



NEWSLETTER

LEISURE EDUCATION

Oct / Nov / Dec 2025



FOR EXCEPTIONAL PEOPLE

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

WHAT'S INSIDE:

- Special Events
- Night Activities
- Special Olympics Information
- LEEP Elegance 2025 Information
- Monthly Calendars
- Activity/Sports Registration
- 2026 Membership Information

SPECIAL events

Pleasant Grove Pizza Farm

Join us for a delicious evening at Pleasant Grove Pizza Farm, featuring handcrafted pies and live music from the talented local band Good Night Gold Dust. Come for the food, stay for the music, and enjoy a perfect night out with friends and community! Bring a lawn chair or blanket for a cozy place to sit.

If you require 1:1 staff support during the program you will need to drive separately.

Sunday, October 5

Meet at LEEP | 3:30 pm – 6:30 pm | Limit: 10 |
Cost: \$14



Pie in the Park

Celebrate the season at Sibley Park in Mankato! Enjoy crisp autumn air, colorful leaves, and good company while savoring classic apple pie topped with ice cream. It's the perfect fall evening to gather with friends and share in the simple joys of the season.

Thursday, October 9

Sibley Park (900 Mound Ave; Shelter 2 |
6:30 pm – 7:30 pm | Limit: 25 | Cost: \$12

Breakfast at Happy Chef

Start your morning off right with friends at Happy Chef! Join LEEP for a hearty breakfast, great conversation, and plenty of smiles. It's the perfect way to connect, relax, and share a delicious meal together.

Saturday, October 25

Happy Chef (51646 US Hwy 169) |
9:00 am – 10:30 am | Limit: 15 |
Cost: \$14



Boo Bash Halloween Dance

Get ready for a spooktacular night at LEEP's Boo Bash Halloween Dance! Dress up in your favorite costume and enjoy an evening of music, dancing, and Halloween fun with friends. We'll have a lively atmosphere, great tunes, and plenty of treats to make this a frightfully good time!

Thursday, October 30

LEEP | 6:30 pm – 8:00 pm |
Limit: 30 | Cost: \$8

SPECIAL events

Building Strength Foundations at the Y

Join us at the Mankato YMCA for an energizing fitness program led by Nick! Participants will focus on cardio, weight training, healthy living habits, and nutrition in a supportive and encouraging environment. Whether you're just starting your fitness journey or looking to build on your routine, this is a great way to stay active and healthy with friends.

Mondays in November 3, 10, 17, 24
Mankato Family YMCA (1401 S. Riverfront Dr.) |
4:00 pm – 5:00 pm | Limit: 10 | Cost: \$60

****NO YMCA MEMBERSHIP REQUIRED!***



National Bison Day

Join us as we celebrate National Bison Day with a fun and relaxing outing to Minneopa State Park! We'll take a scenic drive through the park to view the majestic bison herd, followed by a peaceful walk to the beautiful Minneopa Falls. Along the way, we'll enjoy the crisp fall air, take in the sights, and finish with a small snack together.

If you require 1:1 staff support during the program you will need to drive separately.

Saturday November 1
Meet at LEEP | 1:00 pm – 4:00 pm | Limit: 10 |
Cost: \$16

Dinner out at Pub 500

Enjoy a fun night out with friends at Pub 500 in downtown Mankato! Gather around the table for delicious food, great conversation, and a relaxed evening together.

Thursday, November 6
PUB 500 (500 S. Front St.) |
5:30 pm – 7:00 pm | Limit: 15 | Cost: \$14

LEEP Member Thanksgiving Dinner at WOW!Zone



Come celebrate the season of gratitude with us at our Thanksgiving Dinner at the Wow Zone! Enjoy a delicious holiday meal in a fun and festive atmosphere, surrounded by friends, laughter, and good company.

Thursday, November 20
WOW!Zone (2030 Adams St.) |
6:00 pm – 7:30 pm | Cost: \$10

Border Battle Vikings vs. Packers*

Get ready for one of the biggest rivalries in football — the Minnesota Vikings vs. Green Bay Packers! Join us for a Border Battle Watch Party as we cheer on our favorite team in front of the big screen. We will enjoy delicious pizza and cheering on our favorite team/s.

****PLEASE NOTE: There may be changes to this event due to the NFL's flex scheduling.***

Sunday, November 23
LEEP | 12:00 pm – 3:00 pm |
Limit: 25 | Cost: \$18

SPECIAL events

Kiwanis Holiday Lights and Hot Chocolate & Mini Donuts

It's that time of year to see the amazing Kiwanis Holiday Lights at Sibley Park. We will walk through parts of the displays, and then warm up with a hot chocolate and mini donuts. We won't miss out on anything as we will drive the whole display in the LEEP Van. Dress for the weather (hats & gloves).

