



# Pony Bird

## The Leisure Times Activity Registration

April 2024

### DeSoto STUCO Hosts Special Olympics Track Meet

Desoto High School is welcoming our Special Olympics athletes for their 24th year hosting the Annual Jefferson County Track Meet. This is a huge event that keeps getting better each year. The High School Student Council is hard at work preparing for this year's event. This keeps growing each year and makes for 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. We love fans in the stands so come and witness this spectacular day. Pony Bird will have nearly 100 athletes participating as well as hundreds of others from our county schools, with hopes for some to advance to the State meet. Good luck to all athletes. This day is for you!!



#### Jefferson County Special Olympics Track Meet

Date: Tuesday, April 23rd

Rain Date—April 24th

Place: DeSoto High School

815 Amvets Dr.

DeSoto MO

Time: 9:45 a.m.

10:30 a.m.—1:00 p.m.

Competition

If you are interested in volunteering for this event, please contact Terri Dallas.

### 2024 Track Season Is Upon Us!

#### 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 SPECIAL EVENTS

St. Louis Cardinals Game  
Sunday, April 21st

See page 3

Jefferson County  
Special Olympics Track Meet  
Tuesday, April 23rd

St. Louis Battlehawks  
Football Game  
Sunday, May 19th  
See page 3

Pickleball Practice Begins  
Monday, May 6th

See page 6

**HAVE YOU SIGNED UP FOR  
"REMINDE TEXT ALERTS"**  
See page 2 for the fastest way of  
receiving notices on activity  
updates and cancellations for  
inclement weather.

Track Practices  
April 14th & May 19th

See page 5

## 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. **This will be our primary and quickest way of contacting consumers.** 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** - for the quickest way to receive notices, register for up-to-the-minute alerts. Look to the left of this page for simple registration.
- Leisure Information Line 636-282-1422
- Email

## 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

Track coach / coach assistant ( April—May)

Softball coach/coach assistant (June—September)

Unified Partners—flag football, softball, bocce, tennis, pickleball

No experience required for any volunteer positions. Mentoring is provided. Coaches and Unified Partners 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—April 19th  
Bowling—April 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

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 Cardinals VS Milwaukee Brewers

BASEBALL IS BACK !!! After a long winter, we are ready to get back to Busch Stadium for our 1st game of the season. Join us as we watch the Cardinals take on the Brewers. We plan on getting there early enough to get the cool Cardinal Bird Hat they are giving away that day. You will want to sign up right away for this event as our games sell out quickly.

**DATE:** Sunday April 21st  
**TIME:** Herky 11:00 Arnold 11:30  
**FEE:** \$50.00  
**Please bring a credit card or VISA gift card for concessions. This is a cashless venue.**

- Please be sure to put on sunscreen before leaving your home.
- No purses or backpacks larger than 8"x10"



### St. Louis Battlehawks vs DC Defenders

Join us for one of the most exciting football experiences around. Many have been asking to go to a UFL football game in St. Louis and we were able to secure tickets this season. Come check out what all the talk is about. It will be a great day. Go Battlehawks!!!

**DATE :** Sunday, May 19th  
**Time:** Herky 9:00 a.m. Arnold 9:30  
**Fee:** \$50.00 - you can wait on payment until May 3rd.  
**Please bring credit card or pre-paid Visa for concession. This is a cashless venue**



Let's go Cardinals!

## 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, April 19th

TIME: Meet at theater at 6:00 p.m.

PLACE: Arnold and Festus Theaters

FEE: \$18.00

Suggested minimum of \$15 for concessions



JC Transit available.

### DINNER CLUB

#### Grand Slam Restaurant and Bar

Since baseball is starting back this month, we will be going to Grand Slam for dinner. They offer an extensive menu of delicious entrees, salads, burgers, golden chicken strips, sandwiches, pizza and more. Hopefully we can catch some of a game on the big screen while there.

#### HERKY/ARNOLD

Date: April 9th

Time: Herculeaneum 5:15 p.m.

Arnold 5:45 p.m.

Fee: \$10.00 + money for dinner

#### HERKY/ARNOLD

Date: April 16th

Time: Herculeaneum 5:15 p.m.

Arnold 5:45 p.m.

Fee: \$10:00 + money for dinner

#### BARNHART/HIGH RIDGE

Date: April 30th

Time: Barnhart 5:15 p.m.

High Ridge 6:00 p.m.

\*Please meet at the restaurant

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

#### LEAVE NO PIN STANDING!



JC Transit available for April 27th

Quonset Lanes Only

#### Quonset Lanes

2004 Truman Blvd.

DATE: April 13th and 27th

TIME: 2:00 p.m.—4:00 p.m.

\$9.00 for 2 games and shoes

\$11.00 for 2 games and shoes

Bowling at Imperial Lanes is not offered at this time due to scheduling conflict.



