

THE MONTHLY BUZZ



MAY, 2024



JOIN US FOR CINCO DE MAYO! MAY COFFEEHOUSE

Monday, May 20, 2024

Dinner & Dance: 5:30 - 8 pm

Dance Only: 6:30 - 8 pm

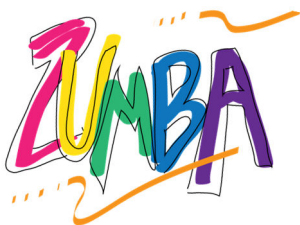
Douglas County Fairgrounds, Flory Bldg.

THEME: Cinco de Mayo

MENU: Tacos, beans and rice, with churros for dessert..

MUSIC APPRECIATION

Come join us in a supportive and creative environment where participants can explore the joy of music and express themselves through musical games, songwriting, and dancing. Participants will have the opportunity to sing their favorite songs, play boom whackers, egg shakers, and drums. Join us for a journey of music-making!



This fitness program combines Latin and international music with dance moves. Take the "work" out of your workout. By creating an interval style, calorie burning dance fitness party. Combining all the elements of fitness: Cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome each time you leave class.

May Shout Out! Michael Rayton



Michael is a regular at many Unified Recreation events. He always attends Social Bowling and the Coffeehouse Dinner and Dance. Michael is always willing to lend a hand, especially when it comes to bowling! He loves to sing and dance, especially at Coffeehouse when the DJ plays the "Fresh Prince of Bel Air!"



UNIFIED RECREATION REGISTRATION FORM

PLEASE PRINT LEGIBLY

Participants Name: _____

Primary Phone (Required): _____

Check to Enroll	Enroll Staff	Activity/Trip	Code	Fee	Deadline
		May Coffeehouse & Dance <i>Monday, 5/20 5:30 - 8 pm Douglas County Fairgrounds</i>	222200-C	\$40	4/15
<i>Diet Restrictions? Please Describe:</i>					
		May Coffeehouse Dance Only <i>Monday, 5/20 6:30 - 8 pm Douglas County Fairgrounds</i>	222201-C	\$18	4/15
		Coffeehouse Transportation - South	222202-C	\$12	4/15
		May Bowling & Pizza Party <i>Saturday, 5/18 10:30 am - 12:30 pm</i>	222300-C	\$40	4/15
		May Bowling (Bowling Only) <i>Saturday, 5/18 10:30 am - 12 pm</i>	222301-C	\$18	4/15
		Bowling Transportation - South	222203-C	\$12	4/15
		Music Appreciation Class <i>Tuesday, 6/4 - 6/25 6 - 7:30 pm Community Building</i>	322405-A	\$40	4/15
		Adaptive Zumba <i>Thursday, 6/6 - 7/18 6:30 - 7:30 pm Community Building</i>	322400-A	\$40	4/15
		Amelia Earhart Museum <i>Saturday, 5/4 10 am - 4 pm Atchison, KS</i>	727303-A	\$105	4/15
		Kansas City Royals <i>Sunday, 5/19 10 am - 5 pm Kansas City, MO</i>	727303-B	\$105	4/15

Amelia Earhart Museum

Saturday, May 4 | 10 am - 4 pm | \$105



Journey through Amelia Earhart's adventurous life as a trailblazing aviator who defied the odds to pursue her dreams! There are re 14 interactive STEM and history storytelling exhibit areas that take visitors through Earhart's extraordinary life — from growing up in Atchison, Kansas, to the height of her worldwide fame as the first woman to fly solo across the Atlantic Ocean.

KC ROYALS

Sunday, May 19 | 10 am - 5 pm | \$105

Come cheer on the Royals as they play the Oakland Athletics!



Fee includes admission, lunch / dinner, transportation, and Parks and Recreation escorts.

ACTING 101 PERFORMANCE

"Celebrate Good Times!"

May 13th | Door Opens at 7 pm

Show Begins at 7:15 pm | Free

The Acting 101 class will have you grinning from ear-to-ear as they celebrate the enjoyment of life and everything that makes us smile!

