



NEWSLETTER

LEISURE EDUCATION

Oct / Nov / Dec 2024



FOR EXCEPTIONAL PEOPLE

ENRICHING LIVES
THROUGH
INCLUSIVE
EDUCATION,
RECREATION, AND
HEALTHY LIVING
OPPORTUNITIES

WHAT'S INSIDE:

- Night Activities
- Special Events
- Powerlifting Information
- LEEP Elegance Information
- 2025 Membership Information
- Monthly Calendars
- Activity/Sports Registration

SPECIAL events

Get Ready for LEEP Elegance Dress Boutique, Tie Exchange and MORE

You are invited to try on donated dresses (we have limited dresses in sizes 6-18) or pick out a new tie. Together we will practice popular dances in the gym! You can also brush up on your conversation skills. learn how to ask someone to dance, as well as learn about dinner table etiquette. Help us make table decorations for LEEP Elegance and make your own masquerade mask.

Tuesday, October 8
LEEP | 6:30 – 8:30 pm | Cost: \$8

Boo Bash

Scare up some fun at the Boo Bash! Dress in a costume and enter yourself into a prize drawing. Play “Halloween-themed” games. Shake your bones in the gym with fun dance music! Make and take home a spooky craft. Treats and ghoulish juice will be served.

Thursday, October 31
LEEP | 6:30 – 8:00 pm | Limit: 40 |
Cost: \$15



Party on the Prairie Fall Festival

Listen to live music, check out the scarecrow walk, take a hayride, and celebrate fall at Benson Park in North Mankato. We will meet at LEEP and take the van to the park. **PLEASE dress for the weather.**

Saturday, October 5
LEEP | 1:30 – 4:00 pm | Limit: 11* |
Cost: \$12 Bring additional money if
you want to buy a snack (suggested
amount \$15)

**This is the limit in the LEEP van. If you are a group home or individual and are transporting participants, please meet at LEEP and follow the van to Benson Park.*



Vikings Party at Buffalo Wild Wings

SKOL! Cheer on the Vikings as they play the Indianapolis Colts! Share appetizers, a variety of chicken wings, and delicious sauces. Play Vikings trivia while we watch the game on the big-screen TVs.

Sunday, November 3
Buffalo Wild Wings – 301 St.
Andrews Dr.
12:00 – 3:30 pm | Limit: 20 |
Cost: \$30

SPECIAL *events*

LEEP Member Thanksgiving Dinner



Gather with your LEEP family as we share a traditional Thanksgiving dinner. Thanks to the MN Valley Civitan Club and WOW!Zone for their generous support, which keeps the cost of this dinner affordable for LEEP members.

Thursday, November 14

WOW!Zone Sports Bar Area | 6:00 – 7:30 pm |
Cost: \$10

Kiwanis Holiday Lights and Hot Chocolate & Mini Donuts

It's that time of year to see the amazing Kiwanis Holiday Lights at Sibley Park. We will meet at LEEP, then we will walk through parts of the displays, and then warm up with a hot chocolate and mini donuts. We won't miss out on anything as we will drive through the whole display in the LEEP Van. Please dress for the weather (hats & gloves).

Thursday, December 5

LEEP | 6:30 – 8:30 pm | Limit: 11 |
Cost: \$18

**If you require 1:1 staff support you will need to drive separately from LEEP and through the light display.*



Dinner Out

Enjoy dinner out with your LEEP Friends. Please bring cash for dinner--suggested amount of \$25.00 to cover dinner, drink, and tip.

Friday, November 8 – Boulder Tap House – 291 St. Andrews Drive

Friday, December 20 – Crooked Pint Ale House – 1850 Madison Avenue

Meet at the restaurant, no earlier than 5:30 p.m. 5:30 – 7:00 pm | Limit: 15 | Cost: \$14

**Participants for this event need to be able to be in the community with a 1:4 staff-to-participant ratio. If you require 1:1 support, you must register a support staff who needs to pay for their own meal.*

Night Activities

Birthday Bingo

Join us for another month of birthday bingo! As usual, there will be great prizes and lots of friendly competition. Be sure to tell us when you register if it is your birthday month as you get in free!

*Tuesday, October 1; Tuesday, November 5;
Tuesday, December 3*

LEEP | Time: 6:30 – 7:30 pm | Limit: 30 | Cost: \$10

Popcorn & A Show

A special themed movie for each month will be shown! LEEP will provide hot, delicious popcorn.

*Thursday, October 24; Thursday, November 21;
Thursday, December 19*

LEEP | 6:30 – 8:30 pm | Limit: 30 | Cost: \$10

Krazy Karaoke & Cupcakes

It's Back! Get KRAZY singing along to all your favorite songs from the 80's, 90's, and today! If you have a special song you want to hear or sing, put in your request with the LEEP Karaoke Masters. A fun night of music for all!

