

NEWSLETTER

LEISURE EDUCATION

March 2023



Leisure Education for Exceptional People



FOR EXCEPTIONAL PEOPLE

ENRICHING LIVES
THROUGH
INCLUSIVE
EDUCATION,
RECREATION, AND
HEALTHY LIVING
OPPORTUNITIES

WHAT'S INSIDE:

- March Activities
- Registration Checklist
- New Leep Staff
- Valentine's Day Dance
- LEEP Legends 2023 Managers
- Special Olympics Sports
- March Calendar



March Activities:



Night Activities:

St. Pat's "Pot of Gold" Bingo

Thursday, March 9

Wear your green and try your luck in a bingo game perfect for St. Patrick's Day! One lucky winner will be taking home the "pot of gold" grand prize!

Time: 6:00 – 7:00
Location: VINE – Room 510
Limit: 30 | Cost: \$8

Popcorn & A Show

Tuesday, March 21

Enjoy a night out and unwind with your friends at LEEP! We will be watching a fun show while snacking on some hot delicious popcorn!

Location: VINE Rm. 510
Time: 6:00-7:30 pm (PLEASE NOTE LONGER TIME)
Limit: 25 | Cost: \$8

National Potato Chip Day

Tuesday, March 14

Celebrate National Potato Chip Day. Get your taste buds ready to sample all the different flavors and vote for your favorite chip. Test how much you know with chip trivia. Make chocolate-covered potato chips to take home and share with your friends and family.

Time: 6:00-7:00
Location: VINE – Room 504
Limit: 20 | Cost: \$8

Dinner Out

Thursday, March 23

You're invited to dinner out on the town. Whether you like Chinese food or not, you will find something yummy to eat, including a variety of options and delicious desserts. Share a meal and a night out with your LEEP friends.

Location: Meet at China Buffet at 6:00 pm sharp
Time: 6:00-7:00 pm
Limit: 15
Cost: \$20 *cost includes one meal with drink and staffing; caregivers are welcome, but must pay for their own meal

New in 2023!

Wellness Thursdays: Unwind & Relax

Thursday, March 16

Learn new ways to calm your mind and body. Try gentle stretches while sitting in a chair. Find out about aromatherapy and how scents can help you to relax. Create your own special bath or shower bombs. Go home with a new recipe for relaxation.

Time: 6:00 – 7:00
Location: VINE – Room 510
Limit: 20 | Cost: \$10

NEW

Reminder:

NO FOOD OR DRINK AT ACTIVITIES!

There should be NO FOOD OR DRINK brought into the VINE building during LEEP activities by participants or their staff. Participants are asked to arrange their schedules so that they eat and drink at other times. Any food or beverages that are brought will NOT be allowed in the activity space.



TOUR OF MANKATO MAKERSPACE

SATURDAY, APRIL 1

HOW DID THEY MAKE THAT? JOIN US AS WE TOUR MANKATO MAKERSPACE, A CREATIVE SPACE FOR CREATIVE PEOPLE. THEY HAVE 10 DIFFERENT AREAS FOR WOODWORKING, CERAMICS, GLASS BLOWING, LEATHERWORKING, PAINTING, AND MORE. WATCH ARTISTS AT WORK AND GET YOUR QUESTIONS ANSWERED.

SATURDAY, APRIL 1
1:00 - 2:00 PM (PLEASE EAT BEFORE YOU COME)
LOCATION: 1700 3RD AVENUE, MANKATO
LIMIT: 15 | COST: \$5

SEEKING TEAM MANAGERS



Would you like to be a team manager for LEEP Legends this year? Call the LEEP office and we will do a drawing among all interested LEEP members to choose the managers!

LEEP Legends is Thursday, July 13 @ ISG Field!



VS



AUTO | HOME | LIFE | BUSINESS | RETIREMENT

4 LEEP REGISTRATION CHECKLIST:

- You must be a 2023 LEEP member before registering.
- Decide what activities to register for.
- Call the LEEP office at 507-387-5122 to register (if no one answers, please leave only ONE voicemail). LEEP staff will respond as soon as they can.
- Drop off or mail payment for activities to LEEP at 929 N. 4th St. in downtown Mankato (zip code 56001).
- If needed, request a scholarship for up to 50% of the activity cost before the event. The scholarship form is available at www.mankatoleep.org.
- Debit/Credit card payments are accepted in person at the LEEP office with a non-refundable convenience fee (4%).

