

NEWSLETTER

LEISURE EDUCATION

January 2024



Leisure Education for Exceptional People



FOR EXCEPTIONAL PEOPLE

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

WHAT'S INSIDE:

- January Activities
- Special Events
- Reminders
- Thank You Civitan!
- Valentine's Dance Save the Date
- Special Olympics 2024
- January Registration
- January Calendar

JANUARY NIGHT ACTIVITIES

New Year Birthday Bingo

Thursday, January 11

Join us as we kick off 2024 with birthday bingo! As usual, there will be great prizes and lots of friendly competition! You get in free if your birthday is in January! Be sure to tell us when you register!

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 40 | Cost: \$10

Mandalas

Tuesday, January 16

What is a mandala? Mandalas symbolize harmony, unity, and connection. They are often used in Asian cultures along with meditation to make people feel calm. Learn more about mandalas and design your own or we will give you one. A guided meditation will teach you grounding and breathing technique. Create calm for yourself in 2024.

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 30 | Cost: \$12

Roll Back 40 Years: 1984 Karaoke Party

Thursday, January 18

"Totally Tubular!" Sing along to Bon Jovi, Madonna, WHAM, Micheal Jackson and more. Rat your hair, grab your leg warmers, and wear neon! Prizes will be given for the Top 3 1980's outfits. Pop rock fizzy drinks and popcorn will be served. Be totally rad and sign up!

Time: 7:00-8:30 pm (PLEASE NOTE TIMES)

Location: LEEP Office (1315 Stadium Road)

Limit: 30 | Cost: \$12

Nat'l "Hunt for Happiness" Week

Tuesday, January 23

Happiness boosts your immune system and studies show happier people live longer. Explore what makes you happy. Create a "Happiness" poster to hang in your room. Think about things you can do to find happiness in your life. Try Laughter Yoga and watch funny video clips. Write a happiness poem and share a snack that will surely make you happy!

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 40 | Cost: \$10

Pasta and Planning

Thursday, January 25

We want to hear from you! In small groups, we will discuss new program ideas and what LEEP Staff can do to make our programs better. At the Pasta Bar, pick your choice of penne, spaghetti, sauces, salad, bread, and cherry cheesecake. Raffle Prizes will be given out and everyone will go home with a special gift!

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

Location: LEEP Office (1315 Stadium Road)

Limit: 40 | Cost: \$20

Indoor Fun!

Tuesday, January 30

Beat the winter blahs with the typical outdoor games inside. Play beach volleyball, a round of silent ball, balloon keep up, and more! If the gym at My Place is finished, we might even do some kickball or whiffleball.

Time: 6:30-7:30 pm

Location: LEEP Office (1315 Stadium Road)

Limit: 30 | Cost: \$10

FRIDAY NIGHT OUT BURGER BONANZA

FRIDAY, JANUARY 12

Who has the best burger in Mankato? Let's check out MC's Garage! They have 11 burgers on the menu for you to try something new or stick with how you like it! Bring \$20 in cash for your dinner!

Location: 1861 Adams Street

Time: 5:30 – 7:00 pm

Limit: 15 | Cost: \$14



* LADIES ONLY AFTERNOON ³

* Barbie - THEMED

SUNDAY, JANUARY 21 | 2:00 – 4:30 PM

You asked for it so here it is . . .
an afternoon for ladies only!
Watch the chick flick of the year!
Get your photo taken in front of
a glittery backdrop and decorate
a cupcake. Create your own
affirmation book with fun quotes,
stickers, glitter and more. Snacks,
laughs, glitz and fun with your
gals. Wear something pink if you
want!



Location: 1315 Stadium Road

Time: 2:00 pm – 4:30 pm

Limit: 30 | Cost: \$24

MAVERICK MEN'S BASKETBALL



SATURDAY, JANUARY 27 @ TAYLOR CENTER
MINNESOTA STATE UNIVERSITY

Cheer on the Minnesota State University Mankato MAVERICKS Men's Basketball Team at Taylor Center! Wear your purple as they take on the team from Moorhead State. If you need to bring a staff person, please let us know when you register so we can get a ticket.

TAYLOR CENTER | 1651 WARREN STREET

TIME: 5:00 – 7:30 PM

LIMIT: 15 | COST: \$16**

**BRING EXTRA CASH FOR CONCESSIONS, SUGGESTED AMOUNT \$15

TRANSITION TO EVENTS AT LEEP

LEEP is excited to announce that starting in January, all events that were formerly held at VINE will now be taking place in our new space! LEEP is grateful for MYPlace opening their doors to our programs and participants.

At the new building LEEP staff will greet you at the front door (door facing Stadium Road). If you come to drop off paperwork or for an appointment, please call LEEP staff at 507-387-5122 so we can let you into the building.



