

### Leisure Times is now E-News!

In keeping up with the times and becoming more efficient in getting our Leisure Services news out to everyone, we are now sharing our Leisure Times newsletter through our Pony Bird webpage and personal emails. Registration and payment will still need to be sent by mail but we hope to set up online registration soon.

To prepare for this change, please share with our office your most used email address. We invite all participants of Leisure Services to register personal email addresses as well. We want the people we serve to view the newsletter independently and take part in the celebrations we share in our publications. It is important that this change does not take away from our participants' connection to our news and we want to continue to encourage independence in making choices to participate in our events.

On our registration page you will find a place to record email addresses. Please complete this request before sending in your activity registration. You may also send us a quick email with addresses we should have on file. Emails will be updated or added to our e-news list so you won't be left out in this transition. And if you do not use email, please note that as well. We can send hard copies of our newsletters if you so desire.

To register from our e-news format, simply print and mail the registration page along with your check for fees. If you don't have a printer, you can send us an email with your choice of activities and send the check in the mail with a note to indicate the name of the participant and that it's for Leisure Services activities. All emails for registrations should go to [leisure@ponybird.org](mailto:leisure@ponybird.org). We are hoping to have online registration available within the year.

We are excited about our E-News and hope this will make it easier on everyone. Please call on us for assistance anytime.



**2023 Swim Season  
Swim Coaches Needed  
See page 5**

#### CONTACT PHONE NUMBERS

Main Line:	636-282-1414
	636-933-3764
Direct Lines	
Terri Dallas	636-282-1419
Donna Cooper	636-282-1411
Information Line	636-282-1422
After Hours	314-210-8760

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### UPCOMING LEISURE EVENTS

**St. Louis Aquarium #2**  
March 4th  
See page 3

**Spring/St. Patrick's**  
Dance  
March 10th

**St. Louis Ambush**  
Indoor Soccer Game  
Sunday, March 19th

**Bird Sanctuary/Lone Elk**  
April 8th

## Inclement Weather Alert Procedure

Leisure activities that are scheduled for times when severe weather conditions are predicted may need to be cancelled or postponed. The Program Manager will monitor weather reports closely if serious weather conditions are likely to interfere with a scheduled activity as well as the safe travel to or from the activity. As soon as a decision can confidently be made regarding cancellation or postponement, an effort shall be made to contact all enrolled participants and/or their caregiver/guardian by using the following:

- Phone
- Email
- Remind Text Alert System - To sign up for text alerts, contact the Leisure Services office.
- Leisure Information Line 636-282-1422

## ***EVERYBODY PARTICIPATES...EVERYBODY BELONGS***

### ***Explore inclusion in your community.***

Inclusion is when **EVERYONE**, children and adults, with and without disabilities, participate side-by-side in recreation programs and events. Pony Bird Leisure Services is here to help you with your personal goal to become more inclusive.

Specialized recreation programs will continue to be offered through Leisure Services as you have become accustomed to. This will not change. In addition, Pony Bird Leisure Services can help you become comfortable and confident to participate in inclusive programs in the community with needed support to expand your choices.

We are offering the opportunity for individuals to explore inclusion options with support from Leisure Services staff. We will begin the process with a short meeting exploring your interests and help direct you to what best suits your needs. Our support is short term, in hopes that you will attend activities on your own or with the support of a family member or friend. Financial support is available to cover cost of a recreation support individual, should you need one to continue inclusive experiences.

For a limited time, the St. Louis Recreation Council is offering scholarship funds to begin your inclusion journey. The intent of the scholarship is to assist individuals with disabilities who wish to attend an inclusive recreation program of their choice with the program fee. Upon eligibility, up to \$100 will be applied to your program fee, after you pay a 10% copay. Funds are limited and are made available to eligible participants on a first-come, first-serve basis. Due to the limited amount of funds, only one scholarship is available per participant/family.

To better understand our support for inclusion and to learn about the financial assistance opportunities, contact our Leisure Services office.

***Terri Dallas***  
***Leisure Services Program Manager***  
***tmdallas@ponybird.org***  
***636-282-1414***

We would love to hear from those who are already enjoying inclusion in Jefferson County. Please share with an email to Terri Dallas so these opportunities can be shared with others to enjoy as well.

## TRANSPORTATION

Developmental Disability Advocates (formerly JCDDRB) enables JC Transit services to be available for a limited number of Leisure Services activities for a minimal cost to participants. Seats are limited so call at the time of registration for activities.

JC Transit Phone Number

636-933-9380

You must register separately for Leisure activities and JC Transit reservations. See instructions on the registration form.

