



Leisure Life

Newsletter of the Recreation Council of Greater St. Louis & St. Charles
Fall 2024

Recreation Council St. Louis/St. Charles Newsletter Debut

St. Louis City, County, and St. Charles County families can now enjoy all the news of the Recreation Council in one publication with this first issue of our regional newsletter. Our goal is to provide you with information on the most current topics in recreation, events specifically for people with disabilities, community activities you can enjoy, and specialized programs to meet your leisure needs. We believe that recreation is for everyone and a essential ingredient to ensure a high quality of life for all.



Recreation Council vouchers can be used for community programs, overnight camps, and adult adventure programs. Enjoy these spotlights on

some of the great programs that people with disabilities attended thanks to the generosity of our funders, DDRB of St. Charles County, PLB of St. Louis County, and DDR of St. Louis City.

www.recreationcouncil.org/applications

Meet **Samuel** as he rocks out at Melodic Rhythms July Rock Camp. His mom, Jen, says, "He had an amazing time learning and growing musically, and it was truly a great experience for him. We deeply appreciate your support in making this opportunity possible."

Learn more about Melodic Rhythms Rock Camp at www.melodichhythms.com or call



ARRRR...here's ELLA meeting Capt'n Jack Sparrow at Wonderland Camp. Her mom, Jess, says, "She just got back this past Friday from their "Pirates & Mermaids" themed week and let me tell you, this girl lived her best life."

Wonderland offers spring, summer, and fall overnight experiences for all ages.

www.wonderlandcamp.org/



Addison simply loves horseback riding. Here she is at Exceptional Equestrian where she takes lessons.



Exceptional Equestrian is located in Washington, MO. Find out more about them at www.eemv.org or call 636-390-2141



Camp Lighthouse

Memorial Day Weekend finds these youth at a unique day camp at Strongtower Horse Ranch in St. Charles. Lydia (right) shows off her face paint with camp director Heather and has recently become a year-round volunteer for Harbor Unlimited. (continued on page 3)



Gateway Cup & Cycle St. Louis Ride to Unite

Saturday, August 31, 2024 at Francis Park in St. Louis, MO. Ride to Unite is a FREE, leisurely, 5-mile ride on the Gateway Cup race course. Check-in at 8:15am with ride beginning sharply at 9:15 am. Flyer on page 5. Register at:

www.gatewaycup.com/charity-rides/ride-to-unite

Cycle St. Louis is a program of the Recreation Council

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Contact Information

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Creve Coeur, MO 63141
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Email: info@recreationcouncil.org

Website: www.recreationcouncil.org ~ Follow us on **FACEBOOK** at Recreation Council of Greater St. Louis

ABOUT THE RECREATION COUNCIL

Services Provided by the Recreation Council...

The Recreation Council is a clearinghouse of recreation and leisure information for individuals with disabilities. We provide information & referral services, do community presentations & trainings, publish information on recreation resources, loan out adaptive recreation equipment, run a voucher program to help with fees for overnight camps and community recreation, have cooperative agreements with local parks and recreation departments for inclusion

Find a Program >

services, and support innovative partnerships to create inclusive recreation opportunities. Visit our website to search for a program using



the "Find a Program" tool, or type in your inquiry into the search bar found at the top right. See our weekly newsletter of fun, free events under the "Activities" Tab.

Adapted Cycling: Learn more about Cycle St. Louis, a program of the Recreation Council, to connect people with disabilities to cycling opportunities. www.recreationcouncil.org/cycle-st-louis

9-Square-In-The-Air: Ideal for parties and social gatherings. Borrow our adaptable height outdoor game which is a cross between 4-square and volleyball. Height adjusts from 5 foot for children and players using wheelchairs, to 7 foot for adult players or those who want a challenge. - actual game pictured to the right .



Recreation Council FY'25 funding assistance

If you have selected a recreation program and are ready to enroll but you need funding to help pay the cost, apply for one of our funding programs.

Voucher Program: Applicants of all ages with developmental disabilities who live in St. Louis City, St. Louis County, or St. Charles can apply for our voucher programs. Learn more at www.recreationcouncil.org/applications **OR**

Scholarships: People with disabilities who do not qualify for our voucher programs may apply for our Recreation Council scholarship funds. Limited to \$100 per year. Call 314-726-6044 to request an application.

WEEKLY FUN-FREE EVENT EMAIL
www.recreationcouncil.org/anytime-activities
It's time to get out of the house and have some fun! The Recreation Council publishes a weekly listing of fun and FREE events happening in the metro St. Louis/St. Charles areas. Bookmark the link above, **OR** send your email address to stchascounty@recreationcouncil.org to join our Google group. Emails are sent weekly on Thursday afternoons.

We welcome your donations
Support our programs by becoming a Recreation Council sponsor. Your donation of \$50 sends a child to gymnastics, \$75 sends a person to private swim lessons, \$100 sends a youth to a park sponsored day camp , \$300 provides music, dance, or horseback riding lessons, \$500 helps pay for an adult adventure trip, to places like Branson or Memphis, and \$1000 supports 2 people to attend a week of residential overnight camp during the summer. *YOU can make a difference in the life of a person with a developmental disability.* Call 314-726-6044 or visit www.recreationcouncil.org/give

Hippocampe Chair All-Terrain Chair
Discover Hippocampe, the 3-wheel, low riding All-Terrain chair that performs on grass, sand, gravel, and uneven terrain. It transports in a fabric carrying case for easy vacation travel. Snow attachments available for winter fun. The wheels come off and the chair folds for transportation.



Hippocampe



Recreation Council E-Connect Tablet Program

Do you lack a device to access your virtual online recreation program? Qualified individuals of all ages who have a developmental disabilities & live in St. Louis City, St. Louis County, or St. Charles County can apply for a tablet through our CARE voucher funding program. Participant co-pay is \$30. Visit www.recreationcouncil.org/news to get the application & learn more.

The Recreation Council is not responsible for claims made or services delivered by programs or organizations listed in this newsletter. We recommended that you research the quality of a program prior to attending, & give as much information as possible about the participant when enrolling.

The Recreation Council is grateful to our funding partners:
Developmental Disabilities Resource Board of St. Charles County (DDRDB)
Productive Living Board of St. Louis County (PLB)
Developmental Disabilities Resource Board of St. Louis City (DD Resources)

Developmental Disabilities Resource Board of St. Charles County
 PRODUCTIVE LIVING BOARD EMPOWERMENT ACROSS A LIFETIME
 ST. LOUIS OFFICE FOR Developmental Disability Resources

(Harbor Unlimited continued from page 1)

Camp Lighthouse continued from page 1: On the final day of camp, Harbor partners with Midwest Disabled Waterski Association (MDWSA) at Lake St. Louis for a day of waterskiing, tubing, and boating.

