

Main Office—800 Sharon Drive—Westlake, OH 44145

Hanna Perkins Center—19910 Malvern Road—Shaker Heights, OH 44120

**PHONE: (440) 892-1001    FAX: (440) 892-1004**

**REGISTRATION KEY**

**BLUE—Fitness @ YC, pre-registration fee required (\$5)**

**RED—YELP/ACT Social and Recreational Programs**

**GREEN—Virtual Programs (open to alumni community + friends)**

**PURPLE—Mentoring Opportunities (application required)**

**PINK—Alumni Social and Recreational Programs**

Visit [YOUTHCHALLENGESPORTS.COM](http://YOUTHCHALLENGESPORTS.COM)

for more information including program descriptions, locations & maps, activity updates, and cancellations/relocations.

**JANUARY 2023**

**YOUTH CHALLENGE**

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 YC OFFICES CLOSED	3	4	5	6	7
8	9	10	11	12	13	14
15	16 MLK DAY	17	18 ADAPTED SPORTS TALK 6-7pm @ Zoom	19	20 KINDNESS COMMITTEE 1:30-2:30pm @ Zoom	21
22	23 "LET'S TALK ABOUT..." DISABILITY EMPOWERMENT SERIES 6-7pm @ Zoom	24 VIRTUAL GAME NIGHT 8-9pm @ Zoom	25 ACT FITNESS @ YC 11am-12pm @ YC, Westlake  ADAPTED SPORTS TALK 6-7pm @ Zoom	26 ACT FITNESS @ YC 11am-12pm @ YC, Westlake  ACT PAINTING PARTY 5:30-7:30pm @ YC, Westlake	27 VIRTUAL CHECK-IN/ PEER SUPPORT 1:30-2:30pm @ Zoom	28
29	30 VIRTUAL FITNESS 6-7pm @ Zoom	31 ACT/YELP MENTORING OPPORTUNITY 5:30-7pm @ YC, Westlake				

FEBRUARY 2023

# YOUTH CHALLENGE

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 ACT FITNESS @ YC 11am-12pm @ YC, Westlake	2 ACT FITNESS @ YC 11am-12pm @ YC, Westlake	3 KINDNESS COMMITTEE (in-person workshop) 11am-1pm @ Westlake, YC	4
5	6	7 VIRTUAL GAME NIGHT 8-9pm @ Zoom	8 ACT FITNESS @ YC 11am-12pm @ YC, Westlake  ADAPTED SPORTS TALK 6-7pm @ Zoom	9 ACT FITNESS @ YC 11am-12pm @ YC, Westlake	10	11
12	13 VIRTUAL FITNESS 6-7pm @ Zoom	14 ACT/YELP SOCIAL 5:30-7pm @ YC, Westlake	15 ACT FITNESS @ YC 11am-12pm @ YC, Westlake	16 ACT FITNESS @ YC 11am-12pm @ YC, Westlake	17 VIRTUAL CHECK-IN/ PEER SUPPORT 1:30-2:30pm @ Zoom	18
19	20 "LET'S TALK ABOUT..." DISABILITY EMPOWER- MENT SERIES 6-7pm @ Zoom  PRESIDENT'S DAY	21 VIRTUAL GAME NIGHT 8-9pm @ Zoom	22 ACT FITNESS @ YC 11am-12pm @ YC, Westlake  ADAPTED SPORTS TALK 6-7pm @ Zoom	23 ACT FITNESS @ YC 11am-12pm @ YC, Westlake	24 COLUMBUS BOCCIA	25 COLUMBUS BOCCIA
26 COLUMBUS BOCCIA	27 VIRTUAL FITNESS 6-7pm @ Zoom	28 ACT/YELP MENTORING OPPORTUNITY 5:30-7pm @ YC, Westlake				

<b>YC PROGRAM STAFF CONTACT INFO</b>	<b>Lisa Friel</b> Alumni Engagement Manager lfriel@youthchallengesports.com	<b>Sara Steimle</b> Alumni Program Coordinator ssteimle@youthchallengesports.com	<b>Gabby Bova</b> Alumni Program Associate gabbybova1@gmail.com	<b>Sean Walker</b> Alumni Program Associate seanbrowns18@gmail.com
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MARCH 2023

# YOUTH CHALLENGE

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	2 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	3 <b>KINDNESS COMMITTEE</b> 1:30-2:30pm @ Zoom	4
5	6	7 <b>VIRTUAL GAME NIGHT</b> 8-9pm @ Zoom  <b>ACT/YELP MENTORING OPPORTUNITY</b> 5:30-7pm @ YC	8 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake  <b>ADAPTED SPORTS TALK</b> 6-7pm @ Zoom	9 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	10	11
12	13 <b>VIRTUAL FITNESS</b> 6-7pm @ Zoom	14 <b>YC Fundraiser Event: Brats, Beer, &amp; Brackets</b>	15 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	16 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	17	18
19	20 <b>"LET'S TALK ABOUT..." DISABILITY EMPOWERMENT SERIES</b> 6-7pm @ Zoom	21 <b>VIRTUAL GAME NIGHT</b> 8-9pm @ Zoom	22 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake  <b>ADAPTED SPORTS TALK</b> 6-7pm @ Zoom	23 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	24	25 <b>ACT/YELP SOCIAL: BASKETBALL CROSS-TOWN SHOWDOWN (CHEERING)</b> 11am-2pm @ St. Mary's Church, Berea
26	27 <b>VIRTUAL FITNESS</b> 6-7pm @ Zoom	28 <b>ACT BOWLING</b> 5:30-7pm @ Bay Lanes	29 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	30 <b>ACT FITNESS @ YC</b> 11am-12pm @ YC, Westlake	31 <b>VIRTUAL CHECK-IN/ PEER SUPPORT</b> 1:30-2:30pm @ Zoom	1

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