



OUR MISSION:

To enhance the quality of life for people with disabilities and their caregivers by providing the highest quality, client-focused programs and services.

In addition to R.E.A.C.H., we offer the following programs:

BraVo! offers an award-winning program where adults with disabilities volunteer in the community.

Community Employment Services provides people who have a wide variety of abilities at all skill levels with the support and guidance needed to assist them in finding employment.

Community Relations educates and informs the community about the agency. The department also coordinates fundraising activities including the Basket Ball and publishes *Kaleidoscope Magazine*.

Low Vision Services provides services to children and adults in Northeast Ohio who are experiencing visual difficulty that cannot be corrected by medical treatment, surgery or conventional glasses.

Respite & Community Living Services provides respite care, residential services (including group living arrangements, foster care and semi-independent living) and Family Voices which assists families caring for a child with special health care needs.

SociAbilities provides social, recreational, educational and therapeutic opportunities for adults.

Toy & Resource Center loans developmental toys and resource materials to anyone working with a child birth to six years of age with special needs or developing typically.

Transportation Services provides safe, reliable transportation.

Vocational Services provides meaningful work opportunities in a variety of ways including Buckeye Baskets, U Care Packages and Taste Buds.

VRP³ assists people with visual impairments as they seek employment and high school students as they transition from school to work.

United Disability Services - Main Location
701 S. Main St., Akron, Ohio 44311
Phone: 330-762-9755 Fax: 330-762-0912

For more information on services provided by UDS visit us at
www.udsakron.org

R.E.A.C.H.

Recreation ♦ Education ♦ Arts ♦ Community ♦ Health

2013 May/June Schedule



R.E.A.C.H. provides an inclusive environment for people with disabilities to participate along with family members and friends in leisure activities that promote self-esteem, sportsmanship, healthy living, creativity and the development of long-lasting friendships.

All classes are held at:
United Disability Services
701 S. Main St., Akron, OH 44311

For more information, to register for classes or to volunteer, contact Recreational Coordinator Danielle Marino at 330-762-9755, ext. 233, or via email at dmarino@udsakron.org.



An All-Star Team
Health and Fitness for All!

Crafty Artist Club

This club is for anyone that is artsy, crafty or a bit of both. All activities are designed to encourage people with disabilities and their caregivers to create artwork from their imagination, to develop their own style, work at their own pace and to let their creative side flourish. As creativity knows no limits or boundaries, you can be of any age and start developing your creative side through arts and crafts. All artists 17 and under must be accompanied by a parent/guardian. The fee for each class includes the materials, instruction and support to create a one-of-a-kind masterpiece. There is a class minimum of 5 and maximum of 15.

Basic Jewelry Making 2: Beaded Necklace with Pendant

(CC8)

Thursday, May 30

6 – 7:30 p.m.

Fee: \$18

*Registration Deadline:
May 28*



In this introductory class you will learn how to use appropriate tools and supplies to create a beautiful, unique necklace with a one-of-a-kind pendant.

Tiered Container Garden

(CC9)

Thursday, June 6 & Thursday, June 13

6 – 7:30 p.m.

Fee: \$25 (includes both days)

Registration Deadline: June 3

Love beautiful flowers but have limited space, limited mobility and/or limited time? Then this two-part class is for you. The first class will be dedicated to decorating your terra cotta pots. The second class will be dedicated to planting the flowers of your choice.



Fourth of July Tie Dye

(CC10)

Thursday, June 27

6 – 7:30 p.m.

Fee: \$18

Registration Deadline: June 21

***Please indicate your shirt size on registration form.**

Celebrate the Fourth of July with a red, white & blue tie dyed t-shirt! Choose from a variety of cool patterns and create a



one-of-a-kind design. Each participant will get a white t-shirt and may also bring an additional garment such as socks, shorts or another shirt (no bedding, towels

or sweatshirts, please) to dye at no extra charge! Please make sure these are 100% cotton and pre-washed to guarantee the best results.

Shirts will be left at UDS to dry after the class. **Shirts can be picked up Monday, July 1— Wednesday, July 3 between the hours of 8:00 a.m. – 4:30 p.m. at UDS.**

Fitness & Fun Club

Have fun, get fit! That is the motto of the Fitness & Fun Club. Each class offers an environment that promotes an active, healthy lifestyle for the whole family. All levels and abilities are welcome. All athletes 17 years of age or younger must be accompanied by a parent or guardian. There is a class minimum of 7 and maximum of 15.

Beginning Yoga

(BY1)

Wednesdays

June 5, 12, 19 & 26

6:00 p.m. – 6:45 p.m.

Fee: \$25

Registration Deadline: June 3

Why not try it? This class is a gentle form of yoga. In this 45 minute class you will practice yoga sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements are NOT present in this class. The chair is used due to the difficulty in getting down and up off the floor. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair.



Get Fit

This program is designed for the entire family. Get Fit focuses on low-level exercises that will aid in controlling weight, increasing energy and toning all muscle groups. The hour is broken down into three sections beginning with a warm up and stretch, followed by a circuit/conditioning section and concludes with a cool down using martial arts movements. Rewards will be presented at the end of each session based on progress. Don't want to come alone? Bring your family and receive a discount.

Summer Session 1: Tuesdays (301)

June 4, 11, 18 & 25 from 6 – 7 p.m.

Fee: \$40

Registration Deadline: May 29

Summer Session 1: Saturdays (302)

June 8, 15, 22, 29 ~10:30 – 11:30 a.m.

Fee: \$40

Registration Deadline: May 31

Summer Session 1: Tuesdays & Saturdays

(303)

June 4 – 29

Tuesdays: 6 – 7, Saturdays: 10:30 – 11:30 a.m.

Fee: \$64 **20% Discount**

Registration Deadline: May 29

Family Discount: First participant pays full price and family members (up to 5) will receive 50% off. Any additional family members are free. For more information on the family discount rate, contact Danielle Marino, recreational coordinator, by phone, 330-762-9755 or by email at dmarino@udsakron.org.