In addition to the summer program, Harbor Unlimited connects families by holding FREE family events on the 3rd Saturday of every month. [Sign up for a fall event.](#)

September 21: A-MAZE-ING Farm Day from 9:00am-12:00pm at Dickherber Farm, 7063 State Route N, Dardenne Prairie, MO 63368. [Flyer](#)

October 19: Tree Climbing from 9a-2pm at Powder Valley Conservation Nature Center, 11715 Cragwold Road, Kirkwood, MO 63122. This event has limited availability so RSVP as soon as possible. [Flyer](#)

November 16: Christmas Craft Party from 9:30am-12:30pm at St. Charles City-County Library, McClay Branch, 2760 McClay Road, St. Charles, MO 63303. [Flyer](#)



Emma, Caden, & Susan enjoy an afternoon of tubing

RSVP for events and learn more about Harbor Unlimited at www.harborunlimited.com or call (314) 956-2665
For information about MDWSA, visit www.mdwsa.org



The Williams family enjoys family retreat fun at Camp Lighthouse

Victor enjoying his day at the lake.



Nathaniel enjoys a paddle on the Lake at Strongtower Ranch

Specialized Programs Registering for Fall 2024



Pujols Foundation Garden Gate Program: Tuesdays, September 10 - October 29 with a morning class for adults ages 18+ and a late afternoon class for school age youth ages 8-17. This 8-week hands-on program in partnership with the Wildwood Family YMCA is for people with Down syndrome along with a parent/guardian. We will explore planting, maintaining, & harvesting a garden and how this is connected to healthy living choices. It will also expand knowledge on how to utilize these skills at home and in a community garden setting.

Contact Becca Lang at becca@pujolsfamilyfoundation.org to register. [Flyer](#)

Pujols Foundation Rhythm of Life Music Therapy: Mondays September 9 - November 11 at Maryville University's Main Campus, Walker Hall, Room 256, 650 Maryville University Drive, St. Louis, MO 63141. This 10 week program is for people with Down syndrome, age 18 and older. It promotes creative expression and social interaction through music. There are two sessions available at either 6:00pm or 7:00pm. Enrollment is free.

Contact Becca Lang at becca@pujolsfamilyfoundation.org to register. [Flyer](#)

Arya Foundation Holiday Adaptive Toy Give Away

Holiday adaptive toys are a wonderful way to enhance the joy and inclusion of children with various disabilities during the holiday season. The Arya Foundation is continuing its tradition of providing as many adaptive toys as possible to bring a smile to a child's face. Applications open fall 2024. *Donate to the toy drive on the website.* Information at www.thearyafoundation.org or call 314-445-2792.

Donate to the toy drive on the website: www.thearyafoundation.org/donate



HOLIDAY ADAPTIVE TOYS

Specialized Programs (continued from page 3)



TOPSOCCER
St. Charles, MO
Adapted Soccer

TOPSoccer Saint Charles is a new local non-profit providing services in St. Charles County giving children with disabilities the opportunity to play soccer in a structured environment that is safe, fun, supportive, and inclusive. Fall and Spring leagues available. For information, email "topsoccersaintcharles@gmail.com" or visit their [Facebook Profile](#) by searching for "Top Soccer St Charles MO".

Buddy Up For LIFE: Tennis, Fitness, Health, Zumba

Athletes are partnered with a volunteer Buddy to maximize their experience. Buddies are at least 14 years old, enthusiastic, energetic and ready to have fun! Information at www.buddyupforlife.org/chapter/st-louis-mo/



Tennis at Forest Lake Tennis Club, 1012 N. Woods Mill Rd., Chesterfield, MO 63017. Sundays from 4-5:30pm ~ Cost \$95 per 5-week session.
Session 1: Sept 1, 8, 15, 22, 29, 2024; Session 2: Oct 20, 27 & Nov 3, 10, 17, 2024.

Virtual Zumba, The class is taught virtually, but the engagement level is just as high as in person, thanks to Miss Kimberly, our energetic and exciting instructor. Cost: \$45 ~ Sign up for Virtual Zumba, www.buddyupforlife.org/live Mondays from 4-5pm on September 16, 23, 30, October 7, 14, 21, 28 & November 4, 11, 18, 2024.

Fitness at DSAGSL Office, 1201 Hanley Industrial Ct., Brentwood, MO 63144. ~ Cost: \$65 for 8 week session Tuesdays from 6-7pm on September 17, 24, October 1, 8, 15, 22, & November 5, 12, 2024

Fitness at UnCharted CrossFit, 991 Portwest Dr., St. Charles, MO 63303. ~ Cost \$85 for 8 week session Thursdays from 6:30-7:30pm on September 19, 26, October 3, 10, 17, 24 & November 7, 14, 2024

YMCA Adapted Sports and Fall Gardening



Miracle League Baseball is our premier adapted sports program for youth and adults with disabilities. Cost is \$35 per player.

[Information and Registration Here](#)

CHESTERFIELD: September 7-October 28
Non-Competitive on Saturday Mornings
Competitive on Monday Evenings
SOUTH COUNTY: September 14-October-31
Non-Competitive on Saturday Mornings
Competitive on Thursday Evenings



Gardening: Our participants will be learning basic gardening activities from a Master Gardener. Our garden beds are wheelchair accessible, and all are welcome. Tuesdays, June 4-August 6 from 4:30-5:45 pm. Cost is \$35 per person.

KEEN Fall Programs: We have athlete openings in KEEN Sports, Dance with ME, and Music at SLU High School on Sept 15, Oct 13, 20, Nov 10, 24, Dec 8, 2024. Classes are held on Sundays. Contact Elizabeth at enovak@keenstlouis.org to sign-up. *Advance registration is required for all programs.*

KEEN Swim in Clayton has a waiting list and registration is only open to current swim participants. Sept 8, 22, Oct 6, 27, Nov 3, 17, 2024. KEEN PROGRAMS ARE FREE.



Craftibility Inclusion Club Art Class: This IN-PERSON Class begins on Wednesday, September 11, 2024 and meets on the 2nd Wednesday of each month from 4-5 p.m. at a St. Louis County location to be determined. This is a continuous class with scheduled holiday breaks. Craftibility serves tweens, teens, and adults with special needs. Students with disabilities meet in-person once per month for an art class hosted by high school students who teach art projects through a virtual platform. The focus will be on various famous artworks. Cost is \$10 per participant for each class with materials included. The class size is between 6-8 participants. If you have any additional questions, please email Terri at Craftibility@gmail.com ~ [Information and Registration](#)

CHICKEN N PICKLE.

ADAPTIVE PICKLEBALL PRACTICE



1ST MONDAY EVERY MONTH | 6PM-8PM

except September 9 (second Monday due to Labor Day Holiday)

FREE TO ATTEND & EQUIPMENT IS PROVIDED!

Join us for a fun-filled night where we welcome individuals with physical disabilities to learn, enjoy and bring awareness to adaptive pickleball!

