

NEWSLETTER

LEISURE EDUCATION

September 2023



Leisure Education for Exceptional People



FOR EXCEPTIONAL PEOPLE

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

WHAT'S INSIDE:

- September Activities
- Registration Checklist
- Special Olympics Regionals Photos
- September Calendar
- LEEP Elegance Information

September 2023 Activities

EVENT POLICIES

- **REMINDER:** Participants who require 1:1 support must provide staffing during the duration of the program or event. If transportation is included for the event, the participant must provide their own transportation as there is no room in the LEEP van for support staff or guardians.
- Please check in with LEEP staff on the 5th floor for programs at VINE.
- **NO** outside **FOOD** or **DRINK** is allowed during LEEP programs held at VINE for participants and group home staff.
- Staff/companions are required to stay in the rented program space with participants at VINE, not in any common areas.

Birthday Bingo

Tuesday, September 12

Join us for another month of birthday bingo! As usual, there will be great prizes and lots of friendly competition! **You get in free if your birthday is in September, so please tell us when you register!**

Location: VINE Rm 510

Limit: 30 Cost: \$8

Time: 6:00-7:00 pm

Fall Craft Night

Thursday, September 14

You don't need to be artsy to join us! We will provide a few craft projects related to Fall to get your creativity flowing. Make something to give as a gift or keep it for yourself.

Location: VINE Rm 504

Limit: 20 Cost: \$10

Time: 6:00-7:00 pm

Krazy Karaoke

Tuesday, September 19

Get KRAZY as you sing along to all your favorite songs! If you have a special song you want to hear or sing, put in your request with the LEEP Karaoke Masters. A fun night of music for all!

Location: VINE – Rm. 510

Limit: 30 Cost: \$8

Time: 6:00-7:00 pm

Everything Apple

Thursday, September 21

Fall is apple time, join us for a night where everything is apple. Taste apples from Granny Smith to Gala with a variety of special apple dips! Make a caramel apple to take home.

Location: VINE Room 504

Limit: 25 Cost: \$8

Time: 6:00-7:00 pm

Pajama Night: Popcorn & A Movie

Tuesday, September 26

Wear your pajamas for a fun “sleep-in” movie night. LEEP will provide the hot, delicious popcorn, you bring your pillows and blankets to get comfy!

Also, bring your own water bottle (reminder no outside food or drink is allowed at VINE)

Location: VINE Room 504 Limit: 25

Time: 6:00-8:00 pm Cost: \$8

Classic Car Roll-In and Pizza Ranch

SATURDAY, SEPTEMBER 9

TIME: 10:00 AM-12:30 PM

MEET @ LEEP AT 9:45 AM

PICKUP @ LEEP AT 12:30 PM

LIMIT: 12

COST: \$25

“Unique Classic Cars” is back for the third year of great roll-ins right in front of the Unique showroom! The event will be held in the parking lot in front of the Unique Classic Cars Building. Different musical guests and food trucks will also be at the event. After we check out the cars, we will go to Pizza Ranch for the buffet.

Mahkato Wacipi Powwow

SATURDAY, SEPTEMBER 16

TIME: 12:00 PM - 3:30 PM
MEET @ LEEP AT 11:45 AM
PICKUP @ LEEP AT 3:30 PM
LIMIT: 12
COST: \$15

Every September, Native Americans from a number of tribes gather in Mankato's Land of Memories Park, where the Dakota people held many ceremonies and gatherings before the US-Dakota War of 1862. The Powwow has been held in Mankato since 1972. This event includes the beautiful regalia of the dancers, traditional music, delicious foods and beautiful crafts. Bring your own money for food or crafts.

Fall Time Adventure

SUNDAY, SEPTEMBER 24

TIME: 2:30 - 5:00 PM
MEET @ LEEP AT 2:15 PM
PICKUP @ LEEP AT 5:00 PM
LIMIT: 12
COST: \$12

Let's see what's happening this Fall at Minneopa State Park! We will take a tour of Bison Drive and check out the falls area. Gather around the campfire to make yummy smores and create your own trail mix to take on your next Fall nature hike.

Note: If you attended this event in the Spring you cannot register for this event to allow others to participate

Bike Basics

THURSDAY, SEPTEMBER 28

TIME: 5:00 PM - 6:30 PM
MEET @ SPRING LAKE PARK NEAR BASKETBALL COURT
COST: FREE

Want to feel more comfortable riding a bike on trails and streets around Mankato? Let us help you learn basic bike safety and the rules of bike riding. Take a bike ride with others around Spring Lake Pond. Adaptive bikes will be available to try, or you can bring your own. Beginners to intermediate bike riders are welcome.



This event is in partnership with SMILES (Center for Independent Living), and the Greater Mankato Bike and Walk Advocates.

4 YOU'RE INVITED TO

PRESENTED BY

LEEP Elegance 2023



SATURDAY, OCTOBER 21, 2023

KATO BALLROOM

LEEP MEMBER: \$35

NON-LEEP MEMBER: \$45

STAFF/PCA/ETC: \$35

TICKETS ON SALE SEPTEMBER 1, 2023

PURCHASE TICKETS AT THE LEEP OFFICE
OR AT WWW.MANKATOLEEP.ORG

**Want to look good for LEEP Elegance?
Stop at the LEEP office for:
Some formal dresses available for FREE
Neckties available for FREE**

Call JCPenney hair salon at 507-625-5630 for:
FREE Men's haircuts (scheduled between Mon. Oct. 2 through Thurs. Oct. 19)
FREE women's hair styling Sat. Oct. 21

YOU MUST SAY YOU ARE ATTENDING LEEP ELEGANCE FOR IT TO BE FREE!
You must also purchase a LEEP Elegance ticket!!

