



Out on the Town

Spring Session March 2008

2nd & 4th Tuesdays – Group 1 (Meeting at The Arc Vocational Center in Largo 1300 Mercantile Lane, Suite 220 Largo, MD at 3:30pm)

2nd & 4th Thursdays - Group 2 (Meeting at The Arc Building in Largo 1401 McCormick Drive Largo, MD at 5:30pm)

1st & 3rd Tuesdays – Group 3 (Meeting at The Vocational Center in Temple Hills 6001 Southgate Dr. Temple Hills, MD at 3:30pm)

1st & 3rd Thursdays – Group 4 (Meeting at The Vocational Center in Laurel 14750 Sweitzer, Ste 104 Laurel, MD at 3:30pm)

Out on the Town is a social club for adults with developmental disabilities. The groups of 6-8 members meet every other Tuesday or Thursday evening to socialize, dine out, and participate in a wide variety of social and recreational opportunities in the community.

Out on the Town is geared toward providing its members access to a wide array of recreational opportunities that are fun, exciting, and encourage healthy and lasting relationships. This social club is offered throughout the year and its activities are scheduled seasonally.

Out on the Town offers a great opportunity for adults with developmental disabilities to get together, have fun, and gain exposure to enjoyable and exciting things in their community.

Membership in The Arc:

Arc members receive a discount on *Out on the Town* sessions. Yearly Arc membership dues are \$20 for an individual or \$35 for a family. Please note that you are already an Arc member if your family has an Arc membership!

Hours & Transportation:

Club members who attend The Arc's Day programs will stay on-site after work. Club members coming from other locations will need to arrange their own transportation in order to arrive at the assigned Vocational Center on time.

The Arc will provide transportation for members to the activity and dining locations. All club members are responsible for their own transportation home. Rides should be ready for pick up for the **Tuesday Groups 1 & 3 and Thursday Group 4 at 7:30 and on Thursday Group 2 at 8:45.**

Fees:

The club fee for *Out on the Town* is \$210 for Arc members and \$260 for non-Arc members. These non-refundable fees cover the cost of food, activities, and some of the staffing & transportation costs. Fees must be paid in full no later than one week prior to the first outing.

If the club fees are more than you can afford, please contact the Recreation Department to discuss potential funding resources, partial scholarships or payment plans.

Club members are welcome to bring more money if they are interested in purchasing more than a main course and beverage while eating out, or if they are interested in purchasing souvenirs.

Schedule:

Out on the Town has a spring session that begins in March and a fall session that begins in September. The group also has a summer mini-session in June and a winter mini-session in December.

The schedule and meeting locations for the groups are as follows:

Group 1: 2nd & 4th Tuesdays:
(1300 Mercantile Lane, Ste 220 Largo, MD 3:30pm-7:30pm)

Group 2: 2nd & 4th Thursday:
(1401 McCormick Dr. Largo, MD 5:30pm-8:45pm)

Group 3: 1st & 3rd Tuesday:
(6001 Southgate Dr. Temple Hills, MD 3:30pm-7:30pm)

Group 4: 1st & 3rd Thursday:
(14750 Sweitzer, Ste 104 Laurel, MD 3:30pm-7:30pm)

Contact Trayah Baldorado at 301-925-7050, ext. 269 for specific session dates.

Examples of activities the groups have chosen: bowling, bocce ball, laser tag, go-kart riding, shows, plays, museum or historic site tours, movies, or seasonal events. Examples of restaurants the groups have chosen: Jaspers, Golden Corral, Boston Market, Pizza Hut, or food courts in area malls.

Staffing:

The Arc will provide staff to meet and greet the members, accompany and transport members to the activities. The staffing ratio will be 1:4. If you have any questions regarding the staffing ratio provided for this club, please contact Trayah Baldorado at the number provided below.

Registration:

If you are interested in participating in *Out on the Town*, please complete and return the registration form, the Special Needs Checklist and fees one week prior to the first session of the club. After receipt of the registration information, individuals will be notified in advance and assigned to groups based on their interests and support needs. Please contact Trayah Baldorado, if you have any questions regarding the registration process.

Weather Policy:

If a Travelers Advisory is issued prior to the club meeting, assume the activity is cancelled. *Out on the Town* staff will make every effort to notify members of cancellations as early as possible. Club meetings cancelled due to weather conditions will be rescheduled.

