

Additional Fall Community Activities & Events

(not sponsored by Teens in Action, but HIGHLY recommended)

Special Olympics-Bowling will begin in October and will meet on Tuesdays from 4-5 pm at The Big Apple, to register or for more information contact Deb Schauer at 233-2669, or email Deb at deb.schauer@kearneypublic.org.

YMCA-Contact Cindy Mangels to find out about a membership to the YMCA. A membership gets you access to the pool, the fitness center, exercise classes, sport leagues, and much more.

Kearney Parks &

Recreation.-Visit the Kearney Parks & Rec. site and see what activities they have to offer this fall. www.cityofkearney.org

Kearney Public Schools-

check out kearneypublicschools.org and click on the community activities tab to see a variety of programs and activities going on in the community.

About the Arc of Buffalo County

The Arc of Buffalo County is a non-profit organization partially supported by The United Way which provides services and advocacy to people with developmental disabilities and their families.

The Arc of Buffalo County provides respite, recreation, advocacy, training and information to more than 100 adults and children with developmental disabilities in our area. Through People First of Kearney, free respite at the KidZone Children's Museum, childcare for parent support groups, Arc at the Y, Buddy Bowling, support for an ecumenical Sunday School Class, Teens in Action and individualized and group recreation programs we encourage inclusion into all areas of community life for adults and children with developmental disabilities.

The
Arc

Teens in Action



Interested in Volunteering with Teens in Action?
Contact : Kristen Larsen, Director of Teens in Action

The Arc of Buffalo County:
4511 6th Ave. Suite 204
Kearney, NE 68845
Phone: 308-237-4343

Email: arcofbuffalocounty@frontiernet.net or
larsenkl@charter.net

CHECK OUT OUR FACEBOOK PAGE!

We have a facebook page, add us as a friend, just search for ArcOf BuffaloCounty!

The Arc of Buffalo County

Teens in Action

Teens in Action is sponsored by The Arc and partially supported by a grant from the Nebraska Respite Network and the U.S. Dept. of Education



Fall 2009

Schedule of Events

Sept - Dec.

Teens in Action

Teens in Action activities are not sponsored by Kearney Public Schools

Fall 2009 Activities

The mission of the Teens in Action program is to allow youth with special needs opportunities to interact with their peers through sports, recreation and other leisure activities. Programming focuses on teaching participants the benefits of inclusion in group settings or/and by one on one activities.

Some activities listed below are geared for certain age groups to accommodate Arc staffing and volunteer availability, and to ensure successful experiences for the youth.

We would like to extend a special invitation to youth with mild learning disabilities to join Teens in Action, as our program provides an opportunity for youth with milder disabilities to develop their leadership and peer mentoring skills in a variety of program settings.

- **Mondays, Cooking 101-**

In this class we will learn basic cooking skills and healthy eating habits. On Mondays we will cook a meal to eat while we talk about good nutrition. The class will meet every Mon. from Sept 21-Oct. 26 from 4:30-6:30 pm at the First Presbyterian Church. Ages 9th grade and up. Min. class size 5 and max. class size 10 Fee: \$48.00 (\$18 for staffing and \$30 for food items)



- **Tuesdays, Surfing Club-**

Participants in this club use SOLO assistive technology as they surf the web, check emails, and chat with each other. This club meets Oct. 6th - 4:30-5:30, Oct. 13, 20, 27 4-5:15, Nov. 3rd - 4:30-5:30, Nov. 10, 17 4-5:15 at the College of Ed. Computer Lab. Ages 6th grade and up. Fee: \$15.00

- **Wednesdays, Buddy Bowling-**

Youth are partnered with a volunteer Buddy and bowl for 8 weeks. Every Wednesday from Sept. 30-Nov. 18 from 4-5 pm at the Big Apple. Ages Kindergarten and up. Fee: \$30.00



- **Fridays, Game Creation-**Participants use computer



technology to create their own board games. Students need to have a good grasp of computer concepts and be able to listen and follow directions. This class meets every Fri. in the third floor computer lab of Copeland Hall at UNK from 4:00 -5:15. Ages 6th grade and up. Class size limit of 10 students. Fee: \$15.00

- **Fridays, Swim Club-**We go to the YMCA for a night

of swimming and playing games. Arc staff will not assist in locker rooms, so if your child needs assistance please accompany them in a family dressing room both before and after swimming. Note: We are not meeting every Friday, so make sure you mark your calendar! Dates include Oct. 2, 16, 30, Nov. 6, 13, and Dec. 4 and 11 from 6:30-8:00 pm. Fee: \$15.00



- **Saturdays, Crafts-**Teens and young

adults can join our group of older adults at the Press on Community Center to make crafts two Saturdays a month from 10-11:30 am. Dates include: Sept. 12, 26, Oct. 3, 24, Nov. 14, 21, and Dec. 12 & 19. Ages 6th grade and up. Fee: \$3 per time.



- **Saturdays, TIA 4-H Club Meetings-**TIA formed a

4-H club and will meet the 3rd Sat. of each month from 10-11:30 am for educational activities and crafts. If you are not yet a member of 4-H you are still encouraged to join. (Call The Arc office for more information.) Families are encouraged to stay and participate in the activities. Ages 8 to 18 are eligible for 4-H, those 19 and over can enter their creations in the Open Class exhibit at the fair next year. Oct. 17, Nov. 21, & Dec. 19. Fee: \$3 per time.



Special Outings and Events

Kearney Bearcat Football Games-We will go to two KHS football games this fall. On Fri. Sept. 25 we will watch KHS vs. Lincoln Southwest, and on Fri. Oct. 9 we will watch KHS vs. Elkhorn. Meeting times and locations will be announced later.

Youth Summit-Sat. Oct. 10th. This inclusive youth summit is designed to teach leadership, community involvement, and youth engagement. Participants will learn how to solve youth issues using youth ideas, and the importance of youth advocacy. Times will be announced at a later date.

Halloween Dance-The Arc's annual Halloween Dance will be on Oct. 23 at the Harmon Park Activity Center from 7:00-8:30 pm. Cost will be \$3.00 per person or \$5.00 per couple/family, also please bring a side dish to share with everyone. Come in costume!

Honey Sunday-The Arc's main fundraiser, Honey Sunday, will be on Sun. Nov. 1. Prepare to buy your honey or have it donated to the food bank. If your family would be interested in helping sell honey call the office.

Miss Amazing-Every Nov. in Omaha a pageant is held for girls ages 10-30 who have disabilities. This year the pageant will be on Sat. Nov. 14. They are also looking for young men with disabilities to be escorts during the pageant. If you are interested in more information contact Renee at the office, 237-4343 or renherrman@gmail.com.

Family Fun Nite - Come and enjoy our last 2009 family Y event on Fri., Nov. 20, 5:30-8 pm. Event includes pizza & use of YMCA facilities. Bring a side dish to share. Cost is \$2.00 per person.

Kearney Inclusive Recreation Project

The inclusive recreation model will be up and running on Oct. 1. If you are a youth or young adult interested in participating in an activity in the community let us know. We have partnered with the YMCA, Kearney Parks & Rec. and 4-H to create a model where everyone regardless of ability level can participate together in the same activities. We will create an accommodation plan and work with you and the activity leader to coordinate your participation in the activity.