



LINK - ADULTS WITH DISABILITIES

Fostering Connection, Growth and Friendship

Meeting two or three Wednesdays each month, LINK participants gain social connections while they learn, move their bodies, create art and have fun. Some things that LINK participants gain from the LINK program include:

Flexibility

Rather than canceling the event when bad weather requires a change of plans, we pivot to an alternate activity. Usually we end up playing board games, doing puzzles and the evening often ends in a giant game of UNO.

Trying New Things

Participants can be set in their ways but are encouraged to try new things. "Moving and Grooving" night (yoga and cardio drumming) has grown from just a few participants to one of our most popular activities. The instructors, Suzanne and Shelly, have made it such a fun event and have really connected with the participants.

We also learned to play Pickleball – LINK style. Once they forgot it was exercise and learned that it was mostly about volleying back and forth, they really had fun with it! We were taught by Rec Pickleball Supervisors Julie Gaffney and her son Robert, part time LINKer. So, that was fun for us and for him.



Speaking for Themselves

When LINK goes out to eat as a group, each participant decides what they want to order and places the order themselves (with assistance as necessary.) This helps to build their confidence and encourages them to express their preferences such as no lettuce or extra ranch dressing so they get what they want. Communicating with the wait staff is a great accomplishment for them.

Expressing Their Opinions

Staff regularly have discussions with participants about things they would like to do in the future or things they would like to experience. We incorporate those ideas into our schedule as often as possible.

LINK offers more than just an opportunity to participate in an activity. It also offers personal development, friendship and the opportunity to be part of a group.

Contact Information

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