2017 List of Proposed Meeting Dates, Topics, and Activities for our SPUDS Support Group

February 21st Tuesday - Special Olympics Director to provide information about their organization and current programs and sports available to our group.

March 17th Friday (not Tuesday)- St. Patricks’ Day Party at P2P, Kim to help set up.

April 18th Tuesday - Charlie’s Safari or Bowling Westside Lanes.

May 16th Tuesday - Have a Nutritionist come to recommend diets, particularly regarding lowering the risk of developing Diabetes Mellitus, and insight on Gluten intolerance and Celiac disease. (Kim & Becca to possibly contact a Group Health or St. Peter Nutritionist, or input from other members who know a good Nutritionist.) Another idea is to try to put together our kids’ and members who have Down Syndrome favorite high quality food recipes in a Photo Flip Book or online so they can easily make them when they are independent. Similar to “Cooking-by Color” http://www.downsyndromenutrition.com/productlist/79-cooking-by-color.html

June 2nd Friday (not Tuesday) – Yearly Picnic at the RAC Playground. Food & Drinks & Table Service Provided.

July - Date and Day open to decide by our group – Marvin Road Minigolf with a new miniature golf course, driving range, and batting cages. (Optional activity since we usually don’t meet in the summertime.) <http://marvinroadminigolf.com>

August - Date and Day open to decide by our group – Tanglewilde Pool rented for our group.

**$100/1st hour, $85/2nd hour**

**There is a maximum of 20 guest per guard. Each additional guard will cost an extra $85.**

**Available Pool Rental Hours: Contact Carol at 360-491-3907. Subject to availability.** <http://www.trcpool.com>

 (Optional activity since we usually don’t meet in the summertime.)

September 15th Friday (not Tuesday) – First Annual Talent Show!!! (Thanks Lucy great idea!) All members may participate and display their many talents. We’re in the process of getting permission to use the First United Methodist Church of Olympia’s downstairs large stage and assembly hall. <http://www.fumcoly.org>

October 20th Friday (not Tuesday) – Halloween Party with a DJ at P2P (date open to discussion.)

November 13th or 16th (Monday or Thursday when they allow private group parties) - Skateland <http://www.skatelandolympia.com>

December 8th Friday (not Tuesday) Christmas Party with Santa to visit! Many prefer a larger venue that P@P, so possibly use the First United Methodist Church of Olympia’s assembly hall again. <http://www.fumcoly.org>

Other possible ideas: Black Hills Gymnastics could come to discuss their special needs curriculum or some of our members could do gymnastics, or visit a Zoo.