Activities with

JC Transit Service



Movie Nite—March 31st  
 Quonset Only Saturday Bowl—March 18th

Please note: OATS vans may be used as a back-up to the JC Transit vans

Leisure Services Transportation

Pick-Up Points in Jefferson County

High Ridge - Farm and Home  
 Hwy 30 & Little Brennan

Herculaneum - NextStep for Life building  
 1615 Vine School Rd

Arnold - McDonald's  
 Hwy 141 & I-55

Look for the van icon to indicate that JC Transit services are available or look for pick-up times at pick-up points under the description of the activity. We reserve the right to cancel or change pick-up points when necessary. A minimum of 3 riders is required to guarantee a pick-up site.



## Special Events

The fee for Special Events should accompany the registration form to guarantee reservation.

### St. Louis Aquarium and Lunch

Come See The Sea! Join us as we explore the 120,00 square foot Aquarium . We will explore the rivers, delve into the Shark Canyon, splash into the ocean shore where you will be able to touch sea stars, horseshoe crab, stingrays and the spine of urchins. You might even have the chance to feed sharks.....if you dare! We will grab a bite for lunch before heading back.



DATE: March 4th  
 TIME: 9:00 Herky 9:30 Arnold  
 FEE: \$35.00 plus money for lunch  
 \* This trip is only for those that were on the wait list from our February trip.

Recommended amount for lunch \$20.00

### St. Patrick's Dance

If you have not been to one of our dances, you should join us. The dances are great fun and it's a good place to meet a lot of people in one night. We have a DJ that will play all your favorite songs and we serve snacks. The dress is casual and you may want to wear your green as we celebrate St. Patrick's Day.

DATE: Friday, March 10th  
 TIME: 7:00-9:30  
 PLACE: Herky - NextStep building  
 1615 Vine School Rd.  
 Herculaneum, MO  
 FEE: \$10.00



### St. Louis Ambush Indoor Soccer



If you are a soccer fan then you will enjoy watching the St. Louis Ambush. It's soccer at its finest: indoors, climate controlled, and close up action. And tickets were donated by the St. Louis Ambush making this a low cost activity. Join us and cheer on another St. Louis professional team. It's sure to be great fun.

DATE: Sunday, March 19th FEE: \$25.00  
 TIME: 1:30 Herky 2:00 Arnold plus money for concessions

# Monthly Social Activities

## MOVIE NITE

Come see it at the movies! Enjoy a night out with our group of movie buffs. Anyone is welcome. At this time, we are limiting our numbers to 15 people so you will want to sign up soon.

**DATE:** Friday, March 31st

**TIME:** Meet at theater at 6:00

**PLACE:** Arnold and Festus Theaters

**FEE:** \$18.00

Suggested minimum of \$15 for concessions.



JC Transit available.

## DINNER CLUB

Syberg's

This months pick for dinner is Syberg's in Arnold. Syberg's has a variety of entrees on their menu including delicious salads, sandwiches, chicken strips, burgers, wings and pasta. You are sure to find something you will love.

### HERKY/ARNOLD

**Date:** Mar. 14th

**Time:** Herculaneum 5:15

Arnold 5:45 at Syberg's

**Fee:** \$10.00 +money for dinner

### BARNHART/HIGH RIDGE

**Date :** Mar. 21st

**Time:** Barnhart 5:15

High Ridge 6:00

**Fee:** \$10.00 + Money for Dinner

Based on recent visits to restaurants, we recommend you bring \$25.00 to cover dinner/drinks and tip.



## SATURDAY BOWL

### LEAVE NO PIN STANDING!!

#### Imperial Bowl

6045 W Outer Road

**DATE:** March 11th

No Imperial bowling on March 18th—  
join us at Quonset Lanes.

**TIME:** 9:00AM-- 11:00AM

**\$9.00** for 2 games plus shoes

**\$11.00** for 3 games plus shoes

Good Luck to our bowlers who will be competing at the Special Olympics State Indoor Games in March. They have had great tournaments so far that they are sure to do well at State.

Nick, John, Paul, Dallas, Rob, Shaun, Teresa, Jim, Joe, Brad, Jaime, Cody, Becca, Kathy, Marcus, Kendra, Tiffany, Alyssa, Alex.

JC Transit services available for

March 18th—Quonset only



#### Quonset Bowl

2004 Truman Blvd.

**DATE:** March 11th

**March 18th**

**TIME:** 2:00PM—4:00PM

**\$9.00** for 2 games and shoes

**\$11.00** for 2 games and shoes

# Sports

## UNIFIED SPORTS

Unified Sports are designed to bring together equal numbers of athletes with and without intellectual disabilities on the same playing field. Special Olympics Unified® Sports could include bocce, bowling, basketball, flag football, golf, soccer, softball, tennis, and volleyball. Unified opportunities are offered through Pony Bird Leisure Services. We currently have over 20 Unified Partners in our program and growing. Contact Terri Dallas for more information. Make it fun for the whole family!

