



Mainstream Resources Unit Winter & Spring Programs 2017



Mainstream Resources Unit offers a variety of quality recreational programs and special events for individuals of all abilities.

WEEKLY OUTINGS

VI WEEKLY PROGRAMS

(designed for those with visual impairments)

Social Hour

All Ages. What is your favorite game? Join us in this weekly program to play cards and games while socializing and meeting new friends in a fun and friendly environment.

Lindley Recreation Center

Jan 30 – May 1 Mondays 10 – 11 am

**No Social Hour on 2/20, 3/13 & 4/6*

Bowling

All Ages. Get ready to roll! In this weekly program we'll socialize, try to top our best scores and use adaptive equipment if needed. Each participant will have the opportunity to bowl two games.

Triad Lanes – Fee: \$2 per game

Jan 31 – May 2 Tuesdays 10 – 11:30 am

**No Bowling on 2/28 & 4/4*

PD WEEKLY PROGRAMS

(designed for those with physical disabilities)

Bowling

All Ages. Get ready to show everyone your *incredi-bowl strikes*. Ramps, bumpers, and rails will be available. Each participant will have the opportunity to bowl two games.

Triad Lanes – Fee: \$2 per game

Feb 2 – May 4 Thursdays 10 – 11:30 am

**No Bowling on 2/16 & 4/6*

Chair Exercise & Strength Training

All Ages. This exercise program is designed to increase muscular strength, range of motion, and flexibility. Hand-held weights and bands are offered for resistance. Go at your own pace, high, low or just go with the flow. A strength training component is available with an instructor in the weight room.

Smith Senior Center (Gym)

Feb 3 – May 5 Fridays 10:30 – 11:30 am

**No Chair Exercise on 3/3, 3/24 & 4/14*

DD WEEKLY PROGRAMS

(designed for those with developmental disabilities)

GTCC After School

Must attend GTCC. Come join us in some after school fun! On Tuesdays, students are picked up at the GTCC Greensboro Campus to participate in scheduled activities. All participants are required to be picked up at 4pm at Sportsplex. We promote socialization, physical activity and healthy leisure skills.

Sportsplex – Fee: free unless noted in schedule

Jan 31 – April 25 Tuesdays 2 – 4 pm

Saturday Bowling

All Ages. If you enjoy bowling, we have a program that will be right up your alley! If you want to work on your game or just want to have fun, come join us for some non-stop excitement. Ramps and bumpers will be available. Note: Cost includes equipment rental and 10 days of bowling. *The 10 specific Saturday dates will be mailed to registered participants.*

Triad Lanes – Fee: \$40

Feb 4 – May 6 Saturdays 9:30 – 11:30 am

WEEKLY FITNESS PROGRAMS

**NO transportation provided*

Modified Strength and Conditioning

Ages 16+. Physical activity is important for all ages and ability levels. This is a small group training session that includes a high level of coaching specific to individuals with all types of physical disabilities, that will get you fit and give independence in your life.

Griffin Recreation Center

Fee: \$25 (10 punches); \$45 (20 punches)

Ongoing Mondays 6 - 7 pm

Saturdays 11 am - 12 noon



VI Outings

(designed for those with visual impairments)

FIVE BELOW / SWEET FROGS

Feb 20 Monday 11 am - 12:30 pm
4217 W Wendover Ave

TEX & SHIRLEY'S BRUNCH

March 13 Monday 10 am - 11:30 am
708 Pembroke Rd

K&W / GARDEN WALK

April 4 Tuesday 11 am - 1 pm
3200 Northline Ave

ADAPTIVE GOLF

April 17 Monday 10 am - 11:30 am
Gillespie Golf Course

Give your input and enter a chance to win a \$50 Target Gift Card.

www.surveymonkey.com/r/GSOMRU

VI GROUP CLUBS

AUDIO DARTS

Audio darts is a game in which visually impaired along with sighted players can participate in a friendly game of darts. *If you are interested in playing Audio Darts please contact Sharon Williams, 336-373-2954*

GATE CITY BLIND BOWLERS

Weekly bowling league in a fun and competitive environment. *For more information or to register please contact Melody Inglesby, 336-587-5725*
Jan 5 - April 27 Thursdays 6:30 - 8:30 pm

SATURDAY DAY TRIPS

These trips are designed for participants with visual impairments and their families. *For more information please contact Anita Cunningham, 336-275-1377*

Jan 21 Morehead Planetarium, Chapel Hill
Feb 11 Cook's Flea Market
Mar 11 Greensboro Distilling Company
April 15 Linville Caverns
May 13 Mount Airy

PD Outings

(designed for those with physical disabilities)

HARBOR INN SEAFOOD LUNCH

Feb 8 Wednesday 11 am - 12:30 pm
Burlington, NC

HOLLY HILL MALL

Feb 16 Friday 11 am - 12:30 pm
Burlington, NC

BOCCE BALL

Mar 24 Friday 10 am - 11:30 am
Smith Senior Center

ADAPTIVE GOLF

April 6 Thursday 10 am - 11:30 am
Gillespie Golf Course

FARMERS MARKET & MOOSE CAFÉ

May 3 Wednesday 11 am - 1 pm
Colfax, NC

ANNUAL
MAINSTREAM RESOURCES UNIT


**SPRING
DANCE**

MARCH 21, 2017
6 - 8 PM

GLENWOOD RECREATION CENTER
2010 COLISEUM BLVD



GREENSBORO
PARKS & RECREATION
336-373-2626

greensboro-nc.gov/mainstream

Special Events

TRANSPORTATION MUSEUM

All Ages. What could be more exciting than a fun filled morning to tour the transportation museum with a variety of trains

March 3 Friday 11 am – 2 pm

Spencer, NC—Fee: \$10

BINGO

All Ages. What could be more exciting than a fun filled morning of Bingo! A snack is included in the fee. Everyone wins a prize!

