

JANUARY 2012

COLUMBIA PARKS AND RECREATION



Adapted Community Recreation Program

1201 Paquin Street, Ste. #102, Columbia, MO 65201 phone: 573-874-7473

STAFF

**SARAH BOWMAN—
RECREATION
SPECIALIST**

**KARSTEN EWALD—
ART INSTRUCTOR**

**DANIEL HARDWICK—
OFFICE/ACTIVITIES**

The Adapted Community Recreation staff is here to provide fun, recreational opportunities to the residents of Paquin Tower and the community. We offer various programs such as ceramics, Wii games, dances, bingo, and much more!

View us on the web:
www.gocolumbiamo.com
—search “Adapted.” If you would like to be on our mailing list or e-mail list, call the office at 573-874-7473. Please leave a message if no one is available.

THANKS!

We would like to thank our friends and partners—Services for Independent Living, Boone County Family Resources, Columbia Housing Authority, Recreation Council and all our wonderful volunteers—for their help and support!



January Birthdays:

Shirley Pomroy...Jan. 1st

Clayton Millam...Jan. 3rd

Ronnie Lowe...Jan. 13th

Happy birthday to these participants!!

S.I.L. Trips and Deadlines

Aldi is on January 5 at 1 p.m. Please sign up by January 3.

Moser's is on January 9 at 1 p.m. Please sign up by January 5.

Walmart is on January 26 at 1 p.m. Please sign up by January 24.

Trips for the Month

Bed, Bath, and Beyond is on January 11 at 1 p.m.

Trip to the Columbia Mall is on January 24 at 1 p.m.

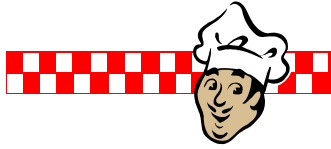
Trip to Big Lots is on January 30 at 1 p.m.

Walking Trips

Brrr!

Too cold for walking trips...

(Except for monthly restaurant...)



GRILLED MESQUITE VEGETABLES

(RECIPE FROM 'DIABETIC COOKING')

Recipe of the Month

Ingredients

- 1 eggplant, trimmed and cut into 1/2-inch chunks
- 1 zucchini, quartered lengthwise
- 1 red onion, peeled and halved
- 2 red bell peppers, cut into large slices
- 2 green bell peppers, cut into large slices
- 2 to 3 tablespoons MRS. DASH Mesquite Grilling Blend
- 2 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar

Directions

Preheat barbecue grill to medium. In large bowl, combine Mrs. Dash Mesquite Grilling Blend and 1 tablespoon olive oil. Add vegetables and toss until well coated with olive oil mixture. Place vegetables on grill. Cover and cook, turning vegetables once during cooking. Cook until tender and vegetables develop grill marks, about 3 to 4 minutes on each side. Remove vegetables from grill as soon as they are cooked. Coarsely chop vegetables into 1/2-inch pieces. Mix remaining olive oil and balsamic vinegar in large bowl. Add cut vegetables and toss to coat. Serve at room temperature.



Project: Mardi Gras Masks

Learn how to make a fun and colorful mask for Mardi Gras! Join us in the art room on January 18, 5 p.m. Cost is \$3, and all supplies will be provided.

ADAPTED COMMUNITY RECREATION

Other Activities Held at Paquin

Craft Room Hours

- Mondays 11 - 8:30 p.m.
- Tuesdays 11 - 7 p.m.
- Wednesdays 11 - 7 p.m.
- Thursdays 11 - 3 p.m.
- Fridays 11 - 4 p.m.

First Saturday of the Month 11 - 4 p.m.

Mexican Dominoes

Mondays at 3 p.m.

Cards

Tuesdays at 4 p.m.

Yahtzee

Wednesdays at 2 p.m.

Wii Games

Thursdays at 5 p.m.

Rec. Council

First Thursday of the month at 4 p.m.

Painting Class

Tuesdays, 3-7 p.m.

Bingo

2nd and 4th Fridays of the month at 5 p.m.

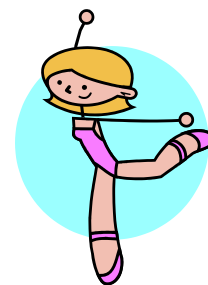
News from the Recreation Council

Recreation Council met on December 1, 2011. The current balance is \$1,354.82. There will be no more walking trips until the weather warms up. Trips decided on for the month are to Bed, Bath, and Beyond and the Columbia Mall. The restaurant walking trip for the month is Bambino's Italian Café (pasta!). Officer nominations will be in January.



Winter Wonderland Dance

The Winter Wonderland Dance will be held on January 20, 7-9 p.m. at the ARC. Admission is \$4 at the door. Music, dancing, snacks, and Nintendo Wii games will be provided. Come on out to the ARC and have some fun!!



After Christmas Ceramic Sale

Come down and paint some coffee mugs in the art room. All ceramic and greenware mugs are 40% off for the month of January!!



New Exercise Equipment

Four new pieces of equipment have been donated to our exercise room by the ARC! Come down and explore two new recumbent bikes and two new elliptical machines. Recreation is about happiness, and you're never happier than when you're healthy!

Quote of the month:
"We must never forget that art is not a form of propaganda; it is a form of truth."
 —John F. Kennedy

JANUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 * S.I.L. Transport ~ Paid Trip ** Walking Trip MTM = Meet the Morning	2 Office Closed for New Year's	3 8:30 MTM 11 Open Craft 3-7 Painting Class 4 Cards	4 8:30 MTM 11-7 Ceramics 2 Yahtzee	5 8:30 MTM 11-3 Ceramics 1 Aldi* 4 Rec. Council	6 8:30 MTM 11-4 Ceramics 1 Wii Games	7 11-4 Saturday Ceramics
8	9 8:30 MTM 11-8:30 Ceramics 1 Moser's* 3 Mexican Dominoes	10 8:30 MTM 11 Open Craft 3-7 Painting Class 4 Cards	11 8:30 MTM 11-7 Ceramics 1 Bed, Bath, Beyond 2 Yahtzee	12 8:30 MTM 11-3 Ceramics 1 Bambinos** 5 Wii Games	13 8:30 MTM 11-4 Ceramics 5 Little Bingo	14
15	16 Office Closed for Martin Luther King Day	17 8:30 MTM 11 Open Craft 3-7 Painting Class 4 Cards	18 8:30 MTM 11-7 Ceramics 2 Yahtzee 5 Project: Mardi Gras Masks	19 8:30 MTM 11-3 Ceramics 5 Wii Games	20 8:30 MTM 11-4 Ceramics 7-9 Dance	21
22	23 8:30 MTM 11-8:30 Ceramics 3 Mexican Dominoes	24 8:30 MTM 11 Open Craft 1 Columbia Mall 3-7 Painting Class 4 Cards	25 8:30 MTM 11-7 Ceramics 2 Yahtzee	26 8:30 MTM 9 B&G Breakfast 11-3 Ceramics 1 Walmart* 5 Wii Bowl Tourn	27 8:30 MTM 11-4 Ceramics 5 Big Bingo	28
29	30 8:30 MTM 11-8:30 Ceramics 1 Big Lots 3 Mexican Dominoes	31 8:30 MTM 11 Open Craft 3-7 Painting Class 4 Cards				