2024 Dates
September 9
October 7
November 4
December 2



CNP SPORTS WHEELCHAIRS ONSITE



WELCOME TO ALL ABILITIES AND SKILL LEVELS

For more information contact Adaptive Pickleball Coordinator: Taylor Nichols | TNichols@ChickenNPickle.com

THANK YOU TO
OUR SPONSORS:



1500 South Main Street St. Charles, MO 63303

Join the CNP mailing list to receive adaptive pickleball opportunities & updates: [CLICK Here](#)
or call Martha Davis-Goldstein, Community Coordinator at Chicken 'N Pickle, 636-229-9700.

RIDE TO UNITE

SATURDAY AUGUST 31, 2024

Francis Park | St. Louis *Registration* 8:15 - 9:00AM *Start* 9:15 AM

A free, family friendly event on the Gateway Cup race course opened exclusively for bicycles and cyclists of all abilities for a leisurely five miles.

Ride as far as you like, no official times, just lots of fun!

HOSTED BY



Pedal alongside elite cyclists who are competing in the Gateway Cup, chat with individuals with disabilities on some amazing adaptive cycles, and join other St. Louisans who love to ride and support our motto.

WE ALL RIDE THE SAME ROAD

Win a team jersey and more! Stick around for the exciting Gateway Cup races!

Cycle St. Louis RIDE TO UNITE, Saturday, August 31 from 9am-11 am at Francis Park in South St. Louis City: This non-competitive, FREE, family-friendly ride happens annually on Labor Day in Francis Park in St. Louis, MO. This event brings people of all ages and abilities together to enjoy a non-competitive 5-mile ride around the prestigious Bommarito Audi Gateway Cup Course alongside elite cyclists and local celebrities. The ride is FREE but we need you to register here: www.gatewaycup.com/charity-rides/ride-to-unite/



SAVE THE DATE
SAVE THE DATE
October 5, 2024

at the Missouri History Museum



Saturday, October 5, 2024
10am-3pm
at the Missouri History Museum
5700 Lindell Blvd., St. Louis, MO, 63112
www.festability.org

Join us for a celebration of ability. Enjoy local resources and vendors, on-site wheelchair check ups, adaptive sports, stories and book giveaways, touch therapy dogs, entertainment, and more. See the website for updates on the schedule of activities.

Conferences



Transition Planning Conference, Friday, September 27, 2024 from 8am-1pm at Ameristar Casino, St. Charles, MO. High school graduation can be stressful for young adults with intellectual and developmental disabilities and their caregivers. Fortunately, we have many exceptional resources in our region. Come, learn about employment, housing, transportation, and more to prepare your family for this exciting time! Hear from experts during the conference plus take time to visit one-on-one with service providers at our first-ever resource fair. Educators, counselors, case managers, and advocates will also find this conference helpful and are welcome to attend. The event is free and includes a continental breakfast and lunch. www.boonecenter.com/events-calendar or call 636-978-4300.



SAVE THE DATE: November 12-15, 2024 Power of Play Virtual Conference Get ready to **LEARN**, **ADAPT** and **INCLUDE**! Live and asynchronous sessions will provide participants with the strategies, resources, and best practices needed to make inclusion possible across all settings, in all activities, for children with and without disabilities. These four days will include traditional **LEARN** sessions full of information aligned to the Standards for Inclusive Recreation Programs, short **ADAPT** sessions with tips and tricks to add to your toolbox, as well as two full days of live Q&As and group discussions to connect with others and dive deep into topics affecting your work to **INCLUDE** all children. Sign up here: www.inclusionproject.org/conference

Specialized Community Activities

St. Charles Legends & Lanterns Sensory Friendly ExPeERIENCE

Sunday, October 20, 2024 from 10am-11:15am at the Katy Trail Depot in Historic St. Charles, MO. Guests of all ages who are more comfortable enjoying the festival's iconic Halloween programming in a less-stimulating environment can reserve a time slot to visit us during this sensory friendly day. Reserve your slot at www.discoverstcharles.com or call 636.946.7776.



Productive Living Board and Paraquad Assistive Technology (AT) Open House Thursday, September 19, 2024 from 11am-6pm at Paraquad, 5240 Oakland Avenue, 63110



Join us to tour Paraquad's expanded AT Demonstration Center, including a fully accessible apartment and computer lab. Those in attendance may also tour St. Louis' only fully accessible gym, the Orthwein Center, plus hear about Paraquad's Telecommunication Access Program and Durable Medical Equipment Reuse program. Paraquad's Assistive Technology staff will be available to answer any questions about their programs. Everyone is welcome to attend. For information, call Paraquad at (314) 289-4200. [Flyer](#)



MISSOURI
BOTANICAL
GARDEN

Missouri Botanical Garden
4344 Shaw Boulevard
St. Louis, MO 63110
(314) 577-5100

Butterfly House
15050 Faust Park
Chesterfield, MO 63017
(314) 577-0888

Shaw Nature Reserve
307 Pinetum Loop Rd,
Gray Summit, MO 63039
(314) 577-9555

MO Botanical Garden Access Tours

These access tours and classes are specially designed to reach the disability community. Our tours include ASL interpreters, audio descriptions, sensory reduced hikes, and memory care supports. The tours are free *with paid admission* to the location. Prior registration is required. In addition to these tours, visitors can request accommodations for any class being offered this fall at the Botanical Garden's three locations. Register at mobot.org/classes or by calling (314) 577-9506.

Take A Walk Down Memory Lane at the Garden - September 14 from 11 a.m.-1 p.m.

Audio Description Walking Tour at the Garden - October 19 from 11 a.m.-1 p.m.

American Sign Language Interpreted Walking Tour at the Garden - November 9 from 11 a.m.-12 noon.

American Sign Language Interpreted Fall Foliage Hike at Shaw Nature Reserve - October 31 from 1-3 p.m.

Low-Sensory Night Hike for Families at Shaw Nature Reserve - November 15 from 5-6:30 p.m.

Entry fees: MO Botanical Garden: \$6-\$16, Butterfly House: \$8, Shaw Nature Reserve: \$5

Sensory Friendly Playtime at The Magic House

September 28, 2024 from 8:30-9:30am at the Magic House, 516 S. Kirkwood Rd, St. Louis, MO 63122

At this FREE event, KEEN's friends and families are invited to private playtime and access to The Magic House's many activities. Playtime is designed to provide children with disabilities a sensory friendly opportunity to enjoy the Magic House without the crowds. Click to [register for September's event](http://www.keenstlouis.org/programs), or call 314-399-9458. www.keenstlouis.org/programs

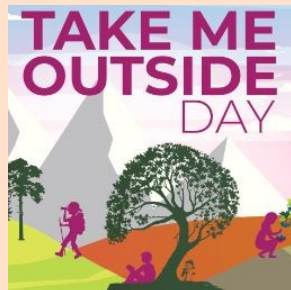
Future dates include January 11, March 1, and May 10, 2025
with registration opening the month prior to the event.