Questions:

If you have questions about *Out on the Town*, please contact:

Trayah Baldorado, Fitness and Recreation Administrator

Phone: (301) 925-7050, ext. 269

Email: tbaldorado@thearcofpgc.org



Out on the Town Registration Form

Submit to: Trayah Baldorado, Fitness and Recreation Administrator at The Arc of Prince George's County 1401 McCormick Drive Largo, MD 20774 Phone: 301-925-7050, ext.269 Fax: 301-925-4387

PARTICIPANT INFORMATION

Participant Name: Phone #: Street address: City/State/Zip: Email: Emergency Contact: Phone #: Relationship to participant

TRANSPORTATION INFORMATION

Participant will get to The Arc Vocational Site (Tuesdays) or The Arc Building (Thursdays) by (circle one):

Public Transportation Cab Family/Friend Provider Staying On-Site

Participant will be picked up from The Arc Vocational Site (Tuesdays) or The Arc Building (Thursdays) by (circle one):

Public Transportation Cab Family/Friend Provider Other:

If there are any problems with transportation Arc staff should call:

Name: Relationship to participant:

Phone number: Cell #:

SUPPORT NEEDS CHECKLIST

I have completed and attached the Support Needs Checklist. I have previously submitted the Support Needs Checklist and there are no changes in the level of support needed.

SCHEDULE: PLEASE CIRCLE THE ONE YOU CHOOSE

- Group 1: 2nd & 4th Tuesdays: Group 2: 2nd & 4th Thursday: Group 3: 1st & 3rd Tuesday: Group 4: 1st & 3rd Thursday:

STAFFING RATIOS

I understand that staffing will be provided at a 1:4 ratio, and I am comfortable with that staffing ratio in the community.

Participant Signature: Date:



*Support Needs Checklist
Social Clubs/Special Events*

The Arc of Prince George's County
1401 McCormick Drive Largo, MD 20774
Phone: 301-925-7050, ext. 266 Fax: 301-925-4387

Participant's Name: _____ Date: _____

Diagnosis(s): _____

Related Medications: _____

Allergies: _____

1. MOBILITY	Independent	Needs Verbal Prompts	Needs Physical Assistance	Comments:
Walking				
Stairs				
Elevators/Escalators				
Assistive Equipment (Check those that apply): <input type="checkbox"/> Cane <input type="checkbox"/> Walker <input type="checkbox"/> Manual Wheelchair <input type="checkbox"/> Electric Wheelchair <input type="checkbox"/> Other: _____				
Staff Supports Needed for: <input type="checkbox"/> Transferring <input type="checkbox"/> Operating Wheelchair <input type="checkbox"/> Other: _____				

2. PERSONAL CARE	Independent	Needs Verbal Prompts	Needs Physical Assistance	Comments:
Locating restroom				
Using toilet				
Buttons, zippers, belts				
Has a set bathroom schedule: <input type="checkbox"/> No <input type="checkbox"/> Yes If Yes, describe: _____				
Wears Depends: <input type="checkbox"/> No <input type="checkbox"/> Yes				

3. MEALTIME ROUTINES	Independent	Needs Verbal Prompts	Needs Physical Assistance	Comments:
Orders food at restaurant				
Uses silverware				
Cuts up food as needed				
Food Likes:				
Food Dislikes:				
Food Allergies/Dietary Restrictions:				
ALCOHOL CONSUMPTION (For club members 21 and older): Can this person consume alcoholic beverages? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what is the number of acceptable beverages? <input type="checkbox"/> 12 oz. Beer/5oz.Wine <input type="checkbox"/> Mixed Drinks				

4.	BEHAVIORAL HISTORY	Yes	No	Comments:
	Usually maintains socially appropriate behavior in community-based settings?			
	Has a behavioral support plan in place? (If yes, please attach)			
	Has a history of aggressive or socially inappropriate behavior?			
If I am upset or frustrated, I will:				

5.	COMMUNICATION
Primary Method of Communication: <u> </u> Verbal <u> </u> Gestures <u> </u> Adaptive Equipment <u> </u> Other: <u> </u>	
I ask for assistance by:	

6.	MEDICAL NEEDS	Yes	No	Comments:
	Do you have any health conditions that would limit ability to engage in physical activities?			
	Do you need staff assistance to take medications during club hours?			
	Do you have a seizure disorder? (If yes, please describe seizure protocols)			
	Do you have any medical devices that require staff assistance or supervision?			
If not feeling well, I will:				

7.	RECREATIONAL SKILLS	Very Skilled	Some Skills	No Experience	Would NOT like to participate in	Comments:
	Bowling					
	Roller Skating					
	Ice Skating					
	Bocce Ball					
	Bingo					
	Arcade Games					
	Billiards/Pool					
	Swimming					
	Horseback Riding					
	Dancing					
	Fishing					
	Hiking					
	Other:					

RECREATIONAL INTEREST SURVEY
Activities I already do that I would like to do with the social club:
New activities I would like to try with the social club:

