

LAKE COUNTY BOARD OF DEVELOPMENTAL DISABILITIES/ DEEPWOOD

Community Recreation Program



Go to our website at www.lakebdd.org/community-recreation-program/ to view the **Community Recreation Brochures** and sign-up for activities using our new on-line form.

It's quick. It's easy. No need to print!

If you are unable to access the packet online and would like to request for the **Community Recreation Brochure** to be sent to you via email or USPS mail, contact us at 440-350-5165 or info@lakebdd.org.

Effective January 1, 2021, we will no longer sending this packet via USPS mail without a request.

This Recreation Community Program brochure of activities is provided by the Recreation Department of the LCBDD/Deepwood and is offered to all persons served through the County Board, without regard to age or ability.

The Recreation Department does not dispense any **medications**. If you will be taking medication, please notify us (see our medication policy in this packet).

Questions? Contact (440) 350-5165 or (440) 918-5165.

Visit www.lakebdd.org to learn more about us.



Masks are required and social distancing guidelines will be followed for all activities



LAKE COUNTY

Recreation Community Program

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No transportation is available at this time. Please arrange for your own rides to and from activities. Additionally, masks must be worn for the duration of all events and temperatures will be checked at the start and end of all activities.

Activities are limited to 12 participants; you must register before attending.

If you are interested in attending any of the activities that require registration, you must do so by **May 4, 2021**, via one of four ways:

Website	Register at https://lakebdd.org/community-recreation-registration/
Call	Contact (440) 350-5165 or call the Recreation Specialist associated with the activity.
Email	Send your information to the Recreation Specialist associated with the activity.
Mail/ Drop Off	Fill out the registration form listing the activities of your choice and drop/send it to the address below: Lake County Board of DD/Deepwood c/o Recreation Services 8121 Deepwood Boulevard Mentor, OH 44060

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.



You can attend **any or all** of the **May & June 2021** activities.

**Register online instead for a chance to win a prize.
We will select 3 winners at random from
all online registration to win a prize.**

Learn more about the Lake County Board of Developmental Disabilities/Deepwood at www.lakebdd.org



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COMMUNITY RECREATION ACTIVITIES:

Crafts

Spring Craft Night- Bumble Bees



- Where:** VGC Training Room (Brown Room)
When: Wednesday, May 19
Time: 4:00 pm - 5:00 pm
Cost : \$5.00
Notes: An additional class on a separate date and time will be added if registration indicates a need.
Questions? Call or email Kara at (440) 350-5144 or kara.shubert@lakebdd.org

Strawberry Jam Making



- Where:** VGC Cafeteria
When: Saturday, June 12
Time: 10:00 am - 12:00 pm
Cost: \$5.00
Notes: An additional class on a separate date and time will be added if registration indicates a need.
Questions? Call or email Kara at (440) 350-5144 or kara.shubert@lakebdd.org

On Campus Activities

Musical May Tuesday Night Movies



- What:** Join us for hit musical movies every other Tuesday in May!
 May 11 – The Greatest Showman
 May 25 – Grease
Where: VGC Training Room (Brown Room)
When: Tuesday May 11 and Tuesday May 25
Time: 6:00 pm - 8:00 pm
Cost: Free (bring money for refreshments)
Notes: Pop and single serve chips/popcorn will be available to purchase for fifty cents each
Questions? Please call or email Sarah at (440) 350-5252 or sarah.hurley@lakebdd.org



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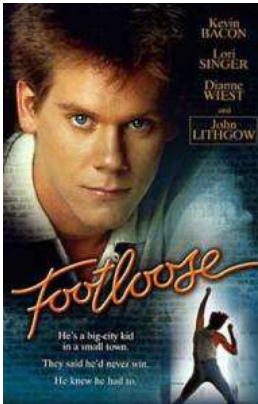
On Campus Activities (continued)

Wednesday Night Bingo



- What:** Join us monthly to win cool prizes at B-I-N-G-O!
Where: VGC Training Room (Brown Room)
When: Wednesday May 5
 Wednesday June 2
Time: 5:00 pm - 6:30 pm
Cost: Free (bring money for refreshments)
Notes: Pop and single serve chips/popcorn will be available to purchase for fifty cents each
Questions? Please call or email Sarah at (440) 350-5252 or sarah.hurley@lakebdd.org

Footloose Friday



- What:** Watch Footloose on our outdoor screen under the pavilion!
Where: Recreation Site
 In case of inclement weather, event will be moved to VGC Brown Room (Training Room)
When: Friday, June 18
Time: 11:00 am – 1:00 pm
Cost: \$5.00
Notes: Cost is for the pizza and pop being provided only.
Questions? Please call or email Ellana (440) 350-5137 or Ellana.fishwick@lakebdd.org

Tuesday Night Camping Movies



- What:** Join recreation for camping themed movies!
 June 8— RV (Runaway Vacation)
 June 22— The Parent Trap
Where: VGC Training Room (Brown Room)
When: Tuesday June 8 and Tuesday June 22
Time: 6:00 pm - 8:00 pm
Cost: Free (bring money for refreshments)
Notes: Pop and single serve chips/popcorn will be available to purchase for fifty cents each.
Questions? Please call or email Sarah at (440) 350-5252 or sarah.hurley@lakebdd.org



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On Campus Activities (continued)

Nerf Gun Hunting



- What:** Come to our indoor shooting gallery where we will be using nerf guns to hit our targets!
- Where:** VGC Brown Room (Training Room)
- When:** Wednesday, June 23
- Time:** 6:00 pm - 7:30 pm
- Cost:** Free
- Notes:** Bring your own Nerf, or use the ones provided
- Questions?** Please call or email Mike at (440) 350-5136 or mike.terhart@lakebdd.org

Meet Up Activities

Transportation will not be provided, you must arrange rides to and from all activities.

Lake Erie Bluffs Hike



- What:** Lunch and take in the Lake Erie Bluffs Scenery with a hike!
- When:** Monday, May 12
- Where:** Lake Erie Bluffs Pavilion Parking Lot;
3301 Lane Rd, Perry Twp., 44081
- Time:** 12:00 pm - 2:00 pm
- Notes:** Bring a bag lunch, water, and a good pair of shoes
- Questions?** Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org

Holden Arboretum Canopy Walk



- What:** Late spring stroll under the leafy tree-tops!
- Where:** Holden Arboretum
9550 Sperry Road, Kirtland, OH 44094
- When:** Thursday, May 20
- Time:** 10:30 am – 12:30 pm
- Cost:** \$10.00
- Notes:** Bring a bottle of water and wear comfortable clothing.
- Questions?** Please call or email Ellana (440) 350-5137 or Ellana.fishwick@lakebdd.org



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Meet Up Activities (continued)

Transportation will not be provided, you must arrange rides to and from all activities.

Hidden Lake Fishing



- What:** Afternoon to relax with lunch and fishing at Hidden Lake!
When: Wednesday, June 2
Where: Hidden Lake North Parking Lot
 6850 Kniffen Road, Leroy Twp., 44077
Time: 12:00 pm - 2:00 pm
Notes: Bring a bag lunch and water. You're welcome to bring your own fishing pole. Please notify Chris if you would like to use one provided by Recreation. We will provide bait.
Questions? Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org

Explore Our Metroparks!



- What:** Meet up at some of our amazing Lake Metroparks!
When & Where: Tuesday May 11 - Chagrin River Road
 (in Willoughby-Eastlake)
 Tuesday May 18 - Concord Woods Nature Park
 (in Concord Twp.)
 Tuesday May 25 - Hogback Ridge Park
 (in Madison Twp.)
 Tuesday June 1 - Penitentiary Glen Reservation
 (In Willoughby)
Time: 6:00-7:30 pm
Cost: Free
Notes: Bring a water bottle and wear comfortable clothing and shoes.
Questions? Contact Mike at 440-350-5136 or mike.terhart@lakebdd.org

Fitness Activities

Weight Room Workouts



- When:** Tuesdays- May 4, 11, 18, 25 ; June 1, 8, 15, 22, 29
Where: Special Olympic Training Center, Broadmoor School
Time: 3:00 pm - 4:00 pm
Cost: Free
Notes: Bring a bottle of water and wear comfortable clothes
Questions? Call or email Ellana (440) 350-5137 or Ellana.fishwick@lakebdd.org



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Fitness Activities (Continued)

Work it Saturdays!



- What:** We will be doing light workouts as a group, come and participate or zoom in!
- When:** Saturday May 8 and 22
Saturday June 12 and 26
- Where:** VGC Brown Room or your living room!
- Time:** 10:30 am - 11:00 am
- Cost:** Free
- Notes:** For those choosing the zoom option, a zoom link will be sent with your confirmation. If attending in person, please bring a bottle of water and wear comfortable clothes.
- Questions?** Please call or email Ellana (440) 350-5137 or Ellana.fishwick@lakebdd.org

Bocce Practice



- When:** Tuesdays in May and June (Continuing from April)
- Where:** Wickliffe Italian & American Club
- Time:** 4:00 pm - 5:00 pm
- Notes:** Bring a bottle of water and wear comfortable clothing.
- Questions?** Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org

Track and Field



- When:** Wednesdays in May and June (Continuing from April)
- Where:** Ridge Jr. High School Track
- Time:** 4:00 pm - 5:00 pm
- Notes:** Bring a bottle of water and wear comfortable clothing.
- Questions?** Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org

Cycling (need to be able to ride a bike)



- When:** Thursdays in May and June (Continuing from April)
- Where:** Mentor Headlands
- Time:** 3:00 pm - 4:00 pm
- Notes:** Bring a bottle of water and wear comfortable clothing.
- Questions?** Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org