Thursday, October 3

LEEP | 6:30 – 7:30 pm | Limit: 25 | Cost: \$14

Pumpkin Fun!

Get creative as you decorate small pumpkins. Make a surprise pumpkin treat bag for yourself and one for the students at My Place. Afterwards, we will eat a yummy surprise pumpkin snack.

Thursday, October 10

LEEP | 6:30 – 7:30 pm | Limit: 25 | Cost: \$14

Walking Club

Easy low-impact walking is a great way to get healthier. Plus, you can chat with all your LEEP friends while walking. Please dress for the weather and wear shoes that you can walk in for a long time. Questions about weather on the day of the activity? Call 507-387-5122 and PRESS 3.

Tuesday, October 15

Location: Spring Lake Park, 650 Webster Ave

**Meet by the BIG picnic shelter by the sand volleyball courts*

5:15 – 6:00 pm | Limit: 20 | Cost: \$8

National Color Day

Did you know certain colors can make you feel calm? And certain colors can make you feel excited? Color is powerful as it can affect a mood, draw attention, and even cause alarm. Explore color with fun games and art. Pick your favorite color and create a colorful masterpiece. Make a colorful snack mix to eat and one to take home.

Tuesday, October 22

LEEP | 6:30 – 7:30 pm | Limit: 25 | Cost: \$14

Open Gym Night

Come have fun in the gym! We have tons of sports equipment and we just need you to show up! Exercising with others is a great way to improve your mood, burn calories, and meet new people!

Thursday, November 7

LEEP | 6:30 – 7:30 pm | Limit: 25 | Cost: \$8

Game Night & Ice Cream Sundaes

Recreation Leads have planned the most fun GAME NIGHT ever! You don't want to miss this! Maybe you will even win a prize in our drawing, plus have fun making an ice cream sundae.

Tuesday, November 12

LEEP | 6:30 – 7:30 pm | Limit: 25 | Cost: \$10

Gratitude Night

What does gratitude mean? Learn about what others are grateful for in their lives. Craft a Gratitude Tree and/or a thankful poem. Make thank you cards to give out on Thanksgiving Day. And of course, enjoy snacks and hanging out!

Tuesday, November 19

LEEP | 6:30 – 7:30 pm | Limit: 25 | Cost: \$12

Ornament Making & Gift Bags

Join us in making Holiday ornaments, you can make one for yourself and give another as a gift. Decorate holiday bags to put gifts in this season.

Tuesday, December 10

LEEP | Time: 6:30 – 7:30 pm | Limit: 20 | Cost: \$16

Holiday Cookie Decorating and Carols

Be sure to sign up right away for this popular activity, it fills up quickly! Decorate cookies with your friends, eat 2 cookies, and take 2 cookies home. Sing along to Christmas Carols with all your LEEP friends.

Tuesday, December 17

LEEP | Time: 6:30 – 7:30 pm | Limit: 20 | Cost: \$14

Holiday Gift Game & Hot Cocoa Bar

Play a fun dice game where we will trade gifts and you get to take one home! The gifts will be provided by LEEP. Make a hot cocoa creation with special ingredients. Join us if you love gifts, games, and laughs!

Thursday, December 12

LEEP | Time: 6:30 – 7:30 pm | Limit: 25 | Cost: \$25

Special Olympics Powerlifting



Special
Olympics
Minnesota

Powerlifting is a sport where athletes train to compete in 3 specific events: Squat, Bench Press, and Deadlift, or a combo of these events. Two practices are held each week. The season runs late December to early March. **Space is limited to 8 athletes. Cost: \$200**

**Please note ALL practices are held during the day during the work week. Please call our office at 507-387-5122 if you are interested.*



LEEP Elegance 2024

PRESENTED BY



SATURDAY, OCTOBER 19, 2024

KATO BALLROOM, MANKATO

5:00 - 8:00 PM

4:45 PM: DOORS OPEN

5:00 - 6:30 pm: DINNER & BEVERAGES

5:00 - 8:00 pm: DANCE, PHOTO BOOTH & BEVERAGES

LEEP MEMBER: \$40

NON-LEEP MEMBER: \$50

STAFF/PCA/GUARDIAN: \$40

PURCHASE TICKETS AT ONLINE AT WWW.MANKATOLEEP.ORG

OR AT THE LEEP OFFICE (1315 Stadium Rd)

