



# ADAPTED PROGRAMS

## ADAPTED GROUPS & SOCIAL EVENTS

UPDATED: December 8, 2020

### STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715.952.9365 E [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)  
Theresa Christianson, Youth Sports Coordinator, P 715.952.9364 E [tchristianson@spymca.org](mailto:tchristianson@spymca.org)



### REGISTRATION INFORMATION

- To Register for all of the Adapted Groups & Social Events contact:  
Kristy Bridenhagen – Email: [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)  
Call: 715.952.9365
- All Groups and Social Events will run virtually until further notice.
- You must register for the group/social events, once registered; you will then receive an email from Kristy with the password to enter meeting/event during the specific scheduled time.

### REGISTRATION CONFIRMATIONS FOR ALL MEETINGS/EVENTS

- You must be registered for the group/social events (See above)
- Once you email or call, you will receive a confirmation from Kristy with all the meeting/event information for the specific meeting/event. This will be done via email.
- Your confirmation email will include all of the information needed and password to attend each meeting or event virtually
- A new password will be given for each meeting/event

### COVID-19 INFORMATION

- Please monitor you/your family for symptoms of COVID-19. You/your family member should stay home if any symptoms are observed.
- Staff and participants, 5 years and older, **ARE REQUIRED TO WEAR A FACE MASK IN OUR FACILITY AND DURING OUR PROGRAMS AT ALL TIMES AND IN ALL LOCATIONS. For those that fall within the exemptions, you may lower your mask temporarily, but please have your mask immediately in view and available to wear again. THIS INCLUDES OFF-SITE PROGRAMS RUN BY THE Y.**
- Enhanced cleaning and disinfecting procedures in place. Equipment will be disinfected and touchpoints will be disinfected regularly before and after each program at off site facilities.

### ADAPTED GROUPS

#### OUR COMMUNITY MEMORY CAFE (ALL AGES) - Virtual

Our Community Memory Cafe is for those experiencing early stage dementia, mild memory loss or cognitive impairment—accompanied by their caregivers, family and friends. It is a great opportunity to socialize with those in similar circumstances, enjoy games, music and other fun activities! Our Community Memory Cafe is providing a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn and connect with others sharing the same journey. All Memory Cafes held virtually until further notice.

**To Register: Contact the Aging and Disability Resource Center – 715.343.1401**

Meets 2nd WED of the Month - Virtually

10:30 AM–12:00 PM

Y Member & General Public: Free

### **PINC (All AGES) - Virtual**

Partners In Nurturing Community, PINC, is a diverse group of individuals, with and without intellectual disabilities, who meet monthly and organize opportunities to reach out to individuals in our local community. Our mission is to engage everyone's unique talents to strengthen our community through education and connections. If this sounds like you, consider joining this amazing group of people! All PINC meetings held virtually until further notice.

**To Register: Contact Kristy Bridenhagen, using email: [kbridenahagen@spymca.org](mailto:kbridenahagen@spymca.org) or call 715.952.9365**

Meets the 1st FRI of the Month - Virtually

9:45 AM-10:45 AM

Y Member & General Public: Free

### **"TIL" WE MEET AGAIN! TRANSITIONING TO INDEPENDENT LIFESTYLES (ADULTS) - Virtual**

"TIL," designed for the adult with intellectual disabilities to become more comfortable within their surrounding community and meets every Thursday, virtually, for 60 minutes and participants will plan their upcoming weekly events with each other. We will enjoy each other's company all while playing games, telling stories & jokes, and anything that the group would like to participate in and most importantly giving all of us a wonderful peer group to socialize with! Hope to see you soon!

**To Register: Contact Kristy Bridenhagen, using email: [kbridenahagen@spymca.org](mailto:kbridenahagen@spymca.org) or call 715.952.9365**

Meets Thursdays – Virtually

9:30 AM-10:30 AM

Y Member & General Public: Free

### **ADAPTED SOCIAL EVENTS**

#### **ADAPTED RECREATION DANCE (All AGES) - Virtual**

More information for upcoming dances will be listed here closer to the actual date.