REMINDERS:

- LEEP has been flexible but is working to get account balances paid in full.
- Please pay for the entire month of activities AFTER LEEP staff confirm your registration.
- Payment plans are available but should be requested by calling 507-387-5122.
- Cancellations are appreciated as soon as possible. For night activities, participants must call the LEEP office no less than 24 hours before the event to get a credit/refund. For special events on weekends, they must call Thursday before 12 pm to get a credit/ refund.
- To check on LEEP cancellations, please call 507-387-5122 (press 3).

SCHOLARSHIPS:

Looking forward to that special activity, but it's slightly out of your budget? Come into our office and fill out our scholarship form before the event and get up to 50% of your costs covered for the event! This can be used for Special Events, Night Activities, Leagues and Special Olympic sports.

- Applications can be found online at www.mankatoleep.org.
- All scholarships are given at the discretion of the Executive Director. Scholarships are limited per event.

X	CODE	DATE	ACTIVITY/SPORT	FEE
NIGHT ACTIVITIES				
	NA	3/9	Sat Pat's Bingo	\$8
	NA	3/14	National Potato Chip Day	\$8
	NA	3/16	Unwind & Relax	\$10
	NA	3/21	Popcorn & A Show	\$8
	NA	3/23	Dinner Out - China Buffet	\$20
SPECIAL EVENTS				
	SE	4/1	Tour of Makerspace	\$5
SPECIAL OLYMPICS				
	SO	Mar-Jun	Swimming	\$200
	SO	Mar-Jun	Basketball	\$150
	SO	Apr-Jun	Track & Field	\$150
	SO	STATE	Swimming; Basketball; T/F	\$100
	SO	TRANSP	SO Sport (\$35 1-way; \$70 2-way)	
2023 MEMBERSHIP				
Paperwork & payment				\$55
TOTAL AMOUNT DUE:				

PLEASE NOTE THE LOCATION OF SPECIAL EVENTS AS WELL AS WHERE YOU'RE SUPPOSED TO MEET. LEEP STAFF MAKE EVERY EFFORT TO MAKE SURE THAT NO ONE IS LEFT BEHIND. IF THERE ARE QUESTIONS, PLEASE CALL THE LEEP OFFICE.

To make sure you're signed up, please call the LEEP office (507-387-5122) and we will confirm your registration. You may bring the payment to the first activity you participate in. You may also drop off or mail your payment after we confirm your registration. PLEASE NOTE: The U.S. Postal System has been extremely slow lately.

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____



KRISTIN AARSVOLD

Program & Athletic Manager

Kristin recently moved back to her hometown of North Mankato. She graduated from Mankato West in 1992 and received a Recreation, Parks, and Leisure Services degree with an emphasis on Therapeutic Recreation from Minnesota State University, Mankato. For 14 years, she was a Recreation Supervisor with the cities of Richfield and Edina. She provided a wide variety of adaptive programs such as downhill snowboarding lessons, social groups, bowling & golf leagues, and special events. In her free time, she likes to hike, read, paint, and spend time with friends. She is excited to share her experience and provide high-quality leisure programming for the members of LEEP.



KAYLA KEARNEY

Office & Event Coordinator

Kayla is super excited to be joining the LEEP team! She has a background of working in group homes and with children on the autism spectrum, as well as a college degree in International Relations with a minor in Spanish. She lives with her boyfriend and their many cats, and enjoys spending her free time reading, writing, swimming, biking, and seeing live music. She can't wait to meet all of the participants at upcoming events! In the meantime, when you call the LEEP office, Kayla will likely be the one you talk to!



MIA SORENSEN

Rec Lead

Mia is currently a sophomore at Minnesota State University, Mankato. She is studying Recreation, Parks, and Leisure Services with an emphasis in Therapeutic Recreation. Outside of working and going to school, she loves to rock climb, make crafts and bake! Her guilty pleasure food is fried cheese curds and caramel sauce. If you've been to night activities recently, you may have already met Mia!

FUN AT THE VALENTINE'S DAY DANCE



2023 SPECIAL OLYMPICS SPRING/SUMMER SPORTS

Now is a good time to make sure that your Special Olympics paperwork is updated! Athletes are not allowed to participate in Special Olympics practices or tournaments without an updated Special Olympics medical form. The forms are available at the LEEP office or it is available online at https://specialolympicsminnesota.org/wp-content/uploads/2021/12/2021_12_somn_app_athlete.pdf.

Please call the LEEP Office at 507-387-5122 to see if your forms are current!



**Special
Olympics**

SWIMMING

Dates: Tuesdays - March 21 - June 16

Location: Mankato East High School swimming pool

Time: 6:00 - 7:00 pm (athletes should be dressed and ready to go in the pool at 6 pm!)

