

The Discovery Center at HOPE: April 2012 Call 433-1701 or 433-1703 for More Information

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p align="center">2</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30 pm: Gymnastics</p>	<p align="center">3</p> <p>10:30 am: Rise and Shine 11:30 Exercise to Music 3:30 pm : Challenge Hour 4:00 pm: Getting the Band Together</p>	<p align="center">4</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 2-5 pm: Cooking and Nutrition with Ellen Robertson (\$5 fee) 4:15 pm: Global Connection</p>	<p align="center">5</p> <p>10:30 am: Rise and Shine 11:30 am: Exercise to Music 3:30 pm: Workout Time 4:00 pm: Getting the Band Together 6:30 PM: NO-NAME DISCO NIGHT</p>	<p align="center">6</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30pm: Swimming (\$4) 3:30 pm: Underground Dance Hip-Hop Class 6.30 pm: The New, Improved Movie Night!! Featuring <i>War Horse</i></p>	<p align="center">7</p> <p>10:30 am: Workout Time 1:00 pm: EASTER EGG HUNT AND PARTY! 3:30 pm: Gymnastics</p>
8	<p align="center">9</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30 pm: Gymnastics</p>	<p align="center">10</p> <p>10:30 am: Rise and Shine 11:30 Exercise to Music 3:30 pm : Workout Time 4:00 pm: Getting the Band Together</p>	<p align="center">11</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 2-5 pm: Cooking and Nutrition with Ellen Robertson (\$5 fee) 4:15 pm: Global Connection</p>	<p align="center">12</p> <p>10:30 am: Rise and Shine 11:30 am: Exercise to Music 3:30 pm: Challenge Hour 4:00 pm: Getting the Band Together 5:30 – 6:30 PM: Discovery Center Advisory Group 6:30 PM Discovery Singers Singing Group</p>	<p align="center">13</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30pm: Swimming (\$4) 3:30 pm: Underground Dance Hip-Hop Class 6.30 pm: The New, Improved Movie Night!! Featuring <i>Johnny English Reborn</i></p>	<p align="center">14</p> <p>10:30 am : Challenge Hour 1:00 PM; Fun Trip Saturday Bowling (\$3.00) 3:30 pm: Exercise to Music LATE NIGHT SATURDAY NIGHT!</p>
15	<p align="center">16</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30 pm: Gymnastics</p>	<p align="center">17</p> <p>10:00 H2Oasis! (\$20 for 12 and under; \$25 over 12) 10:30 am: Rise and Shine 11:30 am: Exercise to Music 3:30 pm : Challenge Hour 4:00 pm: Getting the Band Together</p>	<p align="center">18</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 2-5 pm: Cooking and Nutrition with Ellen Robertson (\$5 fee) 4:15 pm: Global Connection</p>	<p align="center">19</p> <p>10:30 am: Rise and Shine 11:30 am: Wii Archery Tournament 11:30 am: Exercise to Music 3:30 pm: Challenge Hour 4:00 pm: Getting the Band Together 6:30 PM: NO-NAME DISCO NIGHT</p>	<p align="center">20</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 1:00pm: Swimming (\$4) 3:30 pm: Underground Dance Hip-Hop Class 6.30 pm: The New Release Movie Night!! Featuring <i>Moneyball</i></p>	<p align="center">21</p> <p>10:30 am: Exercise to Music 1:00 PM: Fun Trip Saturday Anchorage Museum (FREE) 3:30 pm: Workout Time</p>
22	<p align="center">23</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30 pm: Gymnastics</p>	<p align="center">24</p> <p>10:30 am: Rise and Shine 11:30 am: Exercise to Music 3:30 pm : Workout Time 4:00 pm: Getting the Band Together:</p>	<p align="center">25</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 2-5 pm: Cooking and Nutrition with Ellen Robertson (\$5 fee) 4:15 pm: Global Connection</p>	<p align="center">26</p> <p>10:30 am: Rise and Shine 11:30 am: Exercise to Music 3:30 pm: Challenge Hour 4:00 pm: Getting the Band Together 6:30 PM Discovery Singers Singing Group</p>	<p align="center">27</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30pm: Swimming (\$4) 3:30 pm: Underground Dance Hip-Hop Class 6.30 pm: The New Release Movie Night!! Featuring <i>Alvin and the Chipmunks: Chipwrecked</i></p>	<p align="center">28</p> <p>10:30 pm : Workout Time 3:30 pm: Gymnastics 1:00 PM: Fun Trip Saturday Arctic Oasis (FREE) LATE NIGHT SATURDAY NIGHT!</p>
29	<p align="center">30</p> <p>9:30 am: Arts and Crafts 10:30 am: Rise and Shine 11:30 am: Workout Time 3:30 pm: Gymnastics</p>		<p>Anyone interested in guitar lessons? Call Matthew at the Center: 433-1703</p>	<p>Along with these special scheduled events, there are always lots of other things to do at the Center: books, games,</p>	<p>crafts, Wii, Xbox, videos, and more!! Something for all ages, children through adults! Give us a call at 433-1701 or 433-1703.</p>	

New things to do in April at the Discovery Center:

1. Can You Help? (also see attached flyer)

Due to an increase in the number of people joining us for our Friday swims (from 3 to 5 PM at the YMCA), the Discovery Center is looking for volunteers to assist in transporting individuals to the pool, and helping to support them in the locker rooms before and after the swimming session. Call **Orla** at **433-1701** if you would like to help. It would be most appreciated!

2. Easter Egg Hunt!

Join us **Saturday, April 7th, at 1:00 PM** for an Easter Egg Hunt and Party! Lots of fun for everyone!

3. Fun Exercise Programs, and a New Workout Room!

All of our Irish volunteers come to us with education and experience in therapeutic recreation. So we want to take advantage of their talents. **Check the Calendar** for these cool activities:



- (1) **Workout Time:** Individually tailored workouts using our new donated stationary bike, elliptical cross trainer, weight bench, and treadmill!
- (2) **Challenge Hour:** Musical Chairs, musical statues, relay races, Simon Says, Stuck in the Mud, Chain Tag—you name it, it could happen!
- (3) **Exercise to Music:** fun movement routines to a variety of songs.
- (4) **Gymnastics:** Practice modified gymnastic skills to music.

4. Want to be part of a performing singing group? Come join the Discovery Singers!

As the recent Hope Talent Show proved, the Hope community has lots of vocal talent! We'd like to give everyone who enjoys singing the chance to be part of a regularly performing singing group. Under the direction of Matthew Gallatin, the Discovery Center's supervisor and resident professional musician, the Discovery Singers will put together a number of themed musical programs throughout the year. But the only way that can happen is if we get lots of good singers to join us! We are looking for singers teen-aged to adult. Tune up those pipes and come on out! **Thursdays, April 12th and 26th, at 6:30 PM.**

5. Hip-Hop Dance Lessons for those who experience Disabilities

The Discovery Center is pleased to announce an exciting new partnership with **Underground Dance Company**. The Company will be using our Center facilities to develop a hip-hop performance group for aspiring dancers who experience disabilