



# ADAPTED PROGRAMS

## ADAPTED GROUPS & SOCIAL EVENTS

UPDATED: September 16, 2021

### STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715.952.9365 E [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)  
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### SESSION

- **FALL 1 SESSION:** SEPTEMBER 7 – October 24, 2021
- **FALL 2 SESSION:** OCTOBER 25 – DECEMBER 19, 2021
- **NO CLASSES THANKSGIVING WEEK:** NOVEMBER 22-28, 2021
- To Register for all of the Adapted Group & Social Events contact:  
Kristy Bridenhagen – Email: [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)  
Call: 715.952.9365
- 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 GROUP/SOCIAL 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 is done via email.
- Your confirmation email will include all of the information needed for in-person or virtual events

### 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.
- Face coverings will be STRONGLY recommended but not required throughout our facility. Members and participants 5-11 years old and non-vaccinated individuals are strongly advised to always wear a face covering in all locations.
- 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) – In Person

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 (ADRC) – 715.343.1401**

DATE: 2nd Wednesday of the Month - Virtually

TIME: 10:30 AM–12:00 PM

FEE: Y Member & General Public: Free

### **PINC (All AGES) – In Person and 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**

DATE: 1st Friday of the Month – In person and virtually

TIME: 9:45 AM-10:45 AM

FEE: Y Member & General Public: Free

### **"TIL" WE MEET AGAIN! TRANSITIONING TO INDEPENDENT LIFESTYLES (ADULTS) – In-Person and 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**

DATE: Thursdays – Virtually

TIME: 9:30 AM-10:30 AM

FEE: Y Member & General Public: Free

### **ADAPTED SOCIAL EVENTS**

#### **ADAPTED RECREATION HALLOWEEN DANCE (All AGES) – In-Person and Virtual**

Come join all of the ghosts for a fun Saturday night to "Boo-gie" with your friends! Come in costume and enter our annual costume contest! Concessions will be available for purchase.

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

DATE: Saturday, October 30

TIME: 6:00-8:30PM in the Y basketball gym.

FEE: Y Member & General Public: \$5.00 – Caregivers FREE

#### **ADAPTED RECREATION HOLIDAY DANCE (ALL AGES) – In-Person and Virtual**

Celebrate the Holiday Season with us at our Holiday Dance! Dress in your favorite holiday attire and get your picture taken in our holiday photo booth! Concessions will be available for purchase.

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

DATE: Saturday, December 11

TIME: 6:00-9:00PM in the Y basketball gym.

FEE: Y Member & General Public: \$5.00 – Caregivers FREE