend any or all of the Spring 2020 Open Enrollment Activities in this section, which include: Bingo, Movie Night & Karaoke Night.

Most of these activities are FREE and do NOT need a registration form. If a fee is required, you simply pay it when you arrive the day of the activity.

**Please note the new times for both activities.**

**BINGO!**

No registration form needed just show up and have some fun!

DATE: Thursday, March 5, 2020
Thursday, April 2, 2020
No May Session
TIME: 6:00 – 7:30 p.m.
LOCATION: VGC Brown Room, 8121 Deepwood Boulevard – Building C
Mentor, OH 44060
COST: Pop/Soda .50¢, Popcorn .50¢

**Movie Night**

No registration form needed just show up and have some fun!
Movies will be shown on our big screen. Show times will be on Tuesdays throughout the winter. Families welcome!

DATE: Tuesday, March 10, 2020
Tuesday, March 24, 2020
Tuesday, April 7, 2020
Tuesday, April 21, 2020
Tuesday May 5, 2020
Tuesday, May 19, 2020
TIME: 6:00 p.m. – 8:00 p.m. (Movie starts promptly at 6:00 p.m.)
LOCATION: VGC Brown Room, 8121 Deepwood Boulevard – Building C
Mentor, OH 44060
COST: Movie .50¢, Popcorn .50¢, Pop/Soda .50¢
Karaoke Night

No registration form needed just show up and have some fun!

DATE: No March Session
       Thursday, April 23, 2020
       No May Session
TIME: 6:00 p.m. – 7:30 p.m.
LOCATION: VGC Brown Room, 8121 Deepwood Boulevard – Building C
         Mentor, OH 44060
COST: Admission .50¢, Snack .50¢, Pop/Soda .50¢
Recreation Community Program

RECREATION ACTIVITIES

We’ve put together a variety of fun Spring 2020 Recreation Activities. Activities in this section REQUIRE prior registration. You must register by March 1st to participate.

You can either call/email/send your registration to Recreation Services. If a fee is required, you simply pay it when you arrive the day of the activity.

You will receive a confirmation notification that will have all the information you will need for your activity approximately two weeks prior to the activity date.

PLEASE REMEMBER THAT YOU ARE NOT CONFIRMED TO ATTEND UNLESS YOU RECEIVE A NOTIFICATION FROM OUR RECREATION STAFF.

Transportation pick up and drop off will be from the Recreation Site unless otherwise notified.

Fitness Training

DATE: Tuesdays – March 3, 10, 17, 24, & 31, 2020
Tuesdays – April 7, 14, 21, & 28, 2020
Tuesdays – May 5, 12, 19, & 26, 2020

TIME: 3:30 p.m. – 4:30 p.m.

LOCATION: Special Olympic Training Center at Broadmoor School
8090 Broadmoor Road, Mentor, OH 44060

COST: FREE

Transportation from LCBDD Program Areas to the Special Olympics Training Center can be available. Notify Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org if you need a ride.

| Fitness Training Registration (call/email/or send form to Recreation Department) |
|-----------------------------|-----------------------------|
| Name:                      | Age:                        |
| Address:                   | City:                       | Zip:                        |
| Dates I will be attending: |                             |
| Phone Numbers              | Day:                        | Evening:                    |
| Email for activity contact:|                             |

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Cooking Series on Saturdays

DATE: Saturday, March 7, 2020
Saturday, March 14, 2020
Saturday, March 21, 2020
Saturday, March 28, 2020
TIME: 11:00 a.m. – 1:00 p.m.
LOCATION: VGC Kitchen, 8121 Deepwood Boulevard – Building C
Mentor, OH 44060
COST: $5.00/Class Can pay for each individual class or for the series.
Checks should be made payable to the Recreation Expense Fund.
NOTES: Contact Kara at (440) 350-5144 or kara.shubert@lakebdd.org

<table>
<thead>
<tr>
<th>Cooking Series on Saturday Registration (call/email/or send form to Recreation Department)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Phone Numbers</td>
</tr>
<tr>
<td>Email for activity contact:</td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

Hearts for Music: Special Needs Orchestra

DATE: Saturdays, March 7, 2020 - TBA
TIME: 2:00 p.m. – 3:00 p.m.
LOCATION: Willoughby United Methodist Church
COST: $20.00/Session
NOTES: Learn how to use iPads to create different sounds & play along to your favorite Disney songs!
Contact Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org

<table>
<thead>
<tr>
<th>Hearts for Music Registration (call/email/or send form to Recreation Department)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Phone Numbers</td>
</tr>
<tr>
<td>Email for activity contact:</td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Spring Craft Night – Bird House Building