If you require 1:1 staff support you will need to drive separately to/from LEEP and through the light display.

Thursday, December 11
Meet at LEEP | 6:30 pm – 8:30 pm |
Limit: 11 | Cost: \$18

Breakfast at Weggy's

Start your day with friends and great food at Weggy's! Enjoy a hearty breakfast, friendly conversation, and a welcoming atmosphere to kick off the morning right.

Saturday, December 13
Weggy's | 9:00 am – 10:30 am |
Limit: 15 | Cost: \$14



Night Activities

Birthday Bingo

Join us for birthday bingo! As usual, there will be great prizes and lots of friendly competition. **Be sure to tell us when you register if your birthday is in the month!**

**Tuesday, October 2; Tuesday, November 4;
Thursday, December 4**
LEEP | Time: 6:30 pm – 7:30 pm | Limit: 30 | Cost: \$10

Walking Club

Easy low-impact walking is a great way to get healthier. Plus, you can chat with all your LEEP friends while walking. Dress for the weather and wear shoes that you can walk in for a long time. Questions about weather on the day of? Call 507-387-5122 and PRESS 3.

Tuesday, October 14
Seven Mile Creek County Park (47454 US Hwy 169- while heading North on 169, take a left into the park, we will meet by the playground)
5:00 pm – 5:45 pm | Limit: 20 | Cost: \$8

Pumpkin Painting

It's the season to put on your artist hat and paint some spook-tacular pumpkins at LEEP. Afterwards, we will eat a yummy surprise pumpkin treat.

Tuesday, October 21

LEEP | 6:30 pm – 7:30 pm | Limit: 20 | Cost: \$12



Gratitude Night

What does gratitude mean? Learn about what others are grateful for in their lives. Craft a thankful poem. Make thank you cards to give out on Thanksgiving Day. And of course, enjoy snacks and hanging out with friends!

Tuesday, November 25

LEEP | 6:30 pm – 7:30 pm | Limit: 25 | Cost: \$10

World Trick Shot Day

Let's get active! Come and see who can make the best trick shot playing basketball in the gym. Make sure to dress appropriately and bring your water bottle with your name and closable top.

Tuesday, December 2

LEEP | 6:30 pm – 7:30 pm | Limit: 20 | Cost: \$8

Popcorn & A Show

Enjoy a relaxing night out with friends at LEEP! We'll gather around the big screen and soundbar for a fun show, complete with hot, buttery popcorn. Don't forget to bring your own closable water bottle and get ready for a cozy evening together!

Thursday, October 23; Thursday, December 16

LEEP | 6:30 pm – 8:00 pm | Limit: 30 | Cost: \$10

Basketball Open Gym

Let's get active! Come play basketball in the gym. Make sure to dress appropriately and bring your water bottle with your name and closable top.

Saturday, November 8

LEEP | 9:00 am – 10:00 am | Limit: 20 | Cost: \$8

Christmas Card Craft Night

Join us for a cozy evening of creativity and holiday cheer! We'll provide supplies and inspiration—you bring your holiday spirit. Make personalized Christmas cards to share with family and friends while enjoying treats, and festive music.

Tuesday, December 9

LEEP | 6:30 pm – 7:30 pm | Limit: 25 | Cost: \$14

Games and a Sundae

Play your favorite board game or try a new one. We will have different options available including Sorry, Trouble, Battleship and more! Make your own ice cream sundae and hang out with friends.

Tuesday, November 11

LEEP | 6:30 pm – 7:30 pm | Limit: 20 | Cost: \$10

Christmas Cookie Decorating

Be sure to sign up right away for this popular activity, it fills up quickly! Decorate cookies with your friends, eat 2 cookies, and take 2 cookies home. Sing along to Christmas Carols with all your LEEP friends.

Thursday, December 18

LEEP | Time: 6:30 – 7:30 pm | Limit: 20 | Cost: \$14



UNIFIED FLAG FOOTBALL

Practice: Monday, October 6 | Spring Lake Park | 5:15 pm – 6:45 pm

State Tournament: Saturday/Sunday, October 11/12 | M Health Fairview Center
Woodbury, MN | Days/Times TBD

Wrap Party: Monday, October 13 | Spring Lake Park | 5:15 pm - 6:00



**Special
Olympics**

BOWLING

Practices: Wednesdays Oct 1 - November 19 | Wow!Zone | 4:30 pm - 5:50 pm

State Tournament: Saturday/Sunday, November 22/23 | Wow!Zone | Days/Times TBD

Wrap Party: Wednesday, December 3 | Wow!Zone | 4:30 pm - 5:30 pm

POWERLIFTING

Powerlifting is a sport where athletes train to compete in 3 specific events: Squat, Bench Press, and Deadlift, or a combination of these events. Two practices are held each week. The season runs late December to early March. Space is limited to 8 athletes. *****Please note ALL practices will be held during the day during the work week. Please call our office at 507-387-5122 if you are interested.**

