



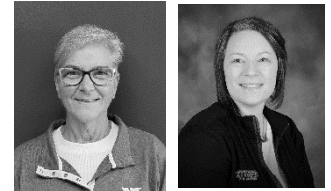
ADAPTED PROGRAMS

ADAPTED GROUPS & SOCIAL EVENTS

UPDATED: December 6, 2022

STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715.952.9365 E kbridenhagen@spymca.org
Theresa Christianson, Youth Sports Coordinator, P 715.952.9364 E tchristianson@spymca.org



SESSION

- **FALL 1 SESSION:** September 6 – October 23, 2022
- **FALL 2 SESSION:** October 24 – December 18, 2022
- **NO CLASSES: FALL 1** – Labor Day, September 5, 2022
- **No CLASSES THE WEEK OF: FALL 2** – November 21 – 27 – Thanksgiving Week
- To Register for all of the Adapted Group & Social Events contact:
Kristy Bridenhagen – Email: 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 your confirmation and/or password to enter meeting/event if virtual or during the specific in-person 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 email or phone call from Kristy with all the meeting/event information for that specific meeting/event.
- 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.
- 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, mind 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: 10:00 AM–11:00 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 are held in-person in the conference room at the Y.

To Register: Contact Kristy Bridenhagen, using email: kbridenahagen@spymca.org or call 715.952.9365

DATE: 2nd Friday of the Month – In person

TIME: 1:00pm – 2:30pm

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! We also will be continuing doing some fun outings throughout the winter months!

To Register: Contact Kristy Bridenhagen, using email: kbridenhagen@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 DAY DANCE (All AGES) – In-Person and Virtually

Come join all of your friends for a great night of music, socializing and fun! There will be dancing, games and even a chance to make a card for a special someone. Concessions will be available for purchase.

To Register: Contact Kristy Bridenhagen, using email: kbridenhagen@spymca.org or call 715.952.9365

DATE: TBD

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

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

ADAPTED RECREATION HOLIDAY DANCE (ALL AGES) – IN-Person and Virtually

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: kbridenhagen@spymca.org or call 715.952.9365

DATE: December 17

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

Fee: Y Member & General Public: \$5.00 - Caregivers - Free