DATE: Wednesday, March 18, 2020
TIME: 5:30 p.m. – 6:30 p.m.
LOCATION: VGC Cafeteria, 8121 Deepwood Boulevard – Building C
Mentor, OH 44060
COST: $10.00
NOTES: We will have a light snack/drink while building our bird houses. This activity involves hammers & nails. We will have volunteers for assistance. Contact Kara at (440) 350-5144 or kara.shubert@lakebdd.org

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

Sky Zone Jump

DATE: Friday, March 20, 2020
TIME: 10:30 a.m. – 1:30 p.m.
COST: $12.00
NOTES: Please bring a bagged lunch.
Contact Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Cleveland Monsters Game

DATE: Thursday, April 2, 2020
TIME: 6:15 p.m. – 10:30 p.m.
COST: $20.00
NOTES: Contact Mike at (440) 350-5136 or mike.terhart@lakebdd.org

<table>
<thead>
<tr>
<th>Cleveland Monsters Game Registration (call/email/or send form to Recreation Department)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Phone Numbers</td>
</tr>
<tr>
<td>Email for activity contact:</td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

Greater Cleveland Aquarium

DATE: Wednesday, April 15, 2020
TIME: 10:30 a.m. – 2:30 p.m.
COST: $9.00
NOTES: Please bring a bagged lunch or $10 to buy lunch.
Contact Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org

<table>
<thead>
<tr>
<th>Greater Cleveland Aquarium Registration (call/email/ or send form to Recreation Department)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Phone Numbers</td>
</tr>
<tr>
<td>Email for activity contact:</td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Matilda: The Musical

DATE: Thursday, April 16, 2020
TIME: 6:00 p.m. – 9:00 p.m.
COST: $10.00
NOTES: Contact Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

Daffin’s Chocolate Tour

DATE: Friday, April 24, 2020
TIME: 9:00 a.m. – 3:00 p.m.
COST: Spending money at Daffin’s plus $8-10 for lunch.
NOTES: Contact Kara at (440) 350-5144 or kara.shubert@lakebdd.org

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

Learn more about the Lake County Board of Developmental Disabilities/Deepwood at www.lakebdd.org
Spa Day at VGC
Nails, Hair, Make-up, Hand Massages

DATE: Saturday, May 2, 2020
TIME: 11:00 a.m. – 1:00 p.m.
COST: $10.00
NOTES: Lunch will be provided.
Contact Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org

Spa Day at VGC Registration (call/email/or send form to Recreation Department)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers Day:</td>
<td>Evening:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

Area 51 Laser Tag

DATE: Thursday, May 7, 2020
TIME: 4:00 p.m. – 9:00 p.m.
COST: $20.00 for games plus money for dinner.
NOTES: Contact Mike at (440) 350-5136 or mike.terhart@lakebdd.org

Area 51 Laser Tag Registration (call/email/ send form to Recreation Department)

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Phone: Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Lodi Shopping Outlets

DATE: Friday, May 15, 2020
TIME: 9:00 a.m. – 3:00 p.m.
COST: Spending money plus $8-10 for lunch.
NOTES: Contact Kara at (440) 350-5144 or kara.shubert@lakebdd.org

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.

“Top Golf” Cleveland’s Premier Golf Range

DATE: Saturday, May 16, 2020
TIME: 10:00 a.m. – 2:00 p.m.
COST: $20.00 plus money for lunch.
NOTES: Must be able to independently swing a golf club.
Contact Mike at (440) 350-5136 or mike.terhart@lakebdd.org

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone:</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Nautica Lunch Tour

DATE: Friday, May 22, 2020
TIME: 10:00 a.m. – 3:00 p.m.
COST: $29.00
NOTES: Contact Ellana at (440) 350-5137 or ellana.fishwick@lakebdd.org

Nautica Lunch Tour Registration (call/email/ or send form to Recreation Department)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
</tr>
<tr>
<td>Phone Numbers</td>
<td>Day:</td>
</tr>
<tr>
<td>Email for activity</td>
<td></td>
</tr>
<tr>
<td>contact:</td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION DUE by March 1, 2020. No entries will be accepted after this date.
Special Olympics Input Council

We need you athletes!

Special Olympics Lake County is starting an athlete-led Input Council.

By joining the Input Council, you will be able to share your ideas and thoughts and advocate alongside other Special Olympics athletes.

Are you interested in learning more about the Special Olympics Input Council?

Please fill out the form below and return to Chris Bundy at 8121 Deepwood Blvd., Mentor, OH 44060 or chris.bundy@lakebdd.org, on/before March 1, 2020.

If you have questions, please contact Chris Bundy at (440) 350-5119.

Once we receive your form, we will contact you with more information. Thank you for your interest!

---

**Special Olympics Ohio—Lake County Input Council**

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Phone Number:</td>
</tr>
<tr>
<td>Email:</td>
</tr>
</tbody>
</table>

Please return the bottom portion of this flyer by March 1, 2020.
Course Description: The 3.1 mile paved course (with one hill) runs through the Deepwood Campus near the Great Lakes Mall in Mentor.

