

Adaptive Basketball, Sensory Santa, Caregiver workshops,  
Sensory Friendly movies, Rocky Steady Boxing and more...

[View this email in your browser](#)



## Southeastern Ohio Center for Independent Living **Communication Pulse...**

**your lifeline to disability news and resources**

***November 2018***



### **Adaptive Basketball - It's time to REGISTER!!!**

Adaptive Sports Program  
basketball season starts in December!

- Practices will be on Monday's from 5:00 - 6:00pm starting December 3rd.
- Location: Hocking Valley Industries located at 15663 State Route 595, Logan
- For questions or to register contact Jeff Williams at SOCIL - 740-380-1475 or [jwsocil@sbcglobal.net](mailto:jwsocil@sbcglobal.net)
- Registration deadline is: **Friday, November 30th**

**[See flier for more details.](#)**



### **Sensory Santa at "Gift of Time"**

Holiday Fun and Activities  
**Saturday, December 1st - 10am to 2pm**  
at Lancaster High School

**Children with sensory challenges** and their families can get a photo with Santa and enjoy some activity stations between **9am - 10am** prior to "Gift of Time" being opened to the public.

Attendance for Sensory Santa is limited and **reservations are required** to keep this event quiet and relaxed. **Reservations deadline - Friday, November 23rd.**

To register, contact Lisa at SOCIL 740-689-1494 ext 10 or [lsocial@sbcglobal.net](mailto:lsocial@sbcglobal.net)

---

## **Accessible Night with Santa at Alley Park**

**Wednesday, December 5th - 6:00-8:00pm**

**(Gates open at 5:45pm to drive back)**

Lancaster Parks and Recreation will be offering a more **accessible/sensory friendly evening for "Holiday Lights and Santa in the Park"** at Alley Park.

[See flier for more information.](#)

## ATTENTION CAREGIVERS - 3 upcoming programs

### Caregiver Planning Program at Main Library

Planning Ahead: What you Need to  
Know

Thursday, November 8th at 11:00 am

See [FLIER](#) for more details



**what's  
next**

### Understanding Alzheimer's and Dementia

Caregiver Educational Workshop

Monday, November 19th

1:00 - 3:00 pm

See [FLIER](#) for more details

### Caregiver Summit

Open exclusively to caregivers/care partners of  
people with Parkinson's

Saturday, December 1, 2018

Riverside Methodist Hospital  
(Susan Edwards Auditorium)

Event is Free - [Registration required](#)

To register visit [www.parkinson.org](http://www.parkinson.org) (Education and Support)  
or call 1-800-4PD-INFO (473-4636) ask about attending via your  
computer!



### Fit Fridays with SOCIL

**What is it?** You've probably heard countless times how exercise is "good for

you". But did you know that it can help you feel good too??

Join SOCIL each Friday for a 1-hour low impact exercise class beginning in September!

Cost: (FREE) However registration is required.

See flier for more [DETAILS!](#)



## November AU Meeting

### Tactual Art

Feel some cool pieces and make your own creation

Wednesday, November 21st

3:00 pm to 4:30 pm

Location: Southeastern Ohio Center for Independent Living

1369 East Front Street, Logan, Ohio

To register call: **Jordy Stringer at 740-380-1475**



### More exciting news...

#### New Classes at Robert K. Fox Family YMCA

**Rock Steady Boxing** - a Parkinson's exercise program will be held at the YMCA RecPlex on Mondays and Wednesdays from 12:30 - 1:30 pm. Contact Anita Morehart at 740-654-0616 ext. 247 to register. [See flyer for more information.](#)

**Gymnastics** - for children with special needs at RecPlex call 740-654-0616 or 740-277-7373 to register. [See flyer for more information.](#)

---

**Cinemark Theater, Lancaster** - Sensory Friendly movie viewings...mark your calendars. All are **Saturdays at 9:30am**

- November 17 - *The Nutcracker and the Four Realms*
- December 1 - *The Grinch*

- December 15 - *Ralph Breaks the Internet*
- December 29 - *Spider-Man Into the Spider-Verse*
- January 12 - *Mary Poppins Returns*

**THANK YOU to those who have registered your Kroger card!**



Did you know that just by doing your regular grocery shopping at **Kroger** you could **help SOCIL earn funds** to conduct activities, such as Adaptive Sports, Kids In College Scholarships, peer support groups, and more? By registering your Kroger card in the **Kroger Community Rewards program**, each time you shop and scan your card, SOCIL will receive a percentage of your purchase amount. [Click here for easy instructions on how to register your Kroger card.](#) Ask your family and friends to assist us too! **Thank you!**



---

Copyright © 2017 *\*|LIST:COMPANY|\**, All rights reserved.

[imsocil@sbcglobal.net](mailto:imsocil@sbcglobal.net) *\*|LIST:DESCRIPTION|\**

**Our mailing address is:**

*\*|HTML:LIST\_ADDRESS\_HTML|\**

[Unsubscribe from this list](#)

[Update subscription preferences](#)

*\*|REWARDS|\**