

# GETAWAYS

KIDS 5 - 11	TEENS 12 - 17	ADULTS 18 and up
January 9 @ 9am-5pm <b>Chuck E Cheese</b> 16 Kids & Teens- <b>8 hrs</b> Program Fee \$7.00		
	January 15 @ 6 pm- January 16 @ 4pm <b>Bowling Mania</b> 16 Teens & Adults- <b>22 hours</b> Program Fee: \$5.00	
January 16 @ 6pm- January 17 @ 4pm <b>Playstation</b> 12 Kids- <b>22 hours</b> Program Fee: \$ 5.00		
January 22 @ 6pm- January 23 @ 4pm <b>All Boys- Planet X</b> 16 Kids, Teens & Adults- <b>22 hours</b> Program Fee \$ 12.00		
January 23 @ 6pm- January 24 @ 4pm <b>All Girls Slumber Party</b> 16 Kids, Teens & Adults- <b>22 hours</b> Program Fee \$10.00		
	January 30 @ 9am-5pm <b>Fun in the Snow!</b> 16 Teens & Adults- <b>8 hours</b> Program Fee \$5.00	
	February 12 @ 6pm- February 13 @ 4pm <b>Valentines Dance</b> 16 Teens & Adults- <b>22 hours</b> Program Fee \$5.00	
February 13 @ 6pm- February 14 @ 4pm <b>Valentines Party</b> 16 Kids & Teens- <b>22 hours</b> Program Fee: \$5.00		
February 27 @ 9am-5pm <b>Bowling Mania</b> 16 Kids & Teens- <b>8 hours</b> Program Fee: \$5.00		
	February 27 @ 6pm- February 28 @ 4pm <b>Hockey Game</b> 16 Teens & Adults- <b>22 hours</b> Program Fee: \$7.00	
	March 5 @ 6pm- March 6 @ 4pm <b>Arc March</b> 16 Teens & Adults- <b>22 hours</b> Program Fee: \$10.00	
March 6 @ 6pm- March 7 @ 4pm <b>Children's Museum</b> 16 Kids- <b>22 hours</b> Program Fee: No Fee		
March 20 @ 9am-5pm <b>Chuck E Cheese</b> 16 Kids- <b>8 hours</b> Program Fee: \$7.00		
	March 20 @ 6pm- March 21 @ 4pm <b>Hockey Game</b> 16 Teens & Adults- <b>22 hours</b> Program Fee: \$7.00	

# GROUPS

<p><b>BUMPER BOWLERS - Mondays</b> Join your friends in bowling 2 games.</p> <p><b>Location:</b> Westdale Bowling Center <b>Time:</b> 6 - 8 pm <b>Ages:</b> 10 and up (16 participants) <b>Dates:</b> January 11, 25 February 8, 22 March 8, 22 <b>Program Fee: \$5.00</b></p>	<p><b>JAMMIN' - Tuesdays</b> Sing your hearts out and dance to your favorite karaoke songs!</p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 8 pm <b>Ages:</b> 10 and up (16 participants) <b>Dates:</b> January 5, 19 February 2, 16 March 2, 16</p>	<p><b>MOVIN' &amp; GROOVIN' - Tuesdays</b> Support a healthy lifestyle by exercising with friends!</p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 8 pm <b>Ages:</b> 10 and up (12 participants) <b>Dates:</b> January 12, 26 February 9, 23 March 9, 23</p>
<p><b>PIZZA &amp; A MOVIE-Wednesdays</b> Come enjoy pizza and a movie!</p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 9 pm <b>Ages:</b> 18 and up (16 participants) <b>Dates:</b> January 6 February 3 March 3 <b>Program Fee: \$5.00</b></p>	<p><b>PIZZA &amp; BINGO-Wednesdays</b> Come enjoy pizza and Bingo!</p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 8 pm <b>Ages:</b> 15 and up (12 participants) <b>Dates:</b> January 27 February 24 March 31 <b>Program Fee: \$5.00</b></p>	<p><b>CRAFT-TASTIC! - Wednesdays</b> Come create a craft to take home with you!</p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 8 pm <b>Ages:</b> 10 and up (10 participants) <b>Dates:</b> January 13 February 10 March 10 <b>Program Fee: \$5.00</b></p>
<p><b>HEALTHY CHEFS - Thursdays</b> Cook dinner with friends and learn about kitchen safety and healthy meal choices.</p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 8 pm <b>Ages:</b> 10 and up (10 participants) <b>Dates:</b> January 7, 14, 21, 28 February 4, 11, 18, 25 March 4, 11, 18, 25 <b>Program Fee: \$5.00</b></p>	<p><b>FLIX &amp; GAME NIGHT - Fridays</b> Eat popcorn, watch movies and play games with all your friends. Listings of the movies can be found at <a href="http://www.arceci.org">www.arceci.org</a></p> <p><b>Location:</b> The Arc <b>Time:</b> 6 - 9 pm <b>Ages:</b> 7 and up (18 participants) <b>Dates:</b> January 8, 15, 22 February 5, 12, 19 March 5, 12, 19</p>	<p><b>SPORTS MANIA-Fridays</b> Variety of activities to include attending local sporting events or participating in sporting activities.</p> <p><b>Location:</b> Meet @ Arc <b>Times:</b> 6:30-9:30pm <b>Ages:</b> 10 and up (12 participants) <b>Dates:</b> January 29 (Basketball Game) February 26- Bowling March 26- Planet X <b>Program Fee: \$5.00</b></p>
<p><b>GROUP RESPITES - Saturdays</b> This fun group includes a variety of activities including crafts, movies, toys and board games!</p> <p><b>Location:</b> Christ Episcopal Church <b>Time:</b> Ages 3 – 6 (10 participants) 8:30 - 11:30 am Ages 6 – 12 (14 participants) 1 - 5pm <b>Dates:</b> January 9, 23 February 6, 20 March 6, 20</p>	<p><b>RELAXIN' - Saturdays</b> Have fun and join your friends for crafts, games, movies and more!</p> <p><b>Location:</b> The Arc <b>Time:</b> 1 - 5 pm <b>Ages:</b> 10 and up (12 participants) <b>Dates:</b> January 9 February 6 March 6</p>	<p><b>Non-Disabled Siblings are allowed at Saturday Morning, Saturday Afternoon, and Friday Flix and Game Night. Non-Disabled Siblings must register at the time of the consumer and fall in the Groups age range.</b></p> <p><b>United Way is ½ of the hourly Family Fee for each hour of the Group or Getaway.</b></p>

