

## About the Arc of Buffalo County

The Arc of Buffalo County is a non-profit organization partially supported by The United Way which provides services and advocacy to people with developmental disabilities and their families.

The Arc of Buffalo County provides respite, recreation, advocacy, training and information to more than 100 adults and children with developmental disabilities in our area.

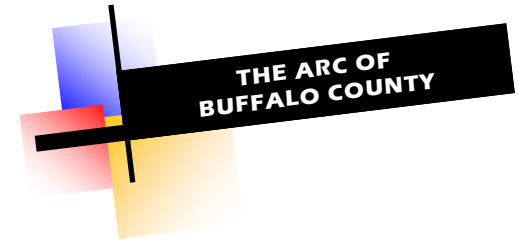
Through People First of Kearney, free respite at the Kid-Zone Children's Museum, childcare for parent support groups, Arc at the Y, Buddy Bowling, support for an ecumenical Sunday School Class, Teens in Action and individualized and group recreation programs we encourage inclusion into all areas of community life for adults and children with developmental disabilities.



Interested in Volunteering with Teens in Action?  
Contact : Kristen Larsen, Director of Teens in Action  
4511 6th Ave. Suite 204  
Kearney, NE 68845  
Phone: 308-237-4343  
arcofbuffalocounty@frontiernet.net  
larsenkl@charter.net

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## Teens in Action

Teens in Action is sponsored by the Arc and partially supported by a grant from the Nebraska Respite Network



**Winter 2010  
Schedule  
January-March**

### Additional Community Activities & Events

Special Olympics-Basketball team and individual skills begin in January, swimming begins in January and track starts in March, if you are interested in participating contact Deb Schauer at 233-2669

#### Kearney Inclusive Recreation Project Activity Ideas:

4-H - Either join the Teens in Action 4-H club or other special interest 4-H club. Call the 4-H office at 236-1235 to learn about the other clubs who do more specialized activities, such as wood working or animal projects (horses, etc.).

Kearney Parks & Recreation offers numerous classes like hunter safety, dance, Jr. Bootcamp, and league sports like volleyball or kickball. Our goal is to form an adult coed kickball team (for ages 16 & up). Team fee is \$80, reg. due Mar.17. Looking for 7 gals and 7 guys, with & without disabilities. (teammates will split the fee.) The league will play Sun. between 2-5 & Thurs. between 6-9 beginning Mar. 28 and ending in late April.

YMCA - Become a member and use the facilities, like the swimming pool, gym, fitness center, or game room. The Y offers classes in Zumba, aerobics, & kickboxing. Or join a league like flag football or badminton. Call 237-9622 for more info.

# WINTER 2010 ACTIVITIES


TEENS IN ACTION ACTIVITIES ARE NOT SPONSORED BY KEARNEY PUBLIC SCHOOLS

The mission of the Teens & Youth in Action program is to allow youth with special needs opportunities to interact with their peers through sports, recreation and other leisure activities. Programming focuses on teaching participants the benefits of inclusion in group settings or/and by one on one activities.

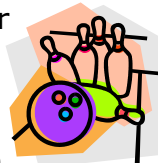
Some activities listed below are geared for certain age groups to accommodate Arc staffing and volunteer availability, and to ensure successful experiences for the youth.

We would like to extend a special invitation to youth with mild learning disabilities to join Teens & Youth in Action, as our program provides an opportunity for youth with milder disabilities to develop their leadership and peer mentoring skills in a variety of program settings.


## **MONDAYS, Controlling Your Emotions**

—In this class  we will learn how to express our emotions. We will address emotions like anger, joy, love, and sadness. This class will meet for six weeks beginning February 15 and ending March 29 (no class on March 15) from 6:30-8:00 pm at the Arc office in the First Presbyterian Church.

**WEDNESDAYS, Buddy Bowling,** Youth are partnered with a volunteer Buddy and bowl for 8 weeks. Every Wednesday from February 17-April 14 (no bowling March 17) from 4-5 pm at the Big Apple. Ages Kindergarten and up. Fee: \$30.00



## **FRIDAYS, Arc at the Y/Swim Club -**


 Come to the YMCA for a night of swimming and playing games. Arc staff will not assist in locker rooms, so if your child needs assistance please accompany them in a family dressing room both before and after swimming. We will meet on February 5-March 5 from 6:30-8:00 pm. Fee: \$15.00

## **SATURDAYS, TIA 4-H Club Meetings-**


TIA formed a 4-H club and we will meet the 3rd Sat. of each month to do educational activities and crafts. If you are not yet a member of 4-H you are still encouraged to join, call The Arc office for more information on how to become a member. Families are encouraged to stay and participate in the activities. Ages 8 to 18 are eligible for 4-H, those 19 and over can enter their creations in the Open Class exhibit at the fair next year. Fee: \$3.00 per session.




## **Special Outings and Events**

Movie Matinee, Saturday, February 6, movie, location, and exact time to be announced. The cost to attend is the cost of the ticket and any snacks you may wish to purchase. 

39th Annual Arc Senatorial Dinner, Tuesday February 9, 6:00 pm at the Cornhusker Hotel in Lincoln, NE. To register contact the Arc office at 237-4343.

Valentine Dance, Saturday, February 13, 7:00-8:30 pm at the Harmon Park Activity Center. Bring a snack to share and wear your reddest outfit! Fee: \$3.00 per person or \$5.00 per couple/family 

Family Fun Nite: March 26, 5:30-8:00 pm, at the YMCA. We will provide the pizza and drink. Please bring a side or dessert to share, Fee: \$2 per person 



Visit to the Planetarium, March 12, show starts at 7:00 pm. We will meet outside the door at 6:45 pm at the Planetarium at UNK in Bruner Hall. Free event. RSVP by Thur., March 11.

## **Kearney Inclusive Recreation Project**

The inclusive recreation model is up and running. If you are a youth or young adult interested in participating in an activity in the community let us know. We are partnering with the YMCA, Kearney Parks & Rec. and 4-H to create a model where everyone, regardless of ability level can participate together in the same activities. We will create an accommodation plan and work with you and the activity leader to coordinate your participation in the activity.