

NEWSLETTER

LEISURE EDUCATION

February 2024



Leisure Education for Exceptional People



FOR EXCEPTIONAL PEOPLE

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

WHAT'S INSIDE:

- February Activities
- Special Events
- Reminders
- Valentine's Dance
- Special Olympics 2024
- February Registration
- February Calendar

EVENT POLICIES

- REMINDER: If transportation is included for the event/activity, LEEP is not able to transport support staff, guardians, etc. in the LEEP van due to limited space. Participants and their companions may meet LEEP at the event/activity.
- Staff/companions are required to stay in the event space when events are being held.
- All event cancellations will be announced on the cancellation line. Please call 507-387-5122 (choose option 3).

Birthday Bingo

Thursday, February 1

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 February. Be sure to tell us when you register!

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 30 | Cost: \$10

Heart Art

Tuesday, February 13

To celebrate Valentine's Day, come craft with us. LEEP will provide a variety of art supplies, all you need to bring is your imagination and creativity.



Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 15 | Cost: \$10

Popcorn & A Show

Tuesday, February 6

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



Time: 6:30-8:00 pm (PLEASE NOTE LONGER TIME)

Location: LEEP Office (1315 Stadium Road)

Limit: 40 | Cost: \$10

MIX, MINGLE and Munchies

Thursday, February 22

Want to get to know more about your LEEP friends? Through fun games and awesome activities, you will get to know at least one person better, maybe even yourself! Create your own munchie mix and mix your own "mocktail" (drink without alcohol).

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 30 | Cost: \$12

Valentine's Day Cookie Decorating

Thursday, February 8

It's BACK! Be sure to sign up right away for this popular activity, it will fill quickly. Listen to the hottest new music while you decorate heart-shaped cookies. Eat a few cookies and take some home to give to someone else!

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 30 | Cost: \$14

Heart Happy

Thursday, February 29



February is American Heart Month! Did you know that moving your body and helps keep your heart health? Learn a variety of FUN low-impact activities in the gym that you can also do in your home. We guarantee your heart will thank you! Wear clothes you can move in, bring a water bottle and athletic shoes (no boots or street shoes in the gym.)

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 40 | Cost: \$10

MAVERICK MEN'S HOCKEY

FRIDAY, FEBRUARY 23 @ 6:15-9:15 PM

Do you like Hockey? Come cheer on the Minnesota State Mavericks as they take to the ice! Wear your purple and gold for the home team. Bring your own money for concessions. We are grateful for the donation of tickets from Minnesota State University; unfortunately, our seats are on the 3rd Level. If you require 1:1 assistance, support staff must be registered to receive a ticket and you must provide your own transportation.

NOTE TO PARTICIPANTS: Participants must be able to walk up two flights of stairs as there is no wheelchair access.

GAME LOCATION: MAYO EVENT CENTER | 1 CIVIC CENTER PLAZA

If riding in LEEP van, meet at LEEP Offices, 1315 Stadium Road at 6:15 PM.

If you are meeting us at the Civic Center, please be at the box office at 6:30 PM.

LIMIT: 15 | COST: \$20 NO TICKET COST FOR SUPPORT STAFF



BOWLING & PIZZA

SUNDAY, FEBRUARY 11

HIT THE LANES WITH YOUR FRIENDS AND PLAY 2 GAMES OF BOWLING. AFTER WE BOWL, ENJOY WOOD-FIRED PIZZA AND GOOD CONVERSATION.

Location: WOW! Zone (1861 Adams Street)

Time: 3:00 – 5:00 pm. Pickups: at 4:30 pm (please be on time)

Limit: 40 | **Cost:** \$20



Clue

SATURDAY, FEBRUARY 24

PRESENTED BY THE MSU THEATER

This play is a spin on the classic board game and the 1985 movie. Clue is the comedy whodunit that will leave both fans of the board game and original movie in stitches as they try to figure out...who did it, where, and with what. After the play, we will eat desserts back at the LEEP offices and maybe even play a game of CLUE!