NO TICKETS SOLD AFTER WEDNESDAY, OCTOBER 9

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NA: Birthday Bingo 6:30 – 7:30 p.m. @ LEEP	2 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	3 NA: Krazy Karaoke & Cupcakes 6:30 – 7:30 p.m. @ LEEP	4	5 SE: Party on the Prairie Fall Festival 1:30 – 4:00 p.m. @ LEEP
6	7 SO: Unified Flag Football 5:15 – 6:30 pm @ Spring Lake Park	8 SE: Get Ready for LEEP Elegance 6:30 – 8:30 p.m. @ LEEP	9 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	10 NA: Pumpkin Fun! 6:30 – 7:30 p.m. @ LEEP	11	12 SO: Unified Flag Football State Times TBD @ M Health Fairview Sports Center - Woodbury
13 SO: Unified Flag Football State Times TBD @ Woodbury	14 SO: Unified Flag Football 5:15 – 6:30 pm @ Spring Lake Park	15 NA: Walking Club 5:15 – 6:00 p.m. @ Spring Lake Park* *Meet by BIG picnic shelter near sand volleyball courts	16 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	17	18	19  LEEP Elegance 5:00 – 8:00 @ Kato Ballroom Ticket REQUIRED
20	21	22 NA: National Color Day 6:30 – 7:30 p.m. @ LEEP	23 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	24 NA: Popcorn & A Show 6:30 – 8:30 p.m. @ LEEP	25	26
27	28	29	30 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	31  SE: Boo Bash 6:30 – 8:00 p.m. @ LEEP		

ACTIVITY LOCATIONS:

LEEP – 1315 Stadium Rd, Mankato

Wow!Zone – 2030 Adams St, Mankato

Spring Lake Park* – 650 Webster Ave, North Mankato

*Walking Club please meet by the BIG picnic shelter by the sand volleyball courts

M Health Fairview – 4125 Radio Dr, Woodbury 55129

Kato Ballroom – 200 Chestnut St, Mankato



OFFICE PHONE:
507-387-5122



EMAIL:
INFO@MANKATOLEEP.ORG

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			SO: Bowling 4:30 – 5:50 pm @ Wow!Zone		1	2
3 SE: Vikings Party 12:00 – 3:30 p.m. @ Buffalo Wild Wings	4	5 NA: Birthday Bingo 6:30 – 7:30 p.m. @ LEEP	6 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	7 NA: Open Gym Night 6:30 – 7:30 p.m. @ LEEP	8 SE: Dinner Out 5:30 – 7:00 p.m. @ Boulder Tap House	9
10	11	12 NA: Game Night and Ice Cream Sundaes 6:30 – 7:30 p.m. @ LEEP	13 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	14 SE: LEEP Member Thanksgiving Dinner 6:00 – 7:30 p.m. @ WOW!Zone Sports Bar Area	15	16
17	18	19 NA: Gratitude Night 6:30 – 7:30 p.m. @ LEEP	20 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	21 NA: Popcorn & A Show 6:30 – 8:30 p.m. @ LEEP	22	23 SO: Bowling State Times TBD @ Wow!Zone
24 SO: Bowling State Times TBD @ Wow!Zone	25	26	27 SO: Bowling 4:30 – 5:50 pm @ Wow!Zone	28  LEEP Office CLOSED	29 LEEP Office CLOSED	30

ACTIVITY LOCATIONS:

WOW!Zone - 2030 Adams St, Mankato

Buffalo Wild Wings - 301 St. Andrews Dr, Mankato

LEEP - 1315 Stadium Rd, Mankato

Boulder Tap House - 291 St. Andrews Dr, Mankato



OFFICE PHONE:
507-387-5122



EMAIL:
INFO@MANKATOLEEP.ORG

DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 NA: Birthday Bingo 6:30 – 7:30 p.m. @ LEEP	4	5 SE: Kiwanis Holiday Lights and Hot Chocolate & Mini Donuts 6:30 – 8:30 p.m. Meet @ LEEP	6	7
8	9	10 NA: Ornament Making & Gift Bags 6:30 – 7:30 p.m. @ LEEP	11	12 NA: Holiday Gift Game & Hot Cocoa Bar 6:30 – 7:30 p.m. @ LEEP	13	14
15	16	17 NA: Holiday Cookie Decorating and Carols 6:30 – 7:30 p.m. @ LEEP	18	19 NA: Popcorn & A Show 6:30 – 8:30 p.m. @ LEEP	20 SE: Dinner Out 5:30 – 7:00 p.m. @ Crooked Pint Ale House	21
22	23	24 LEEP Office CLOSED	25 MERRY CHRISTMAS LEEP Office CLOSED	26	27	28
29	30	31 LEEP Office CLOSED	1 Happy New Year LEEP Office CLOSED			

ACTIVITY LOCATIONS:

LEEP - 1315 Stadium Rd, Mankato

Crooked Pint Ale House - 1850 Madison Avenue, Mankato



OFFICE PHONE:
507-387-5122



EMAIL:
INFO@MANKATOLEEP.ORG

2025 Membership Information:

2024 LEEP membership information is available at <https://www.mankatoleep.org/membership>

2025 membership information will be sent via U.S. Mail to CURRENT 2024 members in November/December!

