

# NEWSLETTER

## LEISURE EDUCATION

*December 2023*



Leisure Education for Exceptional People



## FOR EXCEPTIONAL PEOPLE

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

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# December Activities:

## Night Activities

### **Birthday Bingo**

Join us for the last birthday bingo of 2023! Check out new holiday prizes and enjoy lots of friendly competition! If your birthday is in December you can play for free; please tell us when you register.

Tuesday, December 5 | Location: VINE Rm 510  
Time: 6:00 – 7:00 pm | Limit: 40 | Cost: \$8

### **Holiday Gift Game & Hot Cocoa Bar**

Play a fun dice game where we will trade gifts and you get to take one home! The gifts will be provided by LEEP. Make your own hot cocoa creation with special ingredients. Join us if you love gifts, games, and laughs!

Tuesday, December 12 | Location: VINE Rm 504  
Time: 6:00 – 7:00 pm | Limit: 25 | Cost: \$20

### **Holiday Wreath**

Create your own version of a Holiday Wreath for a gift or to keep for yourself. Bring your creativity, and we will supply all the materials.

Thursday, December 14 | Location: VINE Rm 510  
Time: 6:00 - 7:00 pm | Limit: 25 | Cost: \$20

## Special Olympics Powerlifting

Athletes will learn proper lifting techniques including safety and body dynamics. JP Fitness Trainers will coach athletes on 3 specific lifts: Squat, Deadlift and Bench Press.

**Location:**  
JP Fitness  
1400 Madison Avenue, Suite 50

**Days:**  
Mondays and Thursdays January 4 - March 7

**Time: 11:00 a.m. – 12:00 p.m.**  
**Limit: 8**  
**Cost: \$200**

STATE Competition is March 9 in Stillwater



# December Activities:

## Special Events

### *Holiday Party Cookie Decorating & Sing-Along*

THURSDAY, DEC 7 | 6:00 - 7:30 PM

SPONSORED IN PART BY MINNESOTA VALLEY CIVITAN CLUB



JOIN ALL YOUR FRIENDS FOR A SPECIAL HOLIDAY PARTY AT THE WOW!ZONE. FIRST, WE WILL DECORATE SUGAR COOKIES FOR THE HOLIDAYS. AFTERWARD, ENJOY A SING-ALONG TO HOLIDAY FAVORITES WITH MUSICIAN BETH WILSON.

Limit: 50 | Cost: \$8

MEET & PICK UP AT WOW!ZONE – 2030 ADAMS STREET, MANKATO



### **HOLIDAY SHOW & PIZZA DINNER**

TUESDAY, DEC 19

JOIN US FOR A PIZZA DINNER WHILE WE WATCH A HOLIDAY FAVORITE ON THE BIG SCREEN! PLAY HOLIDAY MOVIE TRIVIA AND ENJOY TIME WITH YOUR LEEP FRIENDS AT OUR LAST SPECIAL EVENT FOR 2023.

Limit: 40 | Cost: \$12

5:30-8:30 PM

VINE ROOM 504





## 4 LETTER FROM LISA

Here we are at the end of another great year and preparing for an even better year in 2024! LEEP has gone through many changes in 2023, but we continue to be here to make sure that you all are able to get together to do activities, attend events, and compete in sports!!

THANK YOU for your participation at LEEP! We very much enjoy each of you and we love hearing what's going on in your lives! We look forward to getting to know you even better and we'd love to meet those of you that we don't know!

I also want to send a huge THANK YOU to all of our staff as they genuinely care about LEEP participants and bring great energy to LEEP every day!

We also need to say THANK YOU to our many volunteers for the various roles that they play. We absolutely couldn't do what we do without their efforts, and we are very grateful that they continue to choose to share their time, talent and gifts with LEEP!

We look forward to welcoming you into our new space at Mankato Youth Place (MY Place) in 2024! You can find more information below and we will include additional information in our January newsletter. We appreciate your patience as we transition our activities to our new space!

