

SHAKER ROCKS

Our individuals and staff had an opportunity to go rock climbing with Rec2Connect. Rec2Connect received a grant from Move United and the Hartford for their own rock climbing gear that is accessible for individuals with disabilities. We went to Shaker Rocks for this awesome experience to be the first to use their equipment.

Deanna interviewed everyone about their experience.

Have you ever done rock climbing before?

Andrew, Dan, Geoff, and Jimmy all said they have done this before. Nick and Sue experienced rock climbing for the first time.

Did you reach the top?

Dan, Geoff, and Jimmy did make it to the top. Sue made it halfway. Andrew and Nick were not able to reach the top.

Were you scared?

Nick was scared, while Dan was not. Andrew, Sue, and Jimmy were all a little bit scared. Geoff said that he was scared at first, because it was very high. He said it was worth it though.

Will you go rock climbing again if given the opportunity?

Andrew, Nick, and Sue have no interest in rock climbing again. Dan, Geoff, Chrissy and Jimmy are all willing to go again someday.



BOWLING

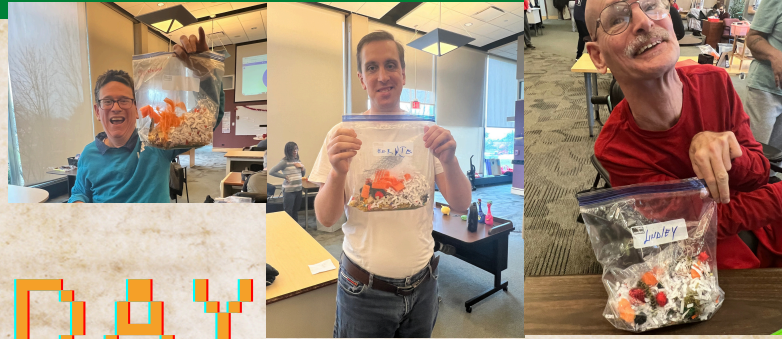
We started working again on perfecting and adapting our bowling skills! Bowling is a fan favorite here at My Choice. We have a lot of individual's on bowling leagues that want to keep upping their game. We worked in-house at the Seven Hills Rec Center to start to learn some techniques. February and March we took our skills to Rollhouse Lanes and had a blast working with Julia on perfect our techniques!

Check out Rec2Connect's page for their latest event calendar:



SENSORY BAGS WITH OADSP & PAM

OADSP educates, elevates, and empowers Direct Support Professionals, Frontline Supervisors, and other leaders through professional development opportunities, recognition, and advocacy. For the winter months, OADSP has a beat the winter blues for DSPs on zoom and in-person. We purchased and joined in on their event for making sensory bags with our friend Pam! Pam holds a weekly art class on Facebook live. Make sure to go over to here facebook and follow her! We gathered supplies he had around and also purchased some and joined in on the zoom to assemble us sensory bags. We had a blast creating something that we can use when we get overwhelmed and anxious to keep us calm. Some choose to keep them at My Choice, while others took them home.



NTL PIZZA DAY

Feb 9th was pizza day and it just so happened to be the weekend of the superbowl as well. We used our rummage sale funds to help purchase items for our party. We looked online and researched the best prices for the items that we would need. We went to GFS and Meijers to purchase our items. We had a blast picking out the toppings and assembling the pizzas. We played superbowl games and karaoked to celebrate the day.



Check out We Thrive Together's Zoom events coming up:



My Choice:



Creative Cabana

Creative Cabana is a local crafters store that sells items and holds craft class to bring out your inner artist. They have opened up their shop during the day for us to come in and try all different types of crafts for a very affordable price. We have created different items and worked with different types of materials. We create with them once a month and everyone gets a chance to attend. Check out their website for their schedule of classes and everything they offer. They are truly an all means all inclusive business!