## BASKETBALL

Congratulations to our basketball teams for their performance in tournaments this past month. All teams participated in the St. Louis Area tournament in Warrenton and at the East Regional Tournament in Jefferson City. We had 5 teams compete in full-court, 3-on-3, and Team Skills competitions, bringing home a lot of medals around their necks. Now it's time to prepare for the State Games in St. Charles on March 25th. Good luck to all!

### St. Louis Area Awards

Classics/full court	Silver
Heat/3-on-3	Silver
Flames/3-on-3	Silver
Magic/3-on-3	Bronze
Raptors/Team Skills	Bronze
Predators/ Team Skills	Silver

### East Regional Award

Silver
Silver
Gold
Bronze
Silver
not attended



## Swimming—coaches needed

We have our lanes reserved at the YMCA to start swimming practice in March. If you would like to join us for the 2023 swimming season, please complete your registration through Leisure Services. Special Olympics competitions begin in April. Our start date has been postponed because we are in need of volunteer swim coaches for this program to take place. Our beloved swim instructor/coach, Tessa, is expecting her first child in March. As much as she would love to help us, her hands/arms will be full with her bundle of joy. So she will need someone to fill in for her until her return to the pool. If you know of a certified swim instructor who would love to work with us, please have them call us.

Swim Practice Begins at Jefferson County YMCA  
Date to be determined  
4:30 p.m. or 5:15 p.m. session time



## Track



Desoto High School is welcoming our Special Olympics athletes for their 23rd year hosting the Annual Jefferson County Track Meet. The High School Student Council is hard at work preparing for this year's event. This is a big event with lots of celebrations, all making it a very special day for our athletes. A special thanks to DeSoto School District and their student body who makes the event possible, and to the DeSoto Amvets who are coming back again this year to feed our athletes, coaches and volunteers. We are also grateful for the Student Councils of other school districts who are providing buddies for our athletes as well. This is truly a community event, where everyone pulls together to give our athletes their best day of the year. Good luck to all athletes. This day is for you!!

Please register by March 20th. Registration form is included in this newsletter. The date for preliminary timings is Sunday, March 26th at Hillsboro High School Track. We need athletes to attend for most accurate competition placement.

Jefferson County Track Meet  
DeSoto MO  
Tuesday, April 18th







## 2023 Summer Vacation

Mall of America, MN

\$945.00

July 22nd - 25th

150.00 deposit

*\$100.00 minimum monthly payment or pay in full at anytime*

Join us as we travel by a charter bus to the Minneapolis area to enjoy the world-renowned Mall of America. Not only is this one of the largest shopping malls but it is also an oversized entertainment attraction; 520 stores with no sales tax on clothing or shoes, 60 restaurants, Nickelodeon Universe® indoor theme park, Moose Mountain Adventure Golf, Dutchman's Deck ropes-climbing course, zip-line, SEA LIFE® Minnesota Aquarium, 4D Flyover America show, Escape Room, special events and more! It's so big that we can't enjoy it all but you will have a lot to choose from. While we are there, we will visit the Minnesota Zoo and enjoy the sights of Minnehaha State Park, one of Minneapolis' oldest and most popular parks featuring a majestic 53-foot waterfall, limestone bluffs, and Mississippi river overlooks, attracting more than 850,000 visitors annually .

All inclusive trip: Your fee covers transportation, lodging, 12 meals, 4-pack attraction bundle at the Mall with unlimited rides, admission to Minnesota Zoo, and chaperon coverage. The fee is based on current prices of attractions and minimum number of travelers, and is subject to change.

**Please send deposit to: Pony Bird, P.O. Box 190 Mapaville MO 63065**

A payment schedule can be set up, with remaining balance due July 1st. Full payment can be made at anytime.

*\*\*Request for assistance from the Dick Bennett Memorial Fund will be considered based on financial need of the individual. Request for full cost of the trip cannot be granted.*

Travelers must be 18 years or older and active participants of Leisure Services for 1 year before attending trips. When we travel out of town we have one chaperone for every 5 travelers. This helps everyone have a safe and enjoyable trip. Due to financial reasons, we are unable to support individuals on trips who require lower staffing ratios. Travelers stay in hotels with 1-2 other roommates with chaperon rooms nearby for needed assistance. All travelers have their own bed. Travelers should be flexible and open to unplanned schedule changes if needed.

### Refund Policy

Due to prepaid expenses, a minimum monthly payment is required. Refunds are determined as below:

Cancellations 90 days or more—Full Refund

Cancellation 45 - 90 days—Refund based on non-refundable fees paid out for your reservation

## REGISTRATION PROCEDURE

Below is the procedure we recommend you use to successfully register for Leisure Services activities.

1. Look over the newsletter and complete the registration form. Please avoid calling in your reservations.
  - You may print registration form and return by mail with your check to cover fees ( please note in memo of check "Leisure Services Activities")
  - You may email your registration and send check by mail to cover fees (please note in memo of check "Leisure Services Activities")
2. Please make checks payable to Pony Bird, Inc. and mail to Pony Bird , P.O. Box 190, Mapaville MO 63065
3. You will need to contact JCTransit to request a ride to activities indicating this service. Contact JCTransit at 933-9380. Remember that there are limited slots for transportation so set up you ride as soon as possible. You will also have the option to meet our group at pick-up points or event locations.
4. It is important that you cancel a reservation for any activity you are unable to attend, both with Leisure Services and JCTransit. A 24 hour cancellation notice is required to be considered for a refund of your activity fee, however, refunds cannot be guaranteed upon cancellation.
5. In case of INCLEMENT WEATHER, you may call our *Event Information Line* at 636-282-1422 or 933-3422 to check the status of an activity before heading out the door. All cancellations will be determined by 3:00 p.m. the day of the event.
6. HAVE A GREAT TIME!

### REGISTRATION FORM

You must register for all activities in advance. If you are not registered, you may be sent home due to staff/participant ratio.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Nearest pick-up point: \_\_\_\_\_

Register for E-News Leisure Times. E-mail 1 \_\_\_\_\_ E-mail 2 \_\_\_\_\_

- Annual Membership Fee** \$20.00  
(Covers July 1—June 30th of a fiscal year. Check with our office for paid fee)

#### MONTHLY EVENTS

Advance payment for monthly activity is welcome but not required.

- Dinner Club Festus/Arnold– March 14th \$10.00
- Dinner Club H. Ridge / March 21st \$10.00
- Movie Night- Arnold / March 31st \$18.00
- Movie Night– Festus / March 31st \$18.00
- Saturday Bowl—March 11th \$9/ 2 games \$11/ 3 games  
 Quonset  Imperial
- Saturday Bowl—March 18th \$9/ 2 games \$11/ 3 games  
 Quonset  Quonset Only

#### SPECIAL EVENTS

Advance payment for special events is required.

- St. Patrick's Dance \$10.00
- St. Louis Ambush Soccer \$25.00

#### VACATIONS

- Mall of America—July 22nd-25th \$150 deposit due

Please send registration form with payment to  
**Pony Bird, Inc.**  
 P.O. Box 190  
 Mapaville MO 63065

TOTAL AMOUNT  
ENCLOSED

\$ \_\_\_\_\_

#### SPORTS TRAINING

A current Special Olympics physical is needed to compete

- Spring Sports Fee—\$15.00**

A \$15.00 sports training fee covers incidental costs for training and competitions. This covers multiple spring sports to include Swimming & Track

- Swimming**
- Track**

Thanks to the dedication of our volunteers and in-kind donations of facilities, our sports training fee is minimal. Through our program, you have the opportunity to compete in Special Olympics local and state competitions. Athletes wishing to compete in Special Olympics at the State level will be charged an assessment fee. You will also be charged an additional transportation fee to offset the cost of rental/charters. Assessments will be collected from interested athletes once qualification is determined. Assistance is available upon request from the Dick Bennett Memorial Fund. Allocations are based on individual need.



# Leisure Services

Pony Bird, Inc.

P.O. Box 190

Mapaville MO 63065

Phone: 636-282-1414

Phone: 636-933-3764

Information Line:

636-282-1422

or 933-3422

Email:

leisure@ponybird.org

Like us on Facebook



Visit us on the web:

[www.ponybird.org/leisure](http://www.ponybird.org/leisure)

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DATED MATERIAL  
This issue mailed on February 24th. Please contact us if you wish to be removed from mail list.

## Dick Bennett Memorial Fund



If you are in need of financial assistance to attend Leisure activities, scholarship money is available through the Dick Bennett Memorial Fund. Dick was a long time director for our agency and attended many of our Leisure trips as a chaperone, enjoying the events as much as our participants. Memorial funds have been set up to help others experience that same joy. Your request will be kept confidential and amount of assistance will be based on individual needs. Funds can be used to pay activity fees, transportation fees, or both depending on your need.

To keep this fund viable, continued contributions may be made, including memorials for loved ones. Please make checks to Pony Bird, Inc and note that it is for the Dick Bennett Memorial Fund. Thank you for your continued support.

## Vacation Opportunities Summer Vacation 2023



Recognized as the largest shopping and entertainment complex in the United States and one of the most visited tourist attractions on the globe, the Mall of America receives roughly 40 million visitors a year and you could be one of them. This trip was sold out in 2020 but cancelled due to Covid-19. We are offering it once again. See page 6 for more details.