Mankato River Ramble

Sunday, October 8

FOLLOWING OUR BIKE BASICS EVENT ON SEPTEMBER 27, COME RIDE THE MANKATO RIVER RAMBLE ON SUNDAY, OCTOBER 8. STARTING AT 10 AM, A GROUP WILL BE LEAVING FROM LAND OF MEMORIES AND WILL RIDE TO THE FIRST STOP AND COME RIGHT BACK, WHICH IS A DISTANCE OF ABOUT SIX MILES. THE EVENT WILL FEATURE TREATS AND LIVE MUSIC AT BOTH STOPS. THIS EVENT IS OPEN TO RIDERS OF ALL ABILITIES, SO COME JOIN THE RAMBLE!

THIS EVENT IS NOT STAFFED



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. No scholarships given for memberships or dances.

- 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	9/12	Birthday Bingo	\$8
	NA	9/14	Fall Craft Night	\$10
	NA	9/19	Krazy Karaoke	\$8
	NA	9/21	Everything Apple	\$10
	NA	9/26	Pajama Party	\$8
SPECIAL EVENTS				
	SE	9/9	Classic Car Roll-In	\$25
	SE	9/16	Mahkato Wacipi Powwow	\$15
	SE	9/24	Fall Time Adventure	\$12
	SE	9/28	Bike Basics	FREE
SPECIAL OLYMPICS				
	SO	Sept-Nov	Bowling	\$150
	SO	STATE	Flag Football; Bowling	\$100
	SO	TRANSP	SO Sport (\$35 1-way; \$70 2-way)	
2023 MEMBERSHIP				
Paperwork & Payment				\$55
TOTAL AMOUNT DUE:				

PLEASE CALL TO REGISTER BEFORE
SENDING IN ANY CHECKS

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: _____

⁶ CONGRATULATIONS

TO ALL OUR LEEP BOCCE BALL ATHLETES
WHO COMPETED AT REGIONALS!



CONGRATULATIONS

TO ALL OUR LEEP GOLF ATHLETES
& UNIFIED PARTNERS WHO
COMPETED AT REGIONALS!



September 2023

7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	<div> <div> <div>★ ★ ★</div> <div>LABOR</div> <div>DAY</div> </div> <div>OFFICE CLOSED</div> <div>NO FLAG FOOTBALL</div> </div>	<div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>	4	5	6	<div> <div>SE: CLASSIC CAR ROLL-IN AND PIZZA RANCH 10 AM-12:30 PM MEET @ LEEP</div> </div>
10	<div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>	<div> <div>11</div> <div>NA: BIRTHDAY BINGO 6:00-7:00 PM @VINE Rm 510</div> </div>	<div> <div>12</div> <div>BOWLING 4:30-5:50 PM @ WOW! ZONE</div> </div>	<div> <div>13</div> <div>NA: FALL CRAFT NIGHT 6:00-7:00 PM @VINE Rm 504</div> </div>	<div> <div>14</div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>	<div> <div>15</div> <div>SE: MAHKATO WACIPI POW- WOW 12:00-3:30 PM MEET @ LEEP</div> </div>
17	<div> <div>18</div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>	<div> <div>19</div> <div>NA: KRAZY KARAOKE 6:00-7:00 PM @VINE Rm 510</div> </div>	<div> <div>20</div> <div>BOWLING 4:30-5:50 PM @ WOW! ZONE</div> </div>	<div> <div>21</div> <div>NA: EVERYTHING APPLE 6:00-7:00 PM @VINE Rm 504</div> </div>	<div> <div>22</div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>	<div> <div>23</div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>
<div> <div>24</div> <div>SE: FALL TIME ADVENTURE 2:30-5:00 PM MEET @ LEEP</div> </div>	<div> <div>25</div> <div>FLAG FOOTBALL 5:15 - 6:15 PM @ SPRING LAKE PARK</div> </div>	<div> <div>26</div> <div>NA: PAJAMA NIGHT 6:00-8:00 PM @VINE Rm 504</div> </div>	<div> <div>27</div> <div>BOWLING 4:30-5:50 PM @ WOW! ZONE</div> </div>	<div> <div>28</div> <div>SE: BIKE BASICS 5:00-6:30 PM @ SPRING LAKE PARK</div> </div>	<div> <div>29</div> </div>	<div> <div>30</div> </div>

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.

REGISTER FOR EVENTS EARLY!

MAKE SURE TO CALL AND GET REGISTERED RIGHT AWAY FOR EVENTS AS THEY HAVE BEEN FILLING UP QUICKLY! MOST EVENTS HAVE BEEN REACHING THEIR LIMITS WITHIN A WEEK OF PEOPLE RECEIVING THE NEWSLETTER, AND LEEP DOES NOT HAVE A WAITLIST FOR EVENTS.

