



Pony Bird

The Leisure Times Activity Registration

January 2024

2024 Summer Vacation

There have been some really exciting trips suggested for Summer Vacations by our participants over the past 30+ years. We have enjoyed trips to Chicago, Memphis, Milwaukee, Wisconsin Dells, Hershey PA, Niagara Falls and many more. Some have been Cardinal Road trips and others have been educational and fun, or just plain FUN.

We'll be crunching numbers and researching travel costs soon to determine the next vacation destination. Keep checking future mailings for details on trips being planned. If you think a trip with Leisure Services sounds like fun, start saving your money. Payments cannot be accepted before 90 days out. Plans for vacations must meet final approval by Pony Bird, Inc.

We always have a great time on our vacations and we have visited a lot of great places across the country. To join us on a vacation we ask that you actively participate in Leisure Services activities for a minimum of 1 year. This allows our staff and other participants to get to know you and it allows you to get to know us as well. 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 higher levels of support. And keep in mind that not everyone finds group travel suitable. You have to be patient with your roommates, flexible with changes, and willing to go along with a group itinerary. If you are more of an individual traveler, our trips may not work for you.

If you have an idea for a fun-filled trip, please list your suggestion on the registration form. We will take all suggestions into account with hopes to offer a trip that will guarantee a good time for all. We now begin the process for another adventure!! Look for our 2024 vacation announcement soon.



Mall of America

UPCOMING SPECIAL EVENTS

Harlem Globetrotters
January 6th
See page 3

St. Louis Science Center
Omnimax Show
January 20th
See page 3

Area Basketball Tournament
January 21st
Wentzville, MO

Regional Basketball Tournament
February 18th
Cape Girardeau



Our activities put smiles
on faces.

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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Travel Opportunities

Remind Text Alert—Sign up now!

The fastest and most efficient way of getting notice of changes with our scheduled activities is to sign up for the Remind Text Alert system. If you would like to be placed on our list of recipients, copy the link below in your internet browser, based on the beginning letter of your last name. Fill in your name and cell phone number or email address and stay in the know. It's that easy! Using this service you can also reply to a text we send or send us a text at any time without having to call or email. Once you opt in please reply to the confirmation text with P (for participant). You can opt out at any time by replying LEAVE to the text.

last names A-D: <https://www.remind.com/join/leisuread>

last names E-L: <https://www.remind.com/join/leisureel>

last names M-R: <https://www.remind.com/join/leisuremr>

last names S-Z: <https://www.remind.com/join/leisuresz>

Inclement Weather Alert Procedure

Leisure activities that are scheduled 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:

- Remind Text Alert System - please register for up-to-the-minute alerts. Look to the left of this page for simple registration.
- Leisure Information Line 636-282-1422
- Email or phone calls when possible.

Volunteers are what makes it work. Reward Yourself!

" I am only one, but still I can do something." --Helen Keller

Pony Bird is continuously seeking caring individuals who feel the need to reach out to persons with developmental disabilities. The success of our services relies heavily on the dedication of our staff, as well as volunteers and community support. We invite you to be part of this success as a volunteer. Help others better their lives. Your reward is their gratitude. It's a great feeling!

Volunteers need to be at least 18 years old and have the desire to work with individuals of all abilities. Volunteers do not need to be experts or professionals in the field of developmental disabilities. Enthusiasm and the desire to work with others is all that is necessary. New volunteers must complete an application. For the safety of our participants, a criminal records check and background screening is completed on all applicants. We seek to match each volunteer with a position that meets his or her interest.

For more information on eligibility and volunteer opportunities, please contact:

Terri Dallas

Leisure Services Program Manager

Phone: 636-282-1414

tmdallas@ponybird.org

Volunteer Opportunities Currently Available

Swim coach / coach assistant (March—May)

Track coach / coach assistant (April—May)

Bowling coach / coach assistant (January—April)

Basketball Unified Partners (can be less than 18)—see page 5

Office Support

No experience is required for any volunteer positions. Mentoring is provided. Coaches are required to complete online registration and online training through Special Olympics Missouri with direction from Leisure Services .

TRANSPORTATION

Developmental Disability Advocates (formerly JCDDRDB) 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—January 19th
Bowling (Quonset Only)—January 27th
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 - Pony Bird building
1615 Vine School Rd

Open lot behind 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.

