

## POSITIVE HAPPENINGS

# LINK - Adults with Disabilities

LINK is a program specifically for adults with disabilities. LINK offers not only educational opportunities, but also social connections and a sense of community and belonging.

This past year, the LINK family has very much enjoyed getting together for a variety of activities including game nights, Moving and Grooving (Yoga and Cardio Drumming), Costume Party, making deserts, dinner at a restaurant in town, dances, catching a local baseball game and a LINK favorite-the Holiday Lights Tour.

Many of our activities are offered seasonally or annually, but every once in a while, we like to try something new. Some things that LINK did new this year:

**Gym Games:** We had a night of hilarious games including "Whack a Mole" with Youth Service Club volunteers as the moles. The LINKers would laugh so hard and use squirt bottles to spray the volunteers as soon as they poked their heads through the holes.

**Let's Learn about Pickleball:** Friend of LINK, Robert and his assistant mom Julie, were Community Education's Pickleball Club Supervisors a few years ago and they agreed to teach our LINKers all about Pickleball. They learned how to put up the nets, serve and volley. The LINKers were so willing to pick up a paddle and try something new. Robert did a great job explaining the game and encouraging others. Everyone went at their own pace, and we had four courts filled with players.



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**Superhero Night:** Superhero Night was held in April. Everyone dressed up as their favorite superhero, discussed what kind of superheroes they would like to be and what super powers they would love to have. Finally, we celebrated National Superhero Day and made thank you notes for real Superheroes in our lives - firefighters, paramedics, doctors, nurses, teachers and many more. Throughout this night, we heard so many great stories about how LINKers appreciate the help they have been given by their own superheroes. Many made cards for specific people that have impacted their lives.



**Mini Golf at Green Lagoon:** LINK was able to golf the new Dragon Mini Golf Course at Green Lagoon this summer. The course had just opened the year before when LINK was there to play the "regular" course. They were sad that they couldn't play on the new course yet, so it was fun to get to try something new this summer.



### **Dayna and Andrew**

There were some sad experiences as two LINKers passed away in the past year - this was challenging for the group. Working through understanding, signing cards and what happens next was sad, but made us closer. Since we have a wide variety of abilities and understanding, some dealt with it more easily while it was harder for others. LINKers were notified the evening we went golfing at Green Lagoon. The group took some time to start working on their grief and Murphy, our therapy dog, came to help lighten some sadness. LINKers cared for and checked in with each other. LINK really felt even more like a family.



### **Contact Information**

**Laurie Drolson**  
Youth & Adult Programs Coordinator  
Ldrolson@flaschools.org | (651) 982-8334

**Janet Nutter**  
Youth & Adult Programs Planner  
Jnutter@flaschools.org | (651) 982-8328