**LOCATION: EARLEY CENTER FOR THE PERFORMING ARTS
320 MAYWOOD AVENUE, MANKATO**

Time: 1:15 - 5:00 PM | **Limit:** 12

Cost: \$28 for LEEP Members, \$17 for Support Staff

If you require 1:1 assistance, support staff must be registered and purchase a ticket for \$17. You also need to provide your own transportation. If riding in the Van with LEEP, meet at LEEP Offices (1315 Stadium Road) at 1:15. If you are meeting us at the theater, please meet LEEP in the lobby (320 Maywood Ave.) at 1:30 p.m.



Valentine's Dance!

It's time for our annual Valentine's Dance! Come join LEEP as we dance the night away with friends at our new building! No registration will be taken ahead of the dance. There is a NO RE-ENTRY policy at all LEEP Dances; once you leave, you can't come back in.

Location: LEEP Office (1315 Stadium Rd)

Time: 6:30 to 8:30 pm

Cost: \$10; Staff/caregivers get in free

FRIDAY, FEBRUARY 16



LEEP LEGENDS 2024 TEAM MANAGERS

COME JOIN LEEP AS A TEAM MANAGER AT LEEP LEGENDS 2024!

Call the LEEP office at 507-387-5122 if you are interested in having your name entered into a drawing for the managers. Team managers will be announced in one of our upcoming newsletters!

LEEP Legends 2024 is Thursday, August 8 @ ISG Field!



WINTER WEATHER REMINDER

Decisions regarding program cancellations will typically be decided by 2:00 p.m. on the date of the scheduled event or 2 hours prior to practice for Special Olympics cancellations. LEEP follows Mankato Area Public Schools' winter weather policy and will automatically close/cancel if school is canceled due to weather. When possible, LEEP staff/volunteers will call registered participants to notify them of a cancellation in advance. Cancellation notices may also be posted on LEEP's social media accounts.

Please call the LEEP cancellation line at 507-387-5122 (option 3) and listen to the recorded message to learn whether or not an activity/event/program will be held. PLEASE NOTE: Voice messages left at this number will not be checked or returned.

LEEP requires that participants are properly prepared and dressed to participate in LEEP activities/events/programs. Participants should be dressed appropriately for the anticipated weather and have any other items they need to help keep them safe and healthy. In winter participants should be dressed in a winter jacket in addition to wearing winter boots, a scarf, mittens/gloves, a hat/earmuffs, etc. Layering of clothing is a good idea, especially during activities/events/programs that last for several hours or more.

NEW ATHLETES NEEDED!!

SCHOLARSHIPS AVAILABLE!!

Now is a good time to make sure that your Special Olympics paperwork is updated! Athletes MUST HAVE an updated Special Olympics medical form to participate. The forms are available at the LEEP office or on the LEEP website under the membership tab and then by clicking on the "Special Olympics MN Application for Participation" form.

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



**Special
Olympics**
Minnesota

Swimming

All swimmers welcome! Our coaches will work with swimmers to build skills.

Call Kristin at 507-386-7853 if you have any questions.

- **Dates:** Tuesdays - March 19 - 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 and facility fees, use of kickboard and pull buoy, Regional competition and Regional transportation) | additional \$100 for State competition and 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 28, 2024 @ Rochester Recreation Center (times TBD)
- **State Competition:** Saturday/Sunday, June 15-16, 2024 @ Lakeville (times TBD)

Full- and Half-Court Basketball

We need more players for our teams! Our coaches will teach you the basketball basics and build your skills. Doing basketball is a great way to get active and have fun at the same time!