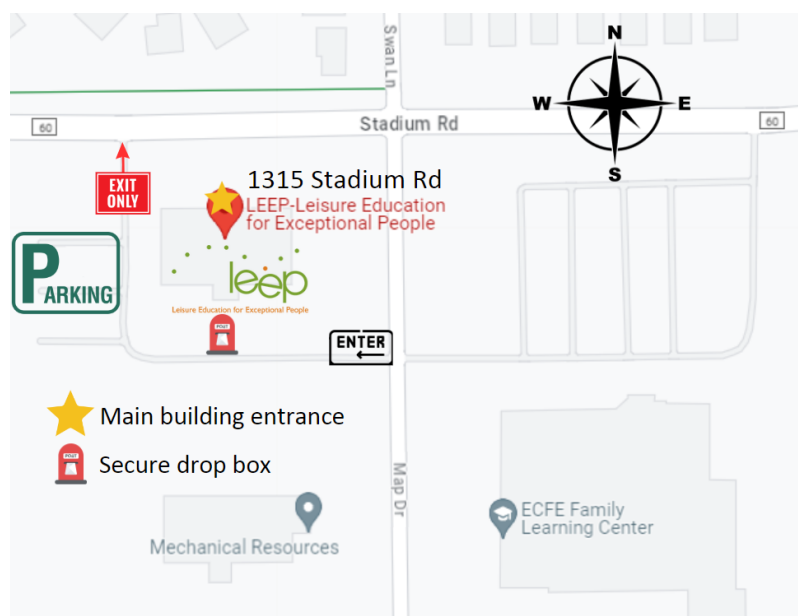
**LISA  
HOFFMAN WOJCIK**  
Executive Director



Lisa ☺

## LEEP'S NEW OFFICE

You may have heard that LEEP sold its building earlier this year. We were fortunate to be able to lease part of the old building for some months after that. We are excited to share that we have just finished moving to our new office (and eventual activity space), which is in Mankato Youth Place's (MY Place) building. Many of you will be familiar with the area as we are across the street from the old MRCI building on Map Drive. **Please note that we will be moving most night activities and special events to the MY Place building in January 2024.** We will include more information about this in the January newsletter. **There is a secure drop box/mailbox on the south side of the building.**



### Mailing Address:

1315 Stadium Rd, Suite 101  
Mankato, MN 56001



# LEEP ELEGANCE 2023

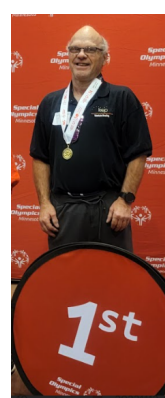


**THANKS TO EVERYONE WHO JOINED US  
UNDER THE SEA AT LEEP ELEGANCE 2023!**

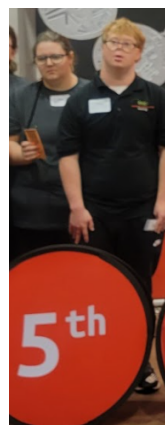




# SPECIAL OLYMPICS BOWLING STATE



*Congrats!*





## 7 LEEP 2023-24 REGISTRATION:

- 2024 LEEP membership information is available at <https://www.mankatoleep.org/membership>
- 2024 membership information was sent in the mail in early November
- NEW members, please go online or call the LEEP office at 507-387-5122 and we will get you membership information.
- Memberships are \$50 if membership forms, additional information, and payment are received by December 31, 2023.
- After January 1, 2024 ALL annual memberships will cost \$55.
- A LEEP membership makes a great holiday gift!

## 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 Olympics sports.

- Applications can be found online at [www.mankatoleep.org](http://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   | 12/5    | Birthday Bingo                | \$8   |
|  | NA   | 12/12   | Holiday Gift Game & Hot Cocoa | \$20  |
|  | NA   | 12/14   | Holiday Wreath                | \$20  |
| SPECIAL EVENTS                                 |      |         |                               |       |
|  | SE   | 12/7    | Holiday Party                 | \$8   |
|  | SE   | 12/19   | Holiday Show and Pizza Dinner | \$12  |
| SPECIAL OLYMPICS                               |      |         |                               |       |
|  | so   | Jan-Mar | Powerlifting                  | \$200 |
| 2024 MEMBERSHIP                                |      |         |                               |       |
| Paperwork and payment before December 31, 2023 |      |         |                               | \$50  |
| 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.**

PLEASE NOTE: December activities are still being held at VINE. In January activities will be held at LEEP's new space. Information will be in the January newsletter.

**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:** \_\_\_\_\_

# TRY SOMETHING NEW IN 2024

You don't need to have experience with a sport to try it, our volunteer coaches will teach you the skills needed to succeed! We aim to meet all levels of athletes in our programs. Our goal is to improve physical fitness, build social connections and have FUN!