Cost: \$200 (Practice & facility fees, use of kick board & pull buoy, Regional competition & Regional transportation)
Additional \$100 for State competition and State transportation

Payments: Pay in full or payments: \$66 due March 28; \$67 due April 25; \$67 due May 23;
State payment (\$100) due in full by April 25

Regional Competition: Sunday, April 30, 2023 @ Rochester Recreation Center

State Competition: Saturday/Sunday, June 17-18, 2023 @ South View Middle School; Edina, MN

FULL- AND HALF-COURT BASKETBALL

Please note that we will only have a full-court team if enough athletes sign up!

Dates: Mondays - March 13 - June 19

Location: Autism Center (2101 Rolling Green Ln, North Mankato)

Time: 6:00 - 8:00 pm (exact practice time will depend on team placement)

Cost: \$150 (Practice & facility fees, use of jersey, equipment, Regional competition & Regional transportation)
Additional \$100 for State competition and State transportation

Payments: Pay in full or payments: \$50 due March 20; \$50 due week of April 17; \$50 due week of May 15;
State payment (\$100) due in full week of April 17

Regional Competition: Sunday, May 7, 2023 @ Gustavus Adolphus College

State Competition: Saturday/Sunday, June 24-25, 2023 @ Stillwater High School

TRACK AND FIELD

Dates: Wednesdays - April 12 - June 21 (actual start date depends on weather)

Location: Mankato East High School track (may use Bethany's indoor track early in season)

Time: 6:30 - 7:30 pm

Cost: \$150 (Practice & facility fees, t-shirt, Regional competition, & Regional transportation)
Additional \$100 for State competition and transportation

Payments: Pay in full or payments: \$50 due April 19; \$50 due May 24; \$50 due June 14;
State payment (\$100) due in full May 24

Regional Competition: Sunday, May 21, 2023 @ John Marshall High School; Rocheste

State Competition: Friday-Sunday, June 23-25, 2023 @ Stillwater High School

PRACTICE TRANSPORTATION (ANY SPORT) ~ **subject to staffing availability**

Cost: \$35 for 1-way | \$70 for 2-way

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 SO Powerlifting 10:00 am @ JP Fitness	3	4
5	6	7 SO Powerlifting 3:00 pm @ JP Fitness	8	9 NA: St. Pat's Bingo 6:00 - 7:00 pm @ VINE Rm 510 SO Powerlifting 10:00 am @ JP Fitness	10	11 SO Powerlifting State Times TBD @ Lions United Fitness Ctr Mendota Heights
12 SO Powerlifting State Times TBD @ Lions United Fitness Ctr Mendota Heights	13 SO Basketball 6:00 pm @ Autism Center	14 NA: National Potato Chip Day 6:00 - 7:00 pm @ VINE Rm 504	15	16 NA: Unwind & Relax 6:00 - 7:00 pm @ VINE Rm 510	17	18
19	20 SO Basketball 6:00 pm @ Autism Center	21 NA: Popcorn & A Show 6:00 - 7:30 pm @ VINE Rm 510 SO Swimming 6:00 pm @ East High School	22	23 NA: Dinner Out: China Buffet 6:00 - 7:00 Meet @ China Buffet @ 6 pm	24	
26	27 SO Basketball 6:00 pm @ Autism Center	28 SO Swimming 6:00 pm @ East High School	29	30	31	1 - April SE: Tour of Mankato Makerspace 1:00 - 2:00 pm

OFFICE PHONE: 507-387-5122
EMAIL: INFO@MANKATOLEEP.ORG

LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE
929 N 4TH ST
MANKATO, MN 56001

**Non-profit
US Postage
PAID
Mankato, MN
56001
PERMIT # 300**

RETURN SERVICE REQUESTED

ENRICHING LIVES THROUGH INCLUSIVE RECREATION,
SPORTING, AND HEALTHY LIVING OPPORTUNITIES.

PROUD PARTNER OF:



This newsletter is also available on the LEEP
website at www.mankatoleep.org
Editors: LEEP Team

BECOME A 2023 MEMBER programming with no limits

LEEP provides leisure education, recreation, and healthy living opportunities for people with intellectual and developmental disabilities. As a LEEP member, you'll have access to all the programs offered by LEEP, including night activities, special events, and Special Olympics. A yearly membership (January - December) is only \$55. Drop off or send a check in the mail with "2023 Membership" in the memo line. Membership Forms are available online as well.

**JOIN LEEP TODAY!
COMPLETE THE MEMBERSHIP FORM
AND RECEIVE MEMBER BENEFITS!**