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Fitness Activities (Continued)

Soccer



When: Thursdays in May and June (Continuing from April)
Where: Recreation Site
Time: 5:00 pm - 6:00 pm
Notes: Bring a bottle of water and wear comfortable clothing
Questions? Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org

Tennis



When: Thursdays in May and June, starting May 6
Where: Garfield Park Tennis Courts
Time: 3:00 pm - 4:00 pm
Notes: Bring a bottle of water and wear comfortable clothing
You will need your own racket to use. Please notify Recreation if you would like to use one of ours.
Questions? Contact Chris at 440-350-5119 or chris.bundy@lakebdd.org



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Email/scan printable registration form to info@lakebdd.org or send via US Mail on/before May 4, 2021.

You can attend any or all of the May & June 2021 activities.

Name:		Age:	
Address:		City:	Zip:
Phone Numbers	Day:		Evening:
Email for contact:			
When two dates are listed, circle which date(s) attending.	Date of activity		
	May 4	Tuesday Weight Room Begins	
	May 5, June 2	Wednesday Night Bingo	
	May 5	Bocce Continues	
	May 6	Tennis Begins	
	May 6	Track and Field Continues	
	May 6	Cycling Continues	
	May 6	Soccer Continues	
	May 8, May 22	Work IT Saturday! May #1 and May #2	
	May 12	Lake Erie Bluffs Hike	
	May 11	Explore Our Metroparks: Chagrin River Road	
	May 11	Tuesday Night Movie- The Greatest Showman	
	May 18	Explore Our Metroparks: Concord Woods Nature Park	
	May 19	Spring Craft Night	
	May 20	Holden Arboretum Canopy Walk	
	May 25	Explore Our Metroparks: Hogback Ridge Park	
	May 25	Tuesday Night Movie- Grease	
	June 1	Explore Our Metroparks: Penitentiary Glen Reservation	
	June 2	Hidden Lake Fishing	
	June 8	Tuesday Night Movie- RV (Runaway Vacation)	
	June 12	Strawberry Jam Making	
	June 12, June 26	Work IT Saturday! June #3 and June #4	
June 18	Footloose Friday		
June 22	Tuesday Night Movie- The Parent Trap		
June 23	Nerf Gun Hunting		



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WAIVER OF LIABILITY

LCBDD Recreation/Special Olympics Activities

In consideration of the opportunity afforded me to participate in Recreation/Special Olympics activities with the Lake County Board of DD, in which I have and will participate freely and voluntarily, and in light of this opportunity afforded me, and the aims and services provided to individuals with developmental disabilities by the Lake County Board of DD, I hereby waive any rights or causes of action against the Lake County Board of DD, its board members, managers, employees, officers, directors, participants, collectively or individually, for any and all personal injury to me or members of my family, or damage to my property sustained in connection with my activities or travel for the Lake County Board of DD, or my participation in such activities. I fully understand that the activities in which I will engage might include, but are not limited to, physical activity and contact.

I further understand the inherent risk of contracting COVID-19 through coaching or participating in sports, competition and/or any group activity offered by the Lake County Board of DD. I also understand that an individual with an intellectual disability and/or with high-risk conditions may be at a higher risk of experiencing an adverse outcome, up to and including severe disability or death, should they become infected with COVID-19. I understand this and am choosing to coach or participate in sports, competition, and/or other similar activities at my own risk.

The undersigned further declares and represent that no promise, inducement or agreement not herein expressed has been made to the undersigned and that this Waiver contains the entire agreement between the parties hereto, and that the terms of this Waiver are contractual and not mere recital.

CAUTION: READ BEFORE SIGNING. THIS IS A WAIVER OF ALL YOUR RIGHTS.

The undersigned acknowledges READING AND FULLY UNDERSTANDING THE TERMS OF THIS WAIVER.

PARTICIPANT SIGNATURE (required for any adult with capacity to sign legal documents) by signing this Waiver, I acknowledge that I have completely read and fully understand the potential risk to my participation.

Participant Signature: _____ Date: _____

PARENT/GUARDIAN SIGNATURE (required for anyone who is a minor or lacks capacity to sign legal documents)

I am a parent or guardian of the Individual named above. I have read and understand this Waiver and have explained the contents to the Individual as appropriate. By signing, I agree to this Waiver on my own behalf and on behalf of the Individual.

Parent/Guardian Signature: _____ Date: _____

Printed Name: _____ Relationship: _____



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LAKE COUNTY BOARD OF DEVELOPMENTAL DISABILITIES/ DEEPWOOD

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.



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LAKE COUNTY BOARD OF DEVELOPMENTAL DISABILITIES/ DEEPWOOD

Recreation Community Program NOTIFICATION OF INFORMATION

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 Community Recreation 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