



Ann Arbor Center for Independent Living
RECREATION NEWSLETTER

December 2009

Volume 4, Issue 12

Mary Stack
Sports and Recreation Coordinator
3941 Research Park Drive, Ann Arbor MI 48108
734-971-0277 x 22
mstack@aacil.org
www.aacil.org

We can now be found on Facebook
[Ann Arbor Center for Independent Living Recreation Program](#)

[Sports and Recreation interest survey](#)

We are working on developing new sports and recreation programs and are interested in your opinion please take some time and take this 10 minute survey and let us know what programs you would like to see us develop.

http://www.surveymonkey.com/s.aspx?sm=e68jFGtPLmu0_2bDPYOuKO_2bA_3d_3d

[Coming up](#)

Bowling

Join the Ann Arbor CIL for Bowling Thursday December 3, 10, 17, January 7, 14, 21, 28.
Please note: **There will be no Bowling December 24 or 31st**. Bowling is from 1-2:30pm. Meet us at Colonial Lanes, 1950 S. Industrial Hwy, Ann Arbor. Only \$7 for the day; this includes three games of bowling and shoes. Transportation is NOT provided, please meet us at the bowling alley. RSVP is required for this event! Please respond to Mary Stack at 734-971-0277 x22 or mstack@aacil.org by the Tuesday before the event.

Holiday Wreath Making

Get in the holiday spirit and join the Ann Arbor CIL for Holiday Wreath Making on Friday December 4th from 1-4pm. 10" Wreath, trimmings and tools provided - \$6 material fee. Contact Sue Probert at 734-971-0277x34 or suep@aacil.org for more information.

Friday Art Group Free to All at CIL Each Week

Please join us every week as we exercise our creativity in our **Friday Art Group**. Art sessions begin at 1 pm and generally end at 3 pm. Participants choose which project to do each week. Past projects have included trinket boxes, mosaics, decorating ceramic plates before firing, and jewelry. Bring your creativity, music to share and, if you like, a snack. Projects generally take between two and four weeks to complete. The program is **FREE**, but please call if you plan on coming so we will have more supplies on hand. The art comes to life at the Ann Arbor CIL, 3941 Research Park Drive, Ann Arbor. For more information, contact Sue Probert at (734) 971-0277 x34 or suep@aacil.org.

CIL Fitness Center

The Center for Independent Living now has a fitness area available for use. With a wheelchair accessible circuit training machine, free weights, a treadmill and stationary bike, a wheelchair accessible scale and much more. Come check it out!

Everyone must complete an orientation

Please call Mary Stack 734-971-0277x22 to schedule a time for an orientation.

** Evening and Weekend hours are available by appointment only. Please contact Mary Stack to arrange times to use fitness center.

The weight training classes were canceled due to lack of participation. However, they can be scheduled on individual bases by appointment.

Adaptive Yoga

Yoga classes are now available for people of all ages, abilities and disabilities at the Ann Arbor CIL. Participants should dress in loose, comfortable clothes and bring a towel. All classes will take place from 10 to 11am at the CIL, 3941 Research Park Drive, Ann Arbor. Classes will occur December 3 and 17. Space is limited and an

RSVP is required at least one week before the class date. RSVP to Melissa Sartori at (734) 971-0277 x27 or msartori@aacil.org

Basketball

Adult Recreation Wheelchair Basketball
Boulan Middle School – Troy, MI
Friday evenings 6-9pm

Enjoy a Night on the Town with CIL friends!

Twice a month, a group of people with disabilities and others meets at different restaurants around Ann Arbor to enjoy good food and good company. New people are always welcome! **Join Kit's Social Night Out on the second Thursday and fourth Tuesday of every month from 6:30 pm to 8:30 pm.** Contact Elaina Siehl to find out the next destination or to RSVP. She can be reached at 734-355-2487 or by email at dogartist78@yahoo.com. (Please remember to bring money to pay for your meal.)

Talent Exchange Potluck

The Ann Arbor Center for Independent Living Talent Exchange holds a monthly potluck for its members and those interested in becoming a part of the Talent Exchange. The Potluck is held on the first Tuesday of each month at 6pm at the Ann Arbor Center for Independent Living. For more information about the potluck or the Talent Exchange please contact Melissa Sartori at 734-971-0277x27 or msartori@aacil.org

Wheelchair Hockey

Visit us online at <http://www.thewchl.com>

If you are interested in wheelchair hockey but not sure what it's all about come out and watch it's a lot of fun! The season goes from September and goes through May/June.

December 12 from 12-3pm

All Games are played in the gym at Wards Church. If you have any questions please feel free to contact one of the names below.

DIRECTIONS - WARD CHURCH:

40000 Six Mile Rd. Is located at Haggerty & 6 mile road in Northville Township. Entrance is off 6 mile, west of Haggerty. Parking Lot A. (East side of building). Follow signs to Knox Hall.

FOR MORE INFORMATION

Mary Stack - Deputy Commissioner
248-321-2914
mstack@thewchl.com

WTE Movie Night

Come join us at the CIL for movie night. We will be watching the National Lampoon's Christmas Vacation. On Tuesday, December 8 from 5:30-7:30pm at the Ann Arbor Center for Independent Living, please bring a snack to share. Contact Melissa Sartori for more information at 734-971-0277x 27 or msartori@aacil.org

Amputee Support Group

Please come to learn, share your concerns, experiences and knowledge.

Where: UM Orthotics and Prosthetics Center

Suite 400, 2850 S. Industrial Hwy. Ann Arbor, MI

When: First Tuesday of Each Month from 5:30-7:30pm

For information contact Shauna Mote (734)975-7449 or shaunamo@med.umich.edu

Feedback

We are always looking for new ideas here at the AACIL, so feel free to share yours! If there is sport or recreation activity you are really interested in participating, please let us know. Secondly, if you know of an event or program not listed here, and would like to notify others, please contact (734) 971-0277 or mstack@aacil.org

Thank you again for your continued support and interest in recreation at the Ann Arbor Center for Independent Living! Please feel free to forward this newsletter to friends and family, or let us know if they want to be added to the mailing list. By the same token, if you would like to be removed from the E-Newsletter mailing list, please contact mstack@aacil.org