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

- **Dates:** Mondays - March 11 - June 24
- **Location:** My Place Gym, 1315 Stadium Road
- **Time:** 6:00 - 8:00 pm (exact practice time will depend on team placement)
- **Cost:** \$150 (Practice and facility fees, use of jersey, equipment, Regional competition and Regional transportation) | additional \$100 for State competition and 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, April 21, 2024 @ Gustavus Adolphus College
- **State Competition:** Friday/Saturday/Sunday, June 21-23, 2024 @ Stillwater High School

Track and Field

Not sure about Track and Field? Athletes compete in walking and running events, so if running isn't your style, we have other things to try! Come join us and you can get healthier by walking or running with us each week!

- **Dates:** Wednesdays - April 10 - June 26 (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 and facility fees, t-shirt, Regional competition, and 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:** Usually early May 2023 (date TBD) @ location TBD
- **State Competition:** Friday-Sunday, June 21-23, 2023 @ Stillwater High School

LEEP 2024 REGISTRATION:

- 2024 LEEP membership information is available at <https://www.mankatoleep.org/membership>
- NEW members, please go online or call the LEEP office at 507-387-5122 and we will get you membership information.
- ALL annual memberships are now \$55.
- A LEEP membership makes a great 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 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.

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.

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.

X	CODE	DATE	ACTIVITY/SPORT	FEE
NIGHT ACTIVITIES				
	NA	2/1	Birthday Bingo	\$10
	NA	2/6	Popcorn & A Show	\$10
	NA	2/8	Valentine's Cookie Decorating	\$14
	NA	2/13	Heart Art	\$10
	NA	2/22	Mix, Mingle & Munchies	\$12
	NA	2/29	Heart Happy	\$10
SPECIAL EVENTS				
	SE	2/11	Pizza and Bowling	\$40
	SE	2/23	Mavericks Hockey	\$20
	SE	2/24	CLUE Show	\$28
DANCES				
		2/16	Valentine's Dance	\$10
SPECIAL OLYMPICS				
	SO	Mar-June	Basketball	\$150
	SO	Mar-June	Swimming	\$150
	SO	Apr-June	Track and Field	\$150
2024 MEMBERSHIP				
Paperwork and payment after January 1, 2024				\$55
TOTAL AMOUNT DUE:				

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NA: Birthday Bingo @ LEEP 1315 Stadium Rd 6:30 - 7:30 pm	2	3 SE: Mall of America 9:30 am - 4:30 pm <u>MEET @ LEEP</u> 1315 Stadium Rd
4	5 SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50	6 NA: Popcorn & A Show 6:30 - 8:00 pm @ LEEP 1315 Stadium Rd	7	SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50 NA: Valentine Cookie Decorating 6:30 - 7:30 pm @ LEEP 1315 Stadium Rd	9	10
11 SE: Bowling & Pizza 3:00 - 5:00 pm @ WOW!Zone 1861 Adams Street	12 SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50	13 NA: Heart Art 6:30 - 7:30 pm @ LEEP 1315 Stadium Rd	14 HAPPY VALENTINE'S DAY	15 SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50	16  Valentines Dance 6:30 - 8:30 pm @ LEEP 1315 Stadium Rd	17
18	19 SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50	20	21	SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50 NA: Mix, Mingle & Munchies 6:30 - 7:30 pm @ LEEP 1315 Stadium Rd	23 SE: Maverick Men's Hockey Game 6:15 - 9:15 pm @ Mayo Civic Center <u>MEET @ LEEP</u> 1315 Stadium Rd	24 SE: CLUE Play 1:15 - 5:00 pm @ MSU <u>MEET @ LEEP</u> 1315 Stadium Rd
25	26 SO: Powerlifting 11 am - 12 pm @ JP Fitness 1400 Madison Ave Suite 50	27	28	29 NA: Heart Happy 6:30 - 7:30 pm @ LEEP 1315 Stadium Rd	1	2

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

LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE
1315 Stadium Rd, Ste. 101
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
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 \$55. 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 FORM AND RECEIVE MEMBER BENEFITS!
MEMBERSHIP IS REQUIRED TO ATTEND LEEP EVENTS IN 2024!**