## ATTENTION PLEASE

### TO REGISTER FOR GETAWAYS AND GROUPS

Call: (319) 365-0487 or (800) 843-0272, ext. 1050

Or

E-mail: [glead@arceci.org](mailto:glead@arceci.org) or [getaway@arceci.org](mailto:getaway@arceci.org)

### REGISTRATION RULES!

1. **REGISTRATION WILL BE OPEN THE 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> DAY OF EACH MONTH FOR GETAWAYS AND GROUPS SCHEDULED FOR THE FOLLOWING MONTH.** For example, registration for a March 13<sup>th</sup> Getaway or Group would be February 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. The first 3 days of the month include weekends and holidays. All interested participants will be placed on a waiting list. Everyone on the waiting list will have an equal chance to attend the Getaway or Group. The Arc will fill participant slots by reviewing previous attendance at Getaways and Groups. Those who have not attended previous Getaways and Groups will be given higher priority in determining eligibility.
2. For Getaways and Groups, The Arc will notify all consumers or their guardians of their status (registered or on waiting list) no later than the 20th of the month.
3. The Arc will mail an informational letter for each Getaway prior to when the scheduled Getaway occurs. You will need to review the information and return the requested information to Leah Schaefer.
4. For Cancellations during business hours (M-F 8am-4pm) please call Leah Schaefer at (319)365-0487 ext. 1016. For after hours cancellations please call the after hour phone at **(319) 521-5242**.

### IMPORTANT INFORMATION

#### Cost/Program Fee

There is a program fee for all Getaways and some Groups. The cost of each fee is included by the specific event. These fees are not paid for by the waiver.

For consumers on a waiver, Group & Getaway services are funded through your allocated waiver hours that are determined at your annual meeting.

Consumers utilizing United Way respite funding can also attend these services. When attending Groups & Getaways, the hours come out of the allocated 45 hours/quarter. The consumer is also responsible to pay the program fee and ½ of the hourly family fee for each hour of the Group or Getaway. To obtain your Group or Getaway hourly fee, please contact The Arc.

Private Pay is another option we offer for Getaways and Groups. We charge the hourly rate of \$12 for these services if you choose the private pay option.

#### Who Should I Call If I Have Questions?

Please call or email the  
Group & Getaway Coordinator:

Leah Schaefer at (319)365-0487 ext. 1016  
[lschaefer@arceci.org](mailto:lschaefer@arceci.org)

OR

Contact your Service and Support Coordinator



Non-Profit  
Organization  
U.S. Postage Paid  
Cedar Rapids, IA  
Permit Number 313

The Arc of East Central Iowa  
680 2nd St. SE Suite 200  
Cedar Rapids, IA 52401

The  
Arc  
Of East Central Iowa

# GETAWAYS AND GROUP RESPITES

January - March  
2010



The  
Arc  
Of East Central Iowa

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Cedar Rapids, IA 52401  
Phone: (319) 365-0487  
Toll Free: (800) 843-0272  
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[www.arceci.org](http://www.arceci.org)

SERVING INDIVIDUALS WITH DISABILITIES  
AND THEIR FAMILIES SINCE 1953