BIA-MO Outdoor Day

**Sunday, September 15, 2024 from 11:00 a-m - 2:00 pm
at Brain Injury Association of Missouri
2265 Schuetz Rd, St. Louis, MO 63146**

Join survivors of brain injury and family members for fun activities such as arts & crafts, games, music as well as enjoying nature and spending time with others. Participation is FREE and open for survivors of brain injury, family members, professionals, and the community. Registration is required to ensure an accurate count for refreshments. Register at www.braininjuryassociationofmissouri or call 1-800-444-6443.



Join the Recreation Council's Google Group to receive weekly event listings and resources by email. Contact us at info@recreationcouncil.org or visit: www.recreationcouncil.org/anytime-activities



More Specialized Community Activities



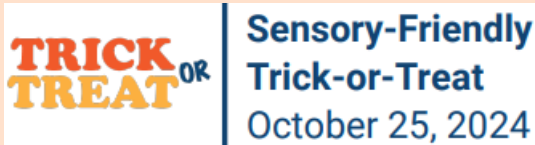
LifeBridge Truck-or-Treat

**Sunday October 20 from 1-3pm at the LifeBridge Office
11457 Olde Cabin Rd, St. Louis, MO 63141**

We invite you to decorate your car and pass out Halloween candy to LifeBridge youth, adult participants, family members, and the community. Attendees are encouraged to dress up in costume. Trunk-or-Treat will take place in the parking lot of the LifeBridge office. Other activities include airbrush artists, music, crafts, games, and grilled hot dogs. Prizes will be awarded for best decorations. Registration opens in September. For information, visit www.lifebridgestl.org/events or call (314) 989-1188.



information, visit www.lifebridgestl.org/events or call (314) 989-1188.



Easter Seals Midwest Sensory Friendly Trick or Treat

Friday, October 25 from 5:30-8pm

Easter Seals, 11933 Westline Industrial Drive

St. Louis, MO 63146

This is a great alternative to trick-or-treating, with games, activities, and trick-or-treating all in one location. Registration opens in late September. Information at www.easterseals.com/midwest or call 1-800-200-2119.

Freddy Ford Family Foundation

Register for our fall events at: www.freddiefordfamilyfoundation.org/events



Trunk or Trick, Saturday, October 19 at 3:00 PM

at We Rock The Spectrum Fenton, 2075 Bentley Plaza, Fenton, MO 63026

Halloween is a fun time for all. This year we are teaming up with the We Rock the Spectrum Gym in Fenton! Join us for a safe Trunk or Treat for families with children with autism. Friends and family are welcome to attend. Come ready for trick or treat, a haunted walk, and playtime in the gym. Event is free, but register to select a gym timeslot.



Holiday Party, Sunday, December 14 from 2:30-4:30pm

at Maryland Heights Community Center

2300 McKelvey Rd, Maryland Heights, MO 63043

Join us for a holiday gathering to celebrate our new friends and families who have attended our events this year. We will be celebrating Christmas, Hanukkah, and Kwanzaa for a more inclusive event to be shared by all. We will have a gift for each child registered by 12/1. Space is limited so register soon.



Holiday Adaptive Toys

Arya Foundation Holiday Adaptive Toys

The Arya Foundation is bringing back the Holiday Adaptive Toy Program for 2024. We give special toys to children with special needs in

Greater St. Louis for the holidays. You can donate on our website to make sure a child with a disability gets a toy this Holiday. **Families:** Applications to receive a toy will be available from October 1 to December 1, 2024. Check the website for information: www.thearyafoundation.org/programs



Join the Recreation Council's Google Group to receive weekly event listings and resources by email. Contact us at info@recreationcouncil.org or visit: www.recreationcouncil.org/anytime-activities

St. Louis County Community Calendar



Family Nights at The Magic House (STL), Friday, September 20, October 18, November 15, and December 20 from 5-8pm at The Magic House, Families of 2 adults and up to 4 of their own children are invited to enjoy all the Museum's hands-on exhibits. Reservations are recommended due to space being limited. Event repeats monthly. www.magichouse.org/free-family-night/

Live Music at 9 Mile Garden, September 21 & 22 from 11am-2pm at 9 Mile Garden, 9375 Gravois Rd, Affton, MO 63123. Get out this weekend to enjoy the outdoor concerts at our large garden. Food Trucks available for purchases. Admission is free. www.9milegarden.com

Ferguson Summer Concert Series: Friday, September 20 from 7-9pm at The Plaza, 501 S. Florissant Rd 63135. Admission to each concert is FREE! Bring your own lawn chair, coolers are welcome. Enjoy music by "Polly & The Pocket," as well Air Brush Tattoos. www.fergusoncity.com/794/Summer-Concert-Series

Chesterfield Fall Festival (STL), October 19 from 1-6pm at Chesterfield Amphitheater. The third annual Chesterfield Fall Festival is Saturday, October 19, 2024, from 1-6 PM at the Chesterfield Amphitheater for FREE! Come out and enjoy live music by [Russo & Co.](#) in the plaza from 1:00-4:00 PM, followed by [Silver Bullet STL - A Tribute to Bob Seger](#) on the Chesterfield Amphitheater stage from 4:00-6:00 PM! Don't miss this exciting day that includes craft and market vendors, carnival rides, a petting zoo, delicious food vendors and so much more! www.chesterfieldamphitheater.com/events



Octoberfest at Westport Plaza, October 17-19 at Westport Plaza in Maryland Heights, 63043. Come spook out and enjoy the fun at our beautifully redesigned plaza. We post events weekly so visit our site often for the latest details: www.westportstl.com/events



MO Department of Conservation: Ozark Music Concert, Tuesday, September 6 from 6-7pm at Powder Valley Conservation Nature Center, 63122. Enjoy traditional music storytelling by the band Shortleaf, featuring Mike and Tenley Fraser. Mike plays fiddle, guitar, mandolin, mouthbow, harmonica, and autoharp. Tenley performs on keyboard, guitar, fiddle, spoons, bodhran, and vocals. Registration needed.

Check out all the free MDC programs here: www.mdc.mo.gov/events



Science Center First Fridays 5050 Oakland Avenue, St. Louis, MO 63110

Geek out with us on the first Friday of every month. Learn the real science behind science fiction and mingle with others interested in the geekier side of life. Each First Friday features a different theme, hands-on activities, trivia, engaging presentations, photo ops for showing off your costume, and food and drink specials.