Don't let the cost of the program be a barrier. We will help you cover the fees! Scholarships are available for all athletes who are members of LEEP. Payment plans are also available - please ask!

**\*\*VOLUNTEER SPECIAL OLYMPICS COACHES are also needed!** Contact Kristin at 507-386-7853 or [athletics@mankatoleep.org](mailto:athletics@mankatoleep.org) if you are interested!

**ALL DATES & TIMES MAY BE SUBJECT TO CHANGE. Below is a guide for 2024.**



## POWERLIFTING

Practice Dates: January 4, 2024 - March 9, 2024 Mondays and Thursdays 11 am – 12 pm @ JP Fitness  
State: March 9 – Stillwater (times TBD)



## BASKETBALL

Practice Dates: Mid-March - June 24 (days/times/location TBD) on Monday evenings  
Regional: Sunday, April 21 @ Gustavus; St. Peter, MN (times TBD)  
State: Friday - Sunday, June 21-23, 2024 @ Stillwater, MN (days/times TBD)



## SWIMMING

Practice Dates: Mid-March - June 16, 2023 (days/times/location TBD) on Tuesday evenings  
Regional: Sunday, April 28, 2024 @ Rochester, MN (times TBD)  
State: Saturday & Sunday, June 15-16, 2024 @ Lakeville, MN (days/times TBD)



## TRACK & FIELD

Practice Dates: Early April - June 22, 2023 (days/times/location TBD) on Wednesday evenings  
Regional: TBD @ TBD  
State: Friday - Sunday, June 21-23, 2024 @ Stillwater, MN (days/times TBD)



## BOCCE BALL

Practice Dates: Late June - mid/late August 2023 (days/times/location TBD)  
Regional: Sunday, July 14, 2024 @ Faribault, MN (times TBD)  
State: Saturday & Sunday August 17-18, 2024 @ Woodbury, MN (days/times TBD)



## GOLF

Practice Dates: Late June - August 25, 2023 (days/times/location TBD)  
Regional: TBD @ Hastings, MN (times TBD)  
State: Sunday, August 25, 2024 @ Oakdale, MN (times TBD)



## FLAG FOOTBALL

Practice Dates: Late August - October 2023 (days/times TBD)  
State: TBD, October 2023 – M Health Fairview Sports Center; Woodbury, MN



## BOWLING

Practice Dates: Mid-September - November 2024 (days/times TBD)



# DECEMBER 2023

| Sunday                     | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday |
|----------------------------|--|--|---|--|--|----------|
|                            |  |  |   |  | 1  | 2        |
| 3                          | 4  | 5<br>NA: Birthday<br>Bingo<br>6:00 - 7:00 pm<br>@ VINE RM 510                        | 6   | 7<br>SE: Holiday Party<br>& Sing-along<br>@ WOW!Zone<br>6:00 - 7:30 pm | 8  | 9        |
| 10                         | 11   | 12<br>NA: Holiday Gift<br>Game &<br>Hot Cocoa Bar<br>6:00 - 7:00 pm<br>@ VINE RM 504 | 13  | 14<br>NA: Holiday<br>Wreath<br>6:00 - 7:00 pm<br>@ VINE RM 510         | 15   | 16       |
| 17                         | 18   | 19<br>SE: Holiday Show<br>& Pizza Dinner<br>@ VINE RM 504<br>5:30 - 8:30 pm          | 20  | 21   | 22<br><br>Leisure Education for Exceptional People<br>Office Closed | 23       |
| 24<br>HAPPY<br>HOLIDAYS    | 25<br><br>Office Closed | 26   | 27  | 28   | 29<br><br>Leisure Education for Exceptional People<br>Office Closed | 30       |
| 31<br>New<br>Year's<br>Eve |  |   | OFFICE PHONE: 507-387-5122<br>EMAIL: INFO@MANKATOLEEP.ORG |  |  |          |



LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE  
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MANKATO, MN 56001

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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](http://www.mankatoleep.org)  
Editors: LEEP Team

## BECOME A 2024 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 \$50 before December 31, 2023. Drop off or send a check in the mail with "2024 Membership" in the memo line. Membership Forms are available online as well.

### JOIN LEEP TODAY!

**COMPLETE THE MEMBERSHIP PAPERWORK AND PAYMENT BEFORE  
DECEMBER 31, 2023 TO GET A PRIZE IN THE MAIL!**