March 29 Wednesday 10:30 am – 12 noon

Peeler Recreation Center—Fee: \$1

GREENSBORO GRASSHOPPERS GAME

All Ages. Let's Play- Ball!! Join us on an exciting trip to see the Greensboro Grasshoppers Baseball Game. Bring Money for entry and food

April 12 Wednesday 12 noon – TBD

New Bridge Bank Park—Fee: \$12

SPRING PICNIC

All Ages. Join us with great food and lots of fun as we celebrate the end of the winter/spring program. Please bring deserts.

(Registration required by May 1)

May 5 Friday 11 am - 12:30 pm

Keeley Park—Fee: \$3 (includes lunch)

New Programs
&

Special Events

coming

soon

For more

information

WWW.GREENSBORO-
NC.GOV

REGISTRATION FORM

Notice: Some programs and special events have limited spaces. Registration is on a "first come, first served" basis.

Some of Mainstream's programs listed in the flyer are suggested for certain age groups and disability classifications so the program can be geared to meet specific needs. However, we will make reasonable accommodations for any individual who desires to participate in a program not suggested for his or her age group or disability. The request must be made at least two weeks prior to the start of the program. We also encourage family and friends to participate in our programs, when space is available. The City of Greensboro shares the goals of the Americans with Disabilities Act, which protects qualified individuals with disabilities from discrimination on the basis of disabilities and provides for equality of opportunity in the services, programs and activities of the City.

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

Use one form per person. Make checks payable to "City of Greensboro". Do not send fee if event indicates participant is to bring fee on day of event.

YOU CAN MAIL OR BRING YOUR REGISTRATION FORM & FEE TO MAINSTREAM RESOURCES OFFICE AT 1001 FOURTH STREET, GREENSBORO, NC 27405

Name _____ DOB ____/____/____ Gender _____

Parent/Guardian Name (if participant is a minor) _____

Address _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Selected programs offer transportation for individuals who live within City limits, based on space available.

Would you like to sign up for transportation? Yes No

VI PROGRAMS	PD PROGRAMS	DD PROGRAMS	SPECIAL EVENTS & PROGRAMS
<input type="checkbox"/> Social Hour <input type="checkbox"/> Bowling	<input type="checkbox"/> Bowling <input type="checkbox"/> Chair Exercise	<input type="checkbox"/> GTCC After School <input type="checkbox"/> Saturday Bowling—\$40	<input type="checkbox"/> Transportation Museum—\$10 <input type="checkbox"/> BINGO—\$1 <input type="checkbox"/> Grasshoppers Game—\$12 <input type="checkbox"/> Spring Picnic—\$3
<input type="checkbox"/> Five Below/ Sweet Frogs <input type="checkbox"/> Tex & Shirley's Brunch <input type="checkbox"/> K&W / Garden Walk <input type="checkbox"/> Adaptive Golf	<input type="checkbox"/> Harbor Inn Seafood <input type="checkbox"/> Holly Hill Mall <input type="checkbox"/> Adaptive Golf <input type="checkbox"/> Farmers Market & Moose Cafe	FITNESS <input type="checkbox"/> Modified Strength & Conditioning	



**GREENSBORO
PARKS & RECREATION**

**Greensboro Parks and Recreation
MainStream Resources Unit
1001 Fourth Street
Greensboro, NC 27405
www.greensboro-nc.gov/mainstream**

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Mainstream Resources Unit



To request an application
please call: 336-373-2626

Camp Joy is a summer day camp for ages 5 and older of all abilities, including but not limited to developmental disabilities, physical disabilities, and visual and hearing impairments. Camp runs Monday through Friday, 9 am to 3 pm.

Session 1: June 19 - July 7

Accessible Adventures: July 10-14

Session 2: July 17 - August 4

CAMP DATES

Camp Joy, located at Hagan Stone Park in Pleasant Garden, offers two three-week sessions for individuals with developmental disabilities and a one-week session for individuals with physical disabilities. Camp facilities include six cabins, multipurpose building, and arts and crafts shelter. Campers also have access to the Hagan-Stone Park facilities, which include accessible playgrounds, pool and nature trails. Camp Joy offers a wide variety of activities including arts and crafts, music, swimming, sports, and outdoor activities. Each summer, the camp hosts talent shows, movie days, cook outs, theme weeks, and more!

TO REGISTER PLEASE CALL:

336-373-2626

Sharon Williams

MainStream Resources Unit Coordinator
sharon.williams@greensboro-nc.gov
office: 336-373-2954

Jessica Rosenblum

MainStream Resources Unit
Asst. Coordinator
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CONNECT



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MAINSTREAM