POLY HOCKEY

Join us for the fast-paced fun of Special Olympics Poly Hockey! Athletes play indoors with sticks and a hard plastic puck, working together as a team to pass, score, and celebrate. This exciting sport builds fitness, teamwork, and confidence—all while having a great time on the court! Season runs January - March, practice times TBD

YOU'RE INVITED TO

LEEP Elegance 2025

Brought to you by




HARRY MEYER

**SATURDAY, NOVEMBER 15, 2025
KATO BALLROOM | MANKATO
5:00-8:00 PM**

4:45 pm - Doors open

5:00 - 6:15 pm - Dinner & beverages

5:00 - 8:00 pm - Dance, photo booth & beverages

TICKETS ON SALE UNTIL WEDNESDAY, NOVEMBER 5

Purchase Tickets ONLINE OR @ LEEP OFFICE

www.mankatoleep.org/leepelegance

1315 Stadium Rd | Ste 101 | Mankato, MN 56001

OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	2 NA: Birthday Bingo 6:30 – 7:30 pm @ LEEP	3	4
5 SE: Pleasant Grove Pizza Farm 3:30 – 6:30 pm Meet @ LEEP	6 SO: Flag Football 5:15 – 6:45 pm @ Spring Lake Park	7	8 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	9 SE: Pie in the Park 6:30 – 7:30 pm @ Sibley Park Shelter 2	10	11 SO: Flag Football State Times TBD @ M Health Fairview Woodbury
12 SO: Flag Football State Times TBD @ M Health Fairview Woodbury	13 SO: Flag Football Wrap Party 5:15 - 6:00 pm @ Spring Lake Park	14 NA: Walking Club 5:00 – 5:45 pm @ Seven Mile Creek Meet by the playground	15 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	16	17	18
19	20	21 NA: Pumpkin Painting 6:30 – 7:30 pm @ LEEP	22 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	23 NA: Popcorn & A Show 6:30 – 8:00 pm @ LEEP	24	25 SE: Breakfast Out 9:00 - 10:30 am @ Happy Chef
26	27	28	29 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	30 SE: Boo Bash Halloween Dance 6:30 – 8:00 pm @ LEEP	31  HAPPY HALLOWEEN	

ACTIVITY LOCATIONS:

LEEP – 1315 Stadium Rd, Mankato
Happy Chef – 51646 US Hwy 169, Mankato
M Health Fairview – 4125 Radio Dr, Woodbury
Seven Mile Creek – 47454 US Hwy 169, St. Peter
Sibley Park – 900 Mound Ave, Mankato
Spring Lake Park – 650 Webster Ave, North Mankato
Wow!Zone – 2030 Adams St, Mankato



OFFICE PHONE:
507-387-5122



EMAIL:
INFO@MANKATOLEEP.ORG

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 SE: National Bison Day 1:00 - 4:00 pm Meet @ LEEP
2	3 SE: Building Strength Foundations 4:00 - 5:00 pm @ Mankato YMCA	4 NA: Birthday Bingo 6:30 - 7:30 pm @ LEEP	5 SO: Bowling 4:30 - 5:50 pm @ Wow!Zone	6 SE: Dinner Out 5:30 - 7:00 pm @ Pub 500	7	8 NA: Basketball Open Gym 9:00 - 10:00 am @ LEEP
9	10 SE: Building Strength Foundations 4:00 - 5:00 pm @ Mankato YMCA	11 NA: Games and a Sundae 6:30 - 7:30 pm @ LEEP	12 SO: Bowling 4:30 - 5:50 pm @ Wow!Zone	13	14	15 LEEP Elegance 4:45 - 8:00 pm @ Kato Ballroom Ticket REQUIRED
16	17 SE: Building Strength Foundations 4:00 - 5:00 pm @ Mankato YMCA	18	19 SO: Bowling 4:30 - 5:50 pm @ Wow!Zone	20 SE: LEEP Member Thanksgiving Dinner 6:00 - 7:30 pm @ WOW!Zone	21	22 SO: Bowling State Times TBD @ Wow!Zone
SO: Bowling State 23 Times TBD @ Wow!Zone SE: Border Battle Vikings vs. Packers 12:00 - 3:00 pm @ LEEP	24 SE: Building Strength Foundations 4:00 - 5:00 pm @ Mankato YMCA	25 NA: Gratitude Night 6:30 - 7:30 pm @ LEEP	26	27  LEEP Office CLOSED	28 LEEP Office CLOSED	29

ACTIVITY LOCATIONS:

LEEP - 1315 Stadium Rd, Mankato

Kato Ballroom - 200 Chestnut St, Mankato

Mankato Family YMCA - 1401 S. Riverfront Dr, Mankato

Pub 500 - 500 S Front St, Mankato

WOW!Zone - 2030 Adams St, Mankato



OFFICE PHONE:
507-387-5122



EMAIL:
INFO@MANKATOLEEP.ORG

DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 NA: World Trick Shot Day 6:30 – 7:30 pm @ LEEP	3 SO: Bowling Wrap Party 4:30 - 5:30 pm @ Wow!Zone	4 NA: Birthday Bingo 6:30 – 7:30 pm @ LEEP	5	6
7	8	9 NA: Christmas Card Craft Night 6:30 – 7:30 pm @ LEEP	10	11 SE: Kiwanis Holiday Lights and Hot Chocolate & Mini Donuts 6:30 – 8:30 pm Meet @ LEEP	12	13 SE: Breakfast Out 9:00 - 10:30 am @ Weggy's
14	15	16 NA: Popcorn & A Show 6:30 – 8:00 pm @ LEEP	17	18 NA: Christmas Cookie Decorating 6:30 – 7:30 pm @ LEEP	19	20
21	22	23	24 LEEP Office CLOSED	25 MERRY CHRISTMAS LEEP Office CLOSED	26	27
28	29	30	31 LEEP Office CLOSED	1 <i>Happy New Year</i> LEEP Office CLOSED		

ACTIVITY LOCATIONS:

LEEP - 1315 Stadium Rd, Mankato

Weggy's - 1600 Warren St, Mankato

WOW!Zone - 2030 Adams St, Mankato



OFFICE PHONE:
507-387-5122



EMAIL:
INFO@MANKATOLEEP.ORG

October

X	CODE	DATE	ACTIVITY/EVENT	FEE
NIGHT ACTIVITIES				
	NA	10/2	Birthday Bingo	\$10
	NA	10/14	Walking Club	\$8
	NA	10/21	Pumpkin Painting	\$12
	NA	10/23	Popcorn and A Show	\$10
SPECIAL EVENTS				
	SE	10/5	Pleasant Grove Pizza	\$14
	SE	10/9	Pie in the Park	\$12
	SE	10/25	Breakfast at Happy Chef	\$14
	SE	10/30	Boo Bash Halloween Dance	\$8
SPECIAL OLYMPICS				
	SO	Wednesdays 10/1 - 10/29	Bowling	\$150
2025 MEMBERSHIP				
Paperwork and payment before December 31, 2025				\$55
TOTAL AMOUNT DUE:				

November

X	CODE	DATE	ACTIVITY/EVENT	FEE
NIGHT ACTIVITIES				
	NA	11/4	Birthday Bingo	\$10
	NA	11/8	Basketball Open Gym	\$8
	NA	11/11	Games and a Sundae	\$10
	NA	11/25	Gratitude Night	\$10
SPECIAL EVENTS				
	SE	Mondays 11/3 - 11/24	Building Strength Foundations at the Y	\$60
	SE	11/1	National Bison Day	\$16
	SE	11/6	Dinner Out at Pub 500	\$14
	SE	11/20	Member Thanksgiving Dinner	\$10
	SE	11/23	Border Battle Vikings vs Packers	\$18
2026 MEMBERSHIP				
Paperwork and payment before December 31, 2025				\$50
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 each month. 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.

December

X	CODE	DATE	ACTIVITY/EVENT	FEE
NIGHT ACTIVITIES				
	NA	12/2	World Trick Shot Day!	\$8
	NA	12/4	Birthday Bingo	\$10
	NA	12/9	Christmas Card Craft Night	\$14
	NA	12/16	Popcorn and a Show	\$10
	NA	12/18	Christmas Cookie Decorating	\$14
SPECIAL EVENTS				
	SE	12/11	Kiwanis Holiday Lights and Hot Chocolate & Mini Donuts	\$18
	SE	12/13	Breakfast at Weggy's	\$14
SPECIAL OLYMPICS				
	SO	TBD	Power Lifting	\$150
	SO	TBD	Poly Hockey	\$100
2026 MEMBERSHIP				
Paperwork and payment before December 31, 2025				\$50
TOTAL AMOUNT DUE:				

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____



2026 LEEP membership information is available at
<https://www.mankatoleep.org/membership>

2026 membership information will be sent via
U.S. Mail to CURRENT 2025 members in November/December!

NEW members, please go online; call the LEEP office at 507-387-5122; or email info@mankatoleep.org and we will get you membership information.

Memberships are \$50 if membership forms, additional information, & payment are received by December 31, 2025.

After January 1, 2026 ALL annual memberships will cost \$55.

Why Join LEEP?



LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE
1315 Stadium Rd, Ste. 101
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 2026 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 is \$50 if received with completed paperwork by December 31, 2025. Drop off or send a check in the mail with "2026 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 MOST LEEP EVENTS IN 2024!