September 6: Star Wars ~ October 4: Barbie ~ November 1: The Martian ~ December 6: Lord of the Rings
Information at: www.slsc.org/event-overviews/first-fridays

More events at this site: www.stlouiscalendar.com

Join the Recreation Council's Google Group to receive weekly event listings and resources by email.
Contact Peggy, St. Louis County Coordinator at Peggy@recreationcouncil.org or visit: www.recreationcouncil.org/anytime-activities

St. Louis City Community Calendar



The Great Forest Park Balloon Race, September 20 & 21, 2024 in Forest Park at the Emerson Fields. This annual event includes a balloon glow on Friday evening and a hot air balloon race on Saturday morning. On Friday, more than 60 hot air balloons inflate and tether in assigned spaces on the launch field. On Saturday morning, the race begins with a launch of the Energizer Bunny Balloon, while the other balloons follow in close pursuit. www.greatforestparkballoonrace.com

BARK Ranger Events at the Gateway Arch

The STL Arch National Park, St. Louis, MO 63102

Bring your dog out for some pet-friendly fun. Events are FREE for you and your furry friend. Visit this link for more information: www.nps.gov/jeff/planyourvisit

Sunday, September 15 at 10am: Dog First Aid and Health

Saturday, September 28 at 10am: Picnic in the Park

Sunday, October 20 at 1pm: Pet Costume Parade



Gateway Arch Ghosts of the Arch Grounds (STL),

Friday, October 18, 6:30 pm at the Arch Main Entrance. The annual favorite returns as a park ranger discusses the various "incarnations" of the area as it evolved from a French fur trading post to the present Gateway Arch National Park. www.nps.gov/planyourvisit

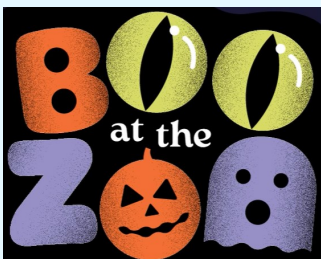


Boo at the Zoo at the Saint Louis Zoo

Oct 12, 2024 | Time: 5:00 pm - 8:30 pm

"Boo at the Zoo" at the Saint Louis Zoo in Forest Park are fun, family-friendly, non-scary, activity filled, Halloween themed evenings at the Zoo. Kids 12 and under are encouraged to wear their Halloween costumes! Dates for this event are nightly, October 10th-30th, 5-8:30pm. Tickets are required; prices vary by date. See website for ALL the fun details and to purchase tickets.

Cost: \$12-15 per person. www.stlzoo.org/events/boo-at-the-zoo



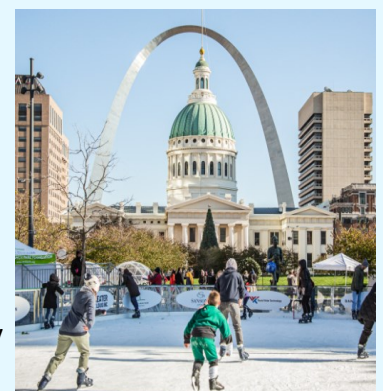
WINTERFEST

November 23 - December 31

at Kiener Plaza, 701 Market Street, Suite 1250 St. Louis, MO 63101

Times: Fridays: 4 - 8 p.m. Saturdays & Sundays: 12 - 8 p.m.

Winterfest, presented by Bank of America and World Wide Technology is bringing back all the fan favorites, including ice skating, s'mores stations and igloos underneath 100,000 twinkling lights in the shadow of the Gateway Arch. This six-week winter celebration will also showcase exciting events like try hockey free, visits from princesses and superheroes, and family friendly New Year's Eve fireworks. www.archpark.org/events/Winterfest



More events at this site: www.stlouiscalendar.com

Join the Recreation Council's Google Group to receive weekly event listings and resources by email.

Contact: Mindy, St. Louis City Coordinator at MDavis@recreationcouncil.org or visit: www.recreationcouncil.org/anytime-activities



St. Charles County Community Calendar

St. Peters Sunset Concerts, Sept 6, 13, & 21 from 6:30-8:30pm at 370 Lakeside Park, 63376. www.stpetersmo.net/565/Sunset-Concert-Series

Lake St. Louis Concerts, Sept 7 from 7-10pm at Windjammer Point and Sept 14 from 7-10pm at Boulevard Park. www.lakesaintlouis.com/2322/Summer-Concert-Series

Cottleville, Twilight Tuesdays, Sept 10 & 24 from 6-8:30pm with outdoor music, Sept 17 from 5-7pm with a live owl display at Legacy Park Amphitheater, 5490 5th Street, Cottleville, MO 63304. www.cityofcottleville.com

Beale Street Concert Series, Sept 11 and Oct 9 from 6-8pm at The Streets of St. Charles, 1520 S. 5th Street, 63303. www.thestreetsofstcharles.com/events

Hot Summer Nights in French Town, Sept 14 from 6-10pm in the 600-900 blocks of N. Second St. in Historic Frenchtown, St. Charles MO 63301. www.discoverstcharles.com

Music on Main, Sept 18 from 5-7:30pm on Main Street in Historic St. Charles, MO. www.discoverstcharles.com

Dardenne Prairie Summer Concert and Fireworks, Sept 28 with music from 6:30-9:30pm and fireworks at 9:30pm. at City Hall Park. www.dardenneprairie.org/parks_and_recreation

Mosaics Fine Arts Festival, September 13, 14, & 15 in Historic St. Charles, MO. Over 100 juried & invited artists will exhibit and sell original artwork across a variety of mediums, including painting, sculpture, photography, clay, print-making, pastels, drawing, wood, jewelry, metalwork, glass, art to wear, and mixed media. Enjoy free, live entertainment, a budding artist kid's corner, & a pet adoption center. www.stcharlesmosaics.org 314-406-2067

Wentzville Fall Festival, September 15 & 16, 2023 in Historic Downtown Wentzville, MO. Join us in Historic Downtown Wentzville for two days of fall celebration including live music, food and craft vendors, and a kid's area. Information at www.wentzvillemo.gov/parks-recreation or call 636-332-9236

Lake St. Louis Movie in the Park: Hook, Sept 20 at Boulevard Park, 2550 Lake St. Louis Blvd, 63367 ([map](#)). Grab your lawn chairs and picnic baskets to enjoy an outdoor movie beginning at dusk. www.lakesaintlouis.com

Fall Into the Arts, Sept 22 from 11 a.m. – 4 p.m., at O'Day Park, 1000 O'Day Park Drive, O'Fallon, MO 63668. View incredible works of art, listen to great music and sample food and drinks from some of the area's best craft breweries and wineries. www.ofallon.mo.us/fall-into-the-arts

St. Charles Oktoberfest, Sept 27, 28 & 29 at Frontier Park in Historic St. Charles, MO 63301. *Gemütlichkeit* for the whole family. Food and gift vendors throughout the grounds, an antique car show, Dachshund races, 5K and 10K Run and children's area, live entertainment with a great selection of German and popular music and of course, cold beer and beverages. 314-581-6871 or www.saintcharlesoktoberfest.com

Cottleville Movie in the Park: Hotel Transylvania (SCC), Oct 8 from 6-8:30pm at Legacy Park Amphitheater, 5490 5th Street, Cottleville, MO 63304. www.cityofcottleville.com



O'Fallon Food Truck Fright Night (SCC), Oct 11 from 6–8:30 p.m. at [Dames Park](#). Enjoy a tasty evening of food truck fare, inflatables for the kids, and music from our DJ. Spooky fun for all! [Information](#)

More events at these sites:
www.discoverstcharles.com/events
www.stlouiscalendar.com

Join the Recreation Council's Google Group to receive weekly event listings and resources by email.