1315 Stadium Rd, Suite 101, Mankato, MN 56001

THANK YOU TO THE MN RIVER VALLEY CIVITAN

LEEP would like to give a heartfelt thank you to Minnesota River Valley Civitan for helping to host our annual Thanksgiving Dinner and Holiday Party events at WOW! Zone in November and December 2023! We look forward to continuing this partnership in 2024!



Valentine's Dance on Friday, February 16!

No registrations will be taken ahead of time for the dance.

More information will be available in the February newsletter!

WINTER WEATHER REMINDER

Decisions regarding program cancellations will typically be decided by 2:00 p.m. on the date of 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.

SPECIAL OLYMPICS: 2024 DATES

BASKETBALL

Practice Dates: Mondays, March 26 – June 18 (times TBD)

Location: 1315 Stadium Road. *Limited Transportation is available please check the box on your registration.

Competitions:

Regional: Sunday, April 21 @ Gustavus; St. Peter, MN (times TBD)

State: Friday - Sunday, June 21-23, 2024 @ Stillwater, MN (days/times TBD)

Fee: \$150

SWIMMING

Practice Dates: Tuesdays, March 19- June 18, 6-7 p.m.

Location: Mankato East Pool

Competitions:

Regional: Sunday, April 28, 2024 @ Rochester, MN (times TBD)

State: Saturday & Sunday, June 15-16, 2024 @ Lakeville, MN (days/times TBD)

Fee: \$150



**Special
Olympics**
Minnesota

COMING IN FEBRUARY:



Mall of America Day Trip

Join us for a fun winter day trip. We will play team trivia on the van up to the Mall of America. Together we will walk and shop. Participants will decide together on a sit-down restaurant for lunch. Bring your own spending cash if you want.



Saturday, February 3

**Location: Meet @ LEEP Office
(1315 Stadium Rd)**

Time: 9:30 am – 4:30 pm

Limit: 11

Cost: \$ 70

LEEP 2024 REGISTRATION:

- 2024 LEEP membership information is available at <https://www.mankatoleep.org/membership>
- 2024 membership information will be sent via U.S. Mail to CURRENT 2023 members soon!
- 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 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.

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	1/11	New Year's Birthday Bingo	\$10
	NA	1/16	Mandalas	\$12
	NA	1/18	1984 Karaoke Party	\$12
	NA	1/23	Celebrate Happiness Week	\$12
	NA	1/25	Pasta Bar	\$20
	NA	1/30	Indoor Fun!	\$10
SPECIAL EVENTS				
	SE	1/12	Friday Night Out	\$14
	SE	1/21	Ladies ONLY Afternoon	\$24
	SE	1/27	Mav Men's Basketball	\$16
	SE	2/3	Mall of America	\$70
SPECIAL OLYMPICS				
	SO	Mar-June	Basketball	\$150
	SO	Mar-June	Swimming	\$150
2024 MEMBERSHIP				
Paperwork and payment after January 1, 2024				\$55
TOTAL AMOUNT DUE:				

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: _____

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Happy New Year</i> LEEP Office Closed	2	3	4	5	6
7	8 SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50	9	10	SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50 NA: New Year Birthday Bingo 6:30 - 7:30 pm @LEEP Office 1315 Stadium Rd	12 SE: Friday Night Out Burger Bonanza 5:30 - 7:00 pm @ MC'S GARAGE 1861 Adams St	13
14	15 SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50  LEEP Office Closed	16 NA: Mandalas 6:30 - 7:30 pm @LEEP Office 1315 Stadium Rd	17	SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50 NA: 1984 Karaoke Party 7:00 - 8:30 pm @LEEP Office 1315 Stadium Rd	19	20
21 SE: Ladies ONLY Afternoon @LEEP Office 1315 Stadium Road 2:00 - 4:30 pm	22 SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50	23 NA: Hunt for Happiness 6:30 - 7:30 pm @LEEP Office 1315 Stadium Rd	24	SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50 NA: Pasta and Planning 6:30 - 8:00 pm @LEEP Office 1315 Stadium Rd	26	27 SE: Maverick Men's Basketball Game 5:00 - 7:30 pm @ MSU Taylor Center 1651 Warren St
28	29 SO: Powerlifting 11 am - 12 pm @JP Fitness 1400 Madison Ave Suite 50	30 NA: Indoor Fun 6:30 - 7:30 pm @LEEP Office 1315 Stadium Rd	31	1	2	3 SE: Mall of America 9:30 am - 4:30 pm Meet @ LEEP 1315 Stadium Rd

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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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 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!
MEMBERSHIPS MAKE A GREAT HOLIDAY PRESENT!**