NEW members, please go online or call the LEEP office at 507-387-5122 and we will get you membership information.

Memberships are \$50 if membership forms, additional information, and payment are received by December 31, 2024.

After January 1, 2025

ALL annual memberships will cost \$55.

PLEASE NOTE THE LOCATION OF SPECIAL EVENTS AS WELL AS WHERE YOU ARE SUPPOSED TO MEET. LEEP STAFF MAKE EVERY EFFORT TO MAKE SURE THAT NO ONE IS LEFT BEHIND. IF THERE ARE QUESTIONS, PLEASE CALL THE LEEP OFFICE.

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

NIGHT ACTIVITIES				
X	CODE	DATE	ACTIVITY/EVENT	FEE
	NA	10/1	Birthday Bingo	\$10
	NA	10/3	Krazy Karaoke & Cupcakes	\$14
	NA	10/10	Pumpkin Fun	\$14
	NA	10/15	Walking Club	\$8
	NA	10/22	National Color Day	\$14
	NA	10/24	Popcorn & A Show	\$10
	NA	11/5	Birthday Bingo	\$10
	NA	11/7	Open Gym Night	\$8
	NA	11/12	Game Night & Ice Cream Sundaes	\$10
	NA	11/19	Gratitude Night	\$12
	NA	11/21	Popcorn & A Show	\$10
	NA	12/3	Birthday Bingo	\$10
	NA	12/10	Ornament Making & Gift Bags	\$16
	NA	12/12	Holiday Gift Game & Hot Cocoa	\$25
	NA	12/17	Holiday Cookie Decorating & Carols	\$14
	NA	12/19	Popcorn & A Show	\$10

SPECIAL EVENTS				
X	CODE	DATE	ACTIVITY/EVENT	FEE
	SE	10/5	Party on the Prairie Fall Festival	\$12
	SE	10/8	Get Ready for LEEP Elegance	\$8
	SE	10/31	Boo Bash	\$15
	SE	11/3	Vikings Party @ Buffalo Wild Wings	\$30
	SE	11/8	Dinner Out @ Boulder Tap House	\$14
	SE	11/14	LEEP Member Thanksgiving Dinner	\$10
	SE	12/5	Kiwanis Holiday Lights & Treats	\$18
	SE	12/20	Dinner Out @ Crooked Pint	\$14

ATHLETICS/SPECIAL OLYMPICS				
X	CODE	DATE	SPORT	FEE
	Sport	12/24-3/25	Powerlifting	\$200

2024 MEMBERSHIP	
Paperwork and payment before December 31, 2024	\$55
2025 MEMBERSHIP	
Paperwork and payment before December 31, 2024	\$50
TOTAL AMOUNT DUE:	



To make sure you're signed up, please call the LEEP office (507-387-5122) and we will confirm your registration. You may bring the payment to the first activity you participate in each month. You may also drop off or mail your payment after we confirm your registration. PLEASE NOTE: The U.S. Postal System has been extremely slow lately.

LEISURE EDUCATION FOR EXCEPTIONAL PEOPLE
1315 Stadium Rd, Ste. 101
MANKATO, MN 56001

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Mankato, MN
56001
PERMIT #300**

RETURN SERVICE REQUESTED

ENRICHING LIVES THROUGH INCLUSIVE RECREATION,
SPORTING, AND HEALTHY LIVING OPPORTUNITIES.

PROUD PARTNER OF:



Greater Mankato Area
United Way

This newsletter is also available on the LEEP
website at www.mankatoleep.org

Editors: LEEP Team

BECOME A 2025 leep MEMBER **programming with no limits**

LEEP provides leisure education, recreation, and healthy living opportunities for people with intellectual and developmental disabilities. As a LEEP member, you'll have access to all the programs offered by LEEP, including night activities, special events, and Special Olympics. A yearly membership is \$50 if received by December 31, 2024. Drop off or send a check in the mail with "2025 Membership" in the memo line. Membership forms are available online as well.

JOIN LEEP TODAY!

**COMPLETE THE MEMBERSHIP FORM AND RECEIVE MEMBER BENEFITS!
MEMBERSHIP IS REQUIRED TO ATTEND MOST LEEP EVENTS IN 2024!**