Municipal Parks and Recreation Inclusion

Municipal Parks & Recreation Inclusion Partnership: The following parks and recreation departments invite people of all ages and abilities to participate in the numerous programs and special events they plan. Try day camp, t-ball, dance lessons, soccer, martial arts, an exercise class, a craft class, drawing class, swim lessons, or any of the numerous programs for tots to senior citizens. The inclusion coordinator will meet with you to determine the supports your child needs to attend summer day camp. Mid County Inclusion Partnership provides services at local parks and recreation departments. Inclusion helps to enhance the quality of life for individuals with and without disabilities through recreational opportunities that include everyone regardless of their limitations. Inclusion programs help to foster friendships and create a sense of community.

Parks and Recreation

St. Charles: Brita Weight at 314-359-9970
 Southwest St. Louis County: Terri Johnson, 314-835-6157
 Mid County, Sarah Croy, 314-290-8507
 North County: Inclusion Services 314-839-5575



St. Charles County Parks & Recreation

St. Peters Rec-Plex (636) 939-2386
 St. Peters Community & Arts (636) 397-6903
 O'Fallon Renaud Center (636) 474-2732
 St. Charles Co. Parks & Recreation (636) 949-7535
 Wentzville Parks (636) 332-9236

South/West County Parks & Recreation

Ballwin (636) 227-8950
 Brentwood (314) 963-8689
 Des Peres (314) 835-6150
 Manchester (636) 391-6326
 Crestwood (314) 729-4860
 Ellisville (636) 227-7508
 Kirkwood (314) 822-5855
 Sunset Hills (314) 842-7265



North County Parks & Recreation

Bellefontaine (314) 867-0700
 Ferguson (314) 521-4661
 St. Ann (314) 429-4545
 Bridgeton (314) 739-5599
 Hazelwood (314) 839-5575
 Florissant (314) 839-7670

Mid County Parks & Recreation

Richmond Heights (314) 645-1476
 Maryland Heights (314) 738-2599
 Clayton (314) 290-8500
 Webster Groves (314) 963-5600



ST. LOUIS COUNTY PARKS

www.stlouiscountymo.gov/st-louis-county-departments/parks ~ 314-615-4386

St. Louis County Parks offer outdoor education and nature programs at 40+ parks and 6 recreation centers across north, central, west, and south St. Louis Counties.

ST. LOUIS CITY PARKS

www.stlouis-mo.gov/government/departments/parks ~ 314-289-5300

Forest Park and 100+ local parks serve and anchor all our city neighborhoods and can be a quiet oasis in the heart of the city. St. Louis parks serve as gathering spots for neighborhood meetings, summer concerts and weddings. They are wonderful places to take a stroll, have a picnic, use a playground or watch a softball game.

ST. CHARLES COUNTY PARKS

www.sccmo.org/2279/Parks-Recreation ~ 636-949-7535

St. Charles County Parks operates 18 parks and offers nature and education programs for people of all ages. Check out their website for the latest programs and activities happening one of the county parks.

MO STATE PARKS

www.mostateparks.com ~ 1-800-334-6946

Your MO state parks have amenities to serve people with disabilities. Whether camping or hitting a trail, contact us to find out how you can get outdoors today.



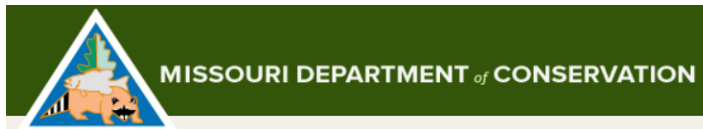
Area Attractions

St. Charles Area Attractions & Resources

St. Charles Visitor Center & Historic District	www.discoverstcharles.com	636-949-3217
St. Charles County Parks	www.sccmo.org	636-949-7535
City of St. Peters— <i>Amenities</i>	www.stpetersmo.net	636-477-6600
City of O'Fallon - <i>Attractions</i>	www.ofallon.mo.us	636-240-2000
City of Wentzville - <i>Visitors</i>	www.wentzville.mo.gov/visitors	636-327-5101
Lake St. Louis - <i>Community</i>	www.lakesaintlouis.com	636-625-1200
MDC Busch Wildlife Refuge	www.mdc.mo.gov	636-441-4554
St Charles City-County Library	www.stchlibrary.org	636-441-2300
Foundry Art Center ~ St. Charles	www.foundryartcentre.org	636-255-0270
Ozzie Smith Sports Complex-O'Fallon	www.ofallon.mo.us/ozzie-smith-sports-complex	636-379-5606
St. Charles Convention Center ~ St. Charles	www.stcharlesconventioncenter.com	636-669-3000
St. Charles Family Arena ~ St. Charles	www.familyarena.com	636-896-4200
Community News - St. Charles County	www.mycnews.com/st-charles-county	636-379-1775
Lindenwood University	www.lindenwood.edu	636-627-2540
St. Charles Community College	www.stchas.edu/student-life	636-922-8238

St. Louis Area Attractions

Dome at America's Center	(800) 916-8938	The Repertory Theatre	(314) 968-4925
City Museum	(314) 231-2489	Hollywood Amphitheatre	(314) 298-9944
Craft Alliance	(314) 725-1177	Sheldon Concert Hall	(314) 533-9900
Dog Museum	(314) 821-3647	Six Flags-St. Louis	(636) 938-5300
Fox Theatre	(314) 534-1111	St. Louis Art Museum	(314) 721-0072
Gateway Arch	(877) 982-1410	St. Louis Black Repertory	(314) 534-3807
Gateway Riverboat Cruises	(877) 982-1410	St. Louis Blues	(844) 379-0370
Grant's Farm	(314) 843-1700	St. Louis Cardinals	(866) 800-1275
Laumeier Sculpture Park	(314) 615-5278	St. Louis Science Center	(314) 289-4400
Scottrade Center	(314) 622-5400	St. Louis Symphony	(314) 534-1700
The Magic House	(314) 822-8900	St. Louis Zoo	(314) 781-0900
Missouri Botanical Gardens	(314) 577-5100	Touhill Performing Arts	(314) 516-4949
Missouri History Museum	(314) 746-4599	World Aquarium	(314) 647-6011
The Muny Opera	(314) 361-1900		
Myseum	(636) 220-7930		
Opera Theatre of St. Louis	(314) 961-0644		
Purina Farms	(800) 778-7462		



The Missouri Department of Conservation (MDC) offers FREE nature classes for outdoor lovers of all ages and abilities. Topics include in wildlife, fishing, hunting, outdoor journaling and painting, hiking, and more. Registration is required for most classes unless indicated.

Events around the region: www.mdc.mo.gov/events
 Events for the month: www.activities.recreationcouncil.org/mdc-nature-programs



St. Louis Regional Office
 2360 Hwy D
 St Charles, MO 63304
 (636) 441-4554
stlouis@mdc.mo.gov



I= Inclusive Program
S= Specialized Program
VE=Voucher Eligible
N=Not Voucher Eligible

Newborns, Toddlers & Preschoolers

Kindermusik ~ ages 0-7 ~ Various locations ~ www.kindermusik.com (I,VE)
 Excel Performing Arts ~ dance, acro, jazz, hip hop ~ ages 3+ ~ www.excelperformingarts.com ~ 636-978-4444 (I,VE)
 Little Gym ~ Parent/Child classes ~ ages 4 months to 5 years ~ www.thelittlegym.com ~ 636-970-1220 (I,VE)
 Leaps & Bounds ~ gym, therapy, parent workshops ~ www.leapsandboundskids.com ~ 636-928-5327 (S,N)
 My King Dance, parent-tot class, dance, tumbling ages 3+ ~ www.mykingstudio.com ~ 636-978-3321 (I,S,N)
 Parents as First Teachers www.parentsasteachers.org ~ Francis Howell PALS www.fhpals.org.weebly.com (S,N)
 Parks & Recreation of O'Fallon, St Charles, & Wentzville ~ toddler programs ~ see back page for contacts (I,VE)
 SCCYSA, soccer leagues ~ ages 4+ ~ 636-498-1056 ~ www.sccysa.org (I,VE)
 Team Central Gymnastics & Cardinal Power Kids; ages 18 months & older ~ 314-291-0101 ~ www.teamcentral.org, (I,S,VE)
 Vetta Sports, St. Peters ~ Kickaroos & Thumpers soccer ~ ages 2-5 ~ 636-498-4625 ~ www.vettasports.com (I,VE)
 United Services for Children ~ therapy and social groups ~ 636-926-2700 ~ www.unitedservicesforchildren.org (S,N)
 YMCA ~ swimming, sports ~ St. Charles: 636-928-1928; O'Fallon: 636-379-0092 ~ www.gwrymca.org (I,VE)



School-age Children through age 18

Blues Special Hockey ~ www.facebook.com/gatewaylocomotivesspecialhockey ~ 314-550-5704 (S,VE)
 Challenger Baseball, St. Louis ~ specialized leagues, ages 5 and older ~ www.challengerbaseball.org (S,N)
 DASA, Disabled Athlete Sports Assn, sports, summer camp ages 6-16, fitness ~ www.dasasports.org ~ 636-477-0716 (S,VE)
 Excel Performing Arts ~ dance, acro, jazz, hip hop ~ www.excelperformingarts.com ~ 636-978-4444 (I,VE)
 Gateway Ski Program at Hidden Valley ~ all ages ~ www.gdspstl.org ~ gdsphv@yahoo.com (S,N)
 KEEN (Kids Enjoy Exercise Now) ~ specialized recreation ~ www.keenstlouis.org ~ 314-399-9458
 Leaps & Bounds, therapy, classes, parent workshops, gym ~ www.leapsandboundskids.com ~ 636-928-5327 (S,N)
 LifeBridge Partnership ~ summer day camp, (up to 20 if in school) ~ www.lifebridgestl.org ~ 314-989-1188 (S,N)
 Little Gym, St. Peters ~ tumbling & gymnastics for ages 6-12 ~ www.thelittlegym.com ~ 636-970-1220 (I,VE)
 My King Dance Studio, special needs and inclusive classes for all ages ~ www.mykingstudio.com ~ 636-978-3321 (I,S,N)
 Northside Gym-O'Fallon; private lessons & inclusive gymnastics ~ www.northsidegym.com ~ 636-379-3508 (I,S,VE)
 Painted Pot, O'Fallon ~ pottery, mosaics, summer day camp ages 5 and older ~ 636-300-4515 ~ www.thepaintedpotstl.com (I,VE)
 Parks and Recreation Departments ~ all ages ~ see back page for contact information (I,VE)
 SCCYSA- recreation & competitive soccer leagues, ages 4-18 ~ 636-498-1056 ~ www.sccysa.org (I,VE)
 Scouting USA, boys and girls, ages 5-20, www.stlbsa.org 314-516-5252 ~ Girl Scouts, www.girlscoutsem.org, 314-592-2977 (I,VE)
 ShowMe Aquatics & Fitness, water therapy ~ all ages ~ www.showmeaquatics.org ~ 636-896-0999 (S,N)
 Special Olympics, county-wide ~ ages 8+ ~ 314-961-7755 ~ www.somo.org (S,N)
 Spectrum Fitness, Crossfit Exercise program for adults ~ www.spectrumfitnessmo.com (I,VE)
 Stages Performing Arts ~ special needs & inclusive dance, theater, singing ~ 314-530-5959 ~ www.stagesstlouis.org (I,S,VE)
 St. Charles County Community College ~ Kids on Campus Summer Day Camp ~ 636-922-8316 ~ www.stchas.edu (I,VE)
 Superstars Special Needs Cheer Team at Chances Pride Studio ~ www.acrotumbledanceforchance.com ~ (I,S,VE)
 Super Swimmers Academy ~ special needs swim lessons, St. Louis locations ~ www.superswimmersacademy.com (S,I,VE)
 TASK ~ sports for youth with disabilities, St. Louis ~ www.tasksports.org ~ 636-343-8275 (S,VE)
 Team Central Gymnastics, Cardinal Power Kids, Open Gym ~ www.teamcentral.org ~ 314-291-0101 (I,S,VE)
 TreeHouse ~ summer camps* & therapy**~ www.thstl.org 636-332-4940 (S,VE*,N**)
 Vetta Sports Clubs, St. Peters ~ youth soccer & sports camps~ 636-498-4625 ~ www.vettasports.com (I,VE)
 YMCA ~ swimming, sports, adapted sports ~ St. Charles: 636-928-1928; O'Fallon: 636-379-0092 ~ www.gwrymca.org (I,VE)



Adults, ages 18 and older

Anytime Fitness ~ fitness center & classes ~ www.anytimefitness.com ~ 636-387-7777 (I,VE)
 Blues Special Hockey ~ www.facebook.com/gatewaylocomotivesspecialhockey ~ 314-550-5704 (S,VE)
 Challenger Baseball ~ special leagues for teens & adults ~ www.challengerbaseball.org ~ 314-822-2518 (S,N)
 Club Fitness ~ fitness center and classes ~ www.clubfitness.us (I,VE)
 Community Living, community recreation ~ www.communitylivingmo.org ~ 636-970-2800 (S,N)
 Excel Performing Arts ~ mixed dance, hip hop for adults ~ www.excelperformingarts.com ~ 636-978-4444 (I,VE)
 Gateway Ski Program at Hidden Valley ~ skiing for all dis/abilities ~ all ages ~ www.gdspstl.org ~ gdsphv@yahoo.com (S,N)
 KEEN (Kids Enjoy Exercise Now) ~ specialized recreation ~ www.keenstlouis.org ~ 314-399-9458
 My King Dance Studio, special needs and inclusive classes for all ages ~ www.mykingstudio.com ~ 636-978-3321 (I,S,N)
 Ohana Martial Arts ~ specialized Mixed MA program ~ www.ohana.kajukenbo.org ~ 314-486-4127 (I,S,VE)
 Painted Pot, O'Fallon ~ pottery & mosaics for all ages, family programs ~ 636-300-4515 ~ www.thepaintedpotstl.com (I,VE)
 Parks and Recreation Departments ~ all ages ~ see back page for contact information (I,VE)
 Pathways to Independence ~ Community Recreation, ages 18 & older ~ 314-863-0202 ~ www.pathways2independence.com (S,N)
 ShowMe Aquatics & Fitness, water therapy ~ all ages ~ www.showmeaquatics.org ~ 636-896-0999 (S,N)
 Special Olympics ~ all ages ~ www.somo.org 314-961-7755 (S,N)
 Spectrum Fitness, Crossfit Exercise program for adults ~ www.spectrumfitnessmo.com (I,VE)
 STAGES Performing Arts ~ Access the Arts and On Broadway Troupe ~ 314-530-5959 www.stagesstlouis.org (I,S,VE)
 St. Charles Community College, adult continuing education classes ~ 636-922- 8233 ~ www.stchas.edu (I,VE)
 Sunnyhill Adventures Camps and Trips ~ 636-274-9044 ~ www.sunnyhillinc.org
 The Boxing Therapy, boxing lessons* combined with therapy** ~ St. Charles ~ www.facebook.com/jose.jones (I,N**,VE*)
 TreeHouse ~ summer camp** and equine therapy* ~ 636-332-4940 ~ www.thstl.org (S,N*,VE**)
 Willows Way ~ Project HEART, special needs health and life skill classes ~ 636-757-0541~ www.willowsWay.org (S,N)
 YMCA ~ swimming, fitness, adapted sports ~ St. Charles: 636-928-1928; O'Fallon: 636-379-0092 ~ www.gwrymca.org (I,VE)



Recreation Agencies of Interest

Abra-Kid-Abra	314-961-6912
Artists First.....	314-781-4440
Association on Aging with Developmental Disabilities	314-647-8100
Babler Outdoor Education Center ~ www.prcommunityed.org	636-458-3048
Barnabas Camp ~ www.campbarnabas.org	1-417-476-2565
Brain Injury Association ~ www.biamo.org	314-426-4024
Care 2 Tri.....	314-343-5727
Center For Contemporary Art (COCA)	314-725-6555
Center for Head Injury Services ~ www.headinjuryctr-stl.org	314-983-9230
Cerebral Palsy Sports & Rehab Center	314-454-2642
Challenger Baseball	314-822-2518
Community Living (St. Charles) ~ www.communitylivingmo.org	636-970-2800
Craft Alliance	314-725-1177
DASA (Disabled Athlete Sports Assoc)	636-477-0716
Department of Mental Health, Regional Office (intake).....	314-244-8800
St. Charles County Office ~ www.dmh.mo.gov	636-926-1200
Delta Gamma Center for Kids.. www.dasasports.org	314-776-1300
Down Syndrome Association .. www.dsagsl.org	314-961-2504
Easter Seals Midwest. www.eastersealsmidwest.org	314-567-8190
Easter Seals Autism Services	314-432-6200
Enabling Mobility Center	314-289-4253
Equine Assisted Therapy	314-607-7061
FACT Advocacy & Training ~ www.factmo.org	636-949-2425
Giant Steps	314-359-7445
Gateway Disabled Ski Program	636-477-0716
Girl Scouts of Eastern Missouri	314-592-2300
Jamestown New Horizons	314-741-5816
Jewish Community Center (JCC). www.jccstl.org	314-442-3295
Jewish Community Center West County Branch	636-519-8501
KEEN (Kids Enjoy Exercise Now).....	314-399-9458
Let's Play to Grow.....	314-532-2948
LifeBridge Partnership. www.lifebridgestl.org	314-989-1188
Little Fishes Swim Program	314-647-7946
St. Louis Blues Special Hockey	314-227-5288
Muscular Dystrophy Assoc. Camp	314-683-2041
Music for a Better Life	636-236-1773
OASIS, Older Adults	314-220-2827
Pathways to Independence. www.pathways2independence.com	314-863-0202
Paraquad - Youth Program	314-289-4200
Pathways To Independence	314-863-0202
People First ~ www.missouripeoplefirst.org	1-800-558-8652
Ranken Jordan Pediatric Bridge Hospital	314-872-6400
Recreation Council of Greater St. Louis.....	314-726-6044
Ride On St. Louis.....	636-464-3408
Scouts USA (formerly Boy Scouts).....	314-256-3052
ShowMe Aquatics & Fitness ~ www.showmeaquatics.org	636-896-0999
ShowMe Aquatics	636-896-0999
SPENSA, adapted sports leagues	314-894-1339
Special Olympics East Area - St. Louis	314-961-7755
St. Louis Arc-Leisure Services Dept	314-569-2211
St. Louis County Youth Programs	314-889-3429
St. Louis Soc for Blind / Visually Impaired	314-968-9000
St. Louis Wheelchair Athletic Association	314-775-2512
Spirit League.....	314-607-9433
STAGES Performing Arts	636-449-3941
Sunnyhill Adventures ~ www.sunnyhilladventures.org	636-274-9044
Super Swimmers Academy.....	314-989-0901
Talking Tapes for the Blind	314-301-7300
TASK (Team Activities for Special Kids).....	636-343-8275
Team Central Gymnastics	314-291-0101
TREE House St. Louis.....	636-332-4940
UCP Heartland.....	636-227-6030
United Services ~ www.unitedservicesforchildren.org	636-926-2700
Unlimited Play ~ www.unlimitedplay.org	636-272-1410
YMCA-Gateway Region.....	314-678-0162
We Rock the Spectrum	636-529-8282
Willows Way, Project HEART, (St. Charles) ~ www.willowsway.org	636-947-6591
Wonderland Camp ~ www.wonderlandcamp.org	1-573-392-1000

**THANKS TO OUR FUNDERS WHO
MAKE OUR PROGRAMS POSSIBLE**



DDRB, St. Charles County
636-939-3351
www.ddrb.org



DD Resources of St. Louis City
314-421-0090
www.stidd.org



Productive Living Board of
St. Louis County
314-726-2606
www.plboard.org



Contact the Recreation Council

Recreation Council St. Louis City/County
Coordinators: Mindy Davis, Peggy Welker
Executive Director: Susan Fleming
Administrative Assistant: Vicky Kunderer
Address: 11457 Olde Cabin Rd. - Suite 235
Creve Coeur, MO 63141
Phone: 314-726-6044 **Fax:** 314-726-3454
Email: info@recreationcouncil.org

Recreation Council St. Charles County
Coordinator: Carol Callahan
Address: 60 Gailwood Dr. - Suite C
St. Peters, MO 63376
Phone: 636-477-7704 **Fax:** 314-726-3454
Email: stchascounty@recreationcouncil.org



Website: www.recreationcouncil.org

Follow us on [FACEBOOK](https://www.facebook.com/RecreationCouncilofGreaterStLouis) at "Recreation Council of Greater St. Louis"