# 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! If you are interested in joining our teams, contact us now.

### State Indoor Games—bowling/basketball

Congratulations to our teams for their performance at the State tournament in St. Charles on March 15th and 16th. Not all athletes qualified for the State

games but everyone worked just as hard and we are proud of them all. In basketball, we had two 3-on-3 teams and our unified full court team compete. In bowling, we had 15 athletes, including unified teams and doubles participants. They had some tough games but came home winners. Congratulations to our athletes and many thanks to our volunteer coaches and Unified Partners for your support and encouragement.

#### Basketball

Dragons Unified—Silver    Flames—Bronze    Magic—Gold

#### Bowling

12 athlete bowlers & 3 unified partners brought home 5 gold and 10 silver medals



## Track

The track season is upon us and we are planning for our first track meet in April. Pony Bird will have nearly 100 athletes compete in the DeSoto Track meet, with many hoping to advance to the Area and State meets in May & June. Everyone is expected to condition on their own to build their stamina. You should consider visiting a local track or walking path and build your strength. Isolated track practices are being scheduled as an opportunity for our athletes to run their events before each meet. Coaches will be present to share some points to polish your competition skills. These practices are not mandatory but recommended and will play a factor in who is selected for State games. Please sign up for the practice on the attached registration sheet. You will find the season schedule below so you can request time off from work as soon as possible. Good luck to everyone. It should be a great season!!

#### Track Practice: 1:00 p.m.—3:00 p.m.

Sunday, April 14th - Hillsboro HS  
Sunday, May 19th - Hillsboro HS

#### 2024 Track Meets

Tuesday, April 23rd—DeSoto MO - Local meet  
Saturday, May 4th—St. Louis, MO - Area meet  
June 1st & 2nd—Columbia, MO - State Summer Game



## SWIMMING

We're back at the pool and ready to make a splash to get ready for the 2024 swimming season. We practice every Friday with the option to compete in Special Olympics competition. All competitors need a Special Olympics physical.

#### Practice Schedule

Festus YMCA  
Friday Practices  
4:15 p.m. or 5:00 p.m.

#### \$15.00 Sports Fee

#### Competition Schedule

April 7 Local Meet / Pattonville HS  
May 4 Area Meet / Westminster Academy  
June 1 State Summer Games—Track/Swim  
Columbia, MO



## Having a Blast!!

*Shriners Circus, Science Center, Special Olympics Indoor Games, Dinner Club*



## Pickleball Is Returning!

Last year was our inaugural season for pickleball and it was very successful. Due to popular demand, we are bringing it back this year for our Pony Bird athletes to

enjoy. The Jefferson County Parks Department supports us by providing courts in High Ridge free of charge. Courts are reserved every Monday night during our season to learn the skills needed to be seasoned players. Due to the difficulty of the game, this is a Unified sport. We are looking for individuals without a developmental disability to play alongside our athletes in doubles play. It's great fun for everyone and really enhances the skills of both team members. So if you are interested in joining our team, you will find information below. Please indicate your interest on the registration form.

**Practice Schedule/Interleague Play**

**High Ridge Civic Center**

**Monday Evenings**

**May 6th—June 24th, moving to indoor courts in July**

**6:00 p.m. - 8:00 p.m.**

**\$15.00 Sports Fee**

**Competition Available—if interested**

**Special Olympics Invitational**

**Saturday, July 27th**

**Jefferson City, MO**

## 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 the fiscal year.

**MONTHLY EVENTS**

Advance payment for monthly activity is welcome but not required.

- Dinner Club Festus/Arnold— April 9th \$10.00
- Dinner Club Festus/Arnold—April 16th \$10.00
- Dinner Club H. Ridge— April 30th \$10.00
- Movie Night- Arnold / April 19th \$18.00
- Movie Night— Festus / April 19th \$18.00
- Saturday Bowl—April 13th \$9/ 2 games \$11/ 3 games
- Saturday Bowl—April 27th \$9/ 2 games \$11/ 3 games
- Track Practice—April 14th & May 19th

**SPECIAL EVENTS**

Advance payment for special events is required.

- St. Louis Cardinals Game—April 21st \$50.00
- St. Louis Battlehawks—May 19th \$50.00

**Summer Vacation**

- St. Louis Cardinals Road Trip**
- July 19th—22nd Chattanooga sites/ Atlanta Braves \$995.00 (\$200.00 deposit due at time of registration.)

**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.

- Track** \$15.00
- Swimming** \$15.00
- Pickleball** \$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](http://www.ponybird.org/leisure)

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Sara Sucharski

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

Are you up for a road trip ...  
a Cardinals Road Trip?



VS



This will be the 8th  
MLB stadium that  
our Leisure Services  
vacations have taken us to. Look for  
details on the 2024 vacation on the  
attached flyer!