Cost: Non-refundable pre-registration fee $20.00 (postmarked before/on March 20). Race day fee $25.00. Persons over the age of 70 years or those in the military receive FREE registrations. Runners/walkers who dress up like Big Foot also receive FREE race entries. Entry with ID only. No bikes or roller blades.

Participants are given an original Big Footer T-shirt, a race packet and a pancake breakfast. There are prizes for race day contests, such as spotting the most Big Foots or receiving a flag from Big Foot himself. Race results will be posted at www.greaterclevelandxc.com.

Questions? Call Chris Bundy (440) 350-5119 or email chris.bundy@lakebdd.org.

Race Packet Pick-Up:
We encourage participants to pick up pre-registration packets the day before the race March 28 from 10:00 am — 2:00 pm at Second Sole, 8791 Mentor Ave, Mentor, OH

Race Day:
Race central is LCBBDD/Deepwood, 8121 Deepwood Blvd, Building C (VGC), Mentor, OH
Registration is at 7:30 am : Race start time is 8:30 am
Award ceremony takes place promptly after the race

Paper Registration & Payment: (postmarked before/on March 20)
Print registration form located on www.greaterclevelandxc.com (or use form below).
Make check payable to Special Olympics Lake County
Mail form and payment to Special Olympics, 8121 Deepwood Blvd, Mentor, OH 44060

Online Registration & Payment: Register online at www.greaterclevelandxc.com

REGISTRATION FORM

Return this form to Special Olympics, 8121 Deepwood Blvd, Mentor OH 44060, with a check for $20.00 payable to Special Olympics Lake County by March 20, 2020. Race day entry fee is $25.00.

Name ___________________________ Event (choose one) ___ 5K Run   ___ 5K Walk
Address ___________________________ Gender ___ Male   ___ Female
City/State/Zip ________________________ T-Shirt Size ___ XS   ___ S   ___ M   ___ L   ___ XL
Email ______________________________ Phone _________________________
Age Category (as of March 29, 2020): ___ 14 & under ___ 15-19 ___ 20-29 ___ 30-39 ___ 40-49 ___ 50-59 ___ 60-69 ___ 70+ (Free)

Enter me in the Big Footer 5K Run & Walk. I understand that running a road race is potentially hazardous activity and shouldn’t participate unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: heart attack, stroke, exhaustion, falls, contact with other participants, effects of weather, traffic and course conditions. I therefore release and discharge Special Olympics Lake County, GreaterCleveland XC, Lake County Board of DD/Deepwood and their staff, volunteers and sponsors from liability for any injury, harm, loss, damage or inconvenience occurring to either myself or the named participant during participation in this event. I hereby grant permission to Special Olympics Lake County and their sponsors to use any photographs, video, audio recordings and/or any record of this event for legitimate purposes.

Signature (parent or guardian required if under participant is under 18 years) ___________________________ Date ___________________________
Recreation Community Program
MEDICATION POLICY

Attention all Recreation Participants, Parents, Guardians, and Staff

This memo is to clarify how medications will be handled while on Recreation Community Program activities. The following is the procedure for the administration of medications:

A. Only licensed medical personnel are given the authority to administer medication during recreation activities unless the participant can administer his/her own medication independently.

B. The medication may be kept by the participant or with the recreation staff assigned to the activity.

C. If the participant, while on a recreation activity, will be self-administering medication, written notification must be given to Recreation Services staff prior to that activity regarding:

1. Name of medication
2. Date and time medication is to be administered
3. Dosage and quantity of medication to be administered

Please note that Recreation Services staff must have written notification of individuals taking meds at least 24 hours prior to the activity. This policy will be strictly adhered to and participants cannot attend activities without prior notification.

Recreation will also need to know who will hold the medication(s), as well as any reminders or assistance these people might need in administering their own medication.

Thank you for your cooperation in assisting us to ensure everyone’s safety during these activities. Our fax number is (440) 350-5135. Please call (440) 350-5165 if you have any questions.
Thank you for your participation in the LCBDD Recreation Department’s catalog of activities!

In order to provide cost savings, we will be sending the Recreation Community Program quarterly catalog of activities via email to those who responded to our email address request.

If you have recently acquired an email address, please notify us by providing it with your registration form.

If at any time your email address changes, please let the Recreation Department know so you will continue to receive information about our Recreation Community Program catalog of activities.

Your contact information:

Name:_____________________________________________________________

Email Address:_____________________________________________________

As always, you can visit our website at www.lakebdd.org to obtain a copy of our latest Recreation Community Program (brochure) catalog of activities.

You can also follow us on social media to see photographs of our activities.

Thank you,
The LCBDD/Deepwood Recreation Department and Special Olympics Lake County