Harlem Globetrotters

The Globetrotters are the world's basketball team – touring over 400+ cities in 25+ countries. Each Globetrotters game features some of the best athletes on the planet, unmatched fan interaction, incredible ball handling wizardry, the famous HARLEM GLOBETROTTERS 4 POINTS® SHOT, rim-rattling dunks, and side-splitting comedy.

DATE: Saturday, January 6th
TIME: Herky 12:00 Arnold 12:30
2:00 p.m. showtime
FEE: \$48.00
Bring money for concessions
Request assistance from Dick Bennett Fund if needed.



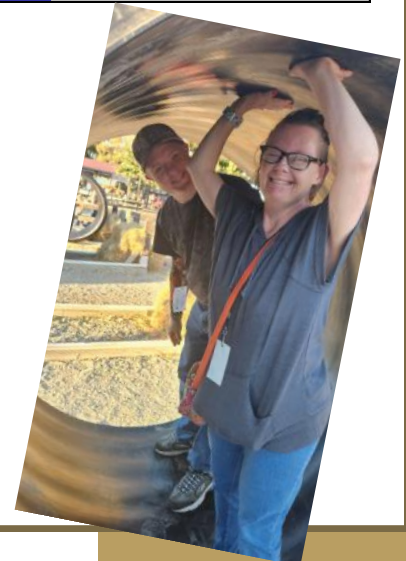
St. Louis Science Center / Planetarium

Join us as we explore the many different exhibits that the Science Center offers. We will also see a show in the Omnimax Theater. This months show is Extreme Weather. It will take us on a journey , from ice to fire to tornados, while illustrating how all of these elements are connected. We will get lunch after our visit.

DATE: January 20th
TIME: Herky 8:30 Arnold 9:00
FEE: \$35.00
Bring money for lunch. Recommended amount is \$20.00—\$25.00.



**MORE GOOD TIMES TO COME
IN 2024!**



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, January 19th

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

Cracker Barrel

Join our groups for some down home cooking from scratch. Cracker Barrel offers a large variety of homecooked meals, burgers, salads and sandwiches. You can also order breakfast for dinner if you choose. You will hear the cozy fire crackling as we enjoy our meal.

HERKY/ARNOLD

Date: January 9th

Time: Herculaneum 5:15

Arnold 5:45

Fee: \$10.00 + money for dinner

HERKY/ARNOLD

Date: January 16th

Time: Herculaneum 5:15

Arnold 5:45

Fee: \$10:00 + money for dinner

BARNHART/HIGH RIDGE

Date: January 23rd

Time: Barnhart 5:15

High Ridge 6:00

Fee: \$10:00 + money for dinner

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

SATURDAY BOWL

NOTICE: Imperial Bowl will no longer accommodate our bowlers on Saturdays, forcing us to move all Pony Bird bowlers to Quonset Lanes. Quonset is very excited to welcome more bowlers and we are very fortunate to have their support. We apologize for the inconvenience to those living in the northern part of the county but, with only 2 bowling alleys in Jefferson County, we have no choice. JC Transit will be available to everyone on designed dates. We hope to see you join us at Quonset Lanes. You are sure to have a great time.

LEAVE NO PIN STANDING !



JC Transit available for January 27th

Quonset Lanes
2004 Truman Blvd.
Crystal City, MO

DATE: Jan. 13th and 27th

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! Our current need is Unified basketball players for the 2024 season. If you are interested in joining our teams, contact us now.

BOWLING SEASON—off to a great start!

Congratulations to our bowlers who competed in the Special Olympics Area Bowling Tournament on November 4th. Our bowlers did very well and brought home well-deserved awards. Now they prepare for the State games at the Special Olympics Indoor Tournament in St. Charles on March 15th. There is still lots of practice ahead where they can enjoy it with good friends.



BASKETBALL

If you like the game of basketball and want to take part as a Special Olympics athlete, consider joining one of the teams at Pony Bird for athletes 15 years or older. We offer training for all levels of abilities and have actively participated in Special Olympics competition for 40 years. See attached flyer. We have well-trained volunteer coaches who love teaching the game and look for new players to join us each year.

Basketball Practice at Festus Elementary Gym

Beginning Wednesday, January 3rd 6:30 p.m.
Scheduled practices every Wednesday through March 13th

2024 Tournament Schedule

Area - January 21st - Wentzville

Regional - February 18th, Cape Girardeau

State Indoor Games—Bowling/Basketball St. Charles

March 15th—17th

URGENT—SWIM COACHES NEEDED

We are in need of swim coaches and assistant coaches for our Special Olympics training program. We have provided training for swimming for over 30 years but are currently without a coaching team to continue this opportunity for our swim athletes this year. To qualify, we need one coach with a water safety certification and 2 coach assistants. These volunteers would run weekly practice and guide our athletes through Special Olympics swim competition at the Area and State games in April and May. The practice season is March—May and have run on Friday evenings from 4:30—6:00 at the Jefferson County YMCA, but this could change based on availability of the facility and coaches.

If you are interested, or know someone who is, please contact Terri Dallas at the Leisure Services office. We would love to continue this opportunity and allow our athletes yet another choice to improve their physical and mental wellness.



UPCOMING SPRING SPORTS - Keep looking in your newsletters for dates for the spring sports seasons. We look forward to returning to our regular venue.

Swimming

Track and Field

Pickleball

March 2024

April 2024

April 2024



AN EVENT YOU DON'T WANT TO MISS!

Coming February 9th, 2023



St. Andrews Methodist Church in DeSoto, MO will serve as one of many churches around the world that will host *Night to Shine* simultaneously on Friday, February 9, sponsored by the Tim Tebow Foundation. Over 500 churches and thousands of volunteers in 50 states and 20 countries come together on one night to celebrate nearly 100,000 honored guests with special needs.

Every guest of Night to Shine enters this complimentary event on a red carpet complete with a warm welcome from a friendly crowd and paparazzi. Guests receive the royal treatment, including hair and makeup stations, shoe shining areas, limousine rides, corsages and boutonnieres, a catered dinner, karaoke, prom favors for each honored guest, a Respite Room and dinner for parents and caretakers, and, of course, a dance floor as well as other activities... all centered around the moment when each guest is crowned king or queen of the prom. If you would like to attend as a guest or volunteer for this event, you can now register online through St. Andrew's website, <https://standrewsumcdesoto.org/>. You may also contact the Leisure Services office for more details.



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 individuals will attend activities on their 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.

The St. Louis Recreation Council of Greater St. Louis offers 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

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. Sign up for [Remind Text Alert](#) for instant messages.
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 _____

PLEASE RATE OUR SERVICE (circle your score with 5 being the best)

1 2 3 4 5

Suggestions/Comments _____

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

TOTAL AMOUNT ENCLOSED
\$ _____

- Annual Membership Fee** \$20.00
 Covers July 1—June 30th of a fiscal year.

MONTHLY EVENTS

Advance payment for monthly activity is welcome but not required.

- | | |
|--|-------------------------------|
| <input type="checkbox"/> Dinner Club Festus/Arnold— Jan. 9th | \$10.00 |
| <input type="checkbox"/> Dinner Club Festus/Arnold—Jan. 16th | \$10.00 |
| <input type="checkbox"/> Dinner Club H. Ridge— Jan. 23rd | \$10.00 |
|
 | |
| <input type="checkbox"/> Movie Night- Arnold / January 19th | \$18.00 |
| <input type="checkbox"/> Movie Night— Festus / January 19th | \$18.00 |
|
 | |
| <input type="checkbox"/> Saturday Bowl—Jan. 13th | \$9/ 2 games \$11/ 3 games |
| <input type="checkbox"/> Saturday Bowl—Jan. 27th | \$9/ 2 games \$11/ 3 games |

SPECIAL EVENTS

Advance payment for special events is required.

- | | |
|--|---------|
| <input type="checkbox"/> Harlem Globetrotters - Jan. 6th | \$48.00 |
| <input type="checkbox"/> Science Center/Lunch Jan. 20th | \$35.00 |

Summer Vacation Suggestion _____

SPORTS TRAINING

A current Special Olympics physical is needed to compete

A \$15.00 sports training fee covers incidental costs for training and competitions for each sport.

- Basketball** **\$15.00**

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 practice your sport with the guidance of our trained coaches and 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. Awards of funds 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

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Return Service Requested

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 the 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

DO YOU HAVE A DREAM VACATION?

Make your suggestion for the 2024 Summer Vacation on the registration form. Look for our vacation offer soon!

