

Dear clients and families,

Summer is drawing to a close and it is time for new activities! To sign up for activities, just let us know which ones you wish to participate in and we will schedule those for the entire month. Additionally, these will continue on month-to-month unless you tell us that you no longer want to participate.

By signing up for activities, it is agreed upon that we may transport to/from Illinois as needed for activities across the river. Unless you specify otherwise, FCS will plan to transport clients from home to their requested activities and then home again after the activity concludes.

Please let us know if you have any questions regarding our activities. We ask that the requests are submitted no later than **Thursday, August 25, 2016**. You can call us to request activities, drop the request off at our office, or email Keeley at kbarker@fcsqc.com. **These request will begin being scheduled the week of September 5.**

Client/Families are responsible for caregiver's admission to any activity with an asterisk () next to it.**

Disclaimer: As these are community-based events, all activities, activity prices, and activity dates/times are subject to change without notice at the discretion of the event host.

Please also note that space may be limited due to staffing availability. Requests will be filled on a first-come, first-served basis when needed.

Tuesdays

ACOUSTIC music club and dinner

Time: 4:30 – 6:30 PM

Location: River Music Experience/ Falbo Pizza

Description:

Join RME & West Music Therapy for ACOUSTIC, a music club designed specifically for young adults with special needs. The program is held every Tuesday from 4:30-5:30pm on the first floor of RME and this social music club is intended to bring together teens and young adults with special needs in the community. Plan to listen, play, and discuss music all while meeting new people who also enjoy music! Then go next door to Falbo Pizza for dinner. They have pizza by the slice, sandwiches and salads. The full menu is at:

<http://www.falbobrospizza.com/menu/davenport.pdf>

Price: \$\$ for dinner. *You many sign up for half of the event or all of the evening.

Wednesdays

Walking Club

Time: 6 – 8 PM

Location: Outside, around the community (rain location Bettendorf YMCA)

Description: Walking parks, trails, and the river walks around the community! Then, enjoy dinner at a place you and your peers decide on.

Price: \$\$ for dinner

Thursdays

Zumba and dinner

Time: 4:30 -6:30 pm

Location: Bettendorf YMCA and Subway

Description: Getting some good exercise with friends at Zumba (4:30-5:15) then dinner following after.

Price: \$\$ for dinner. *You many sign up for half of the event or all of the evening.

Fridays

Basketball League

Time: 6-8 pm

Location: North YMCA

Description: Join your peers for pick-up games of basketball.

Price: Free!

*swimming may also be an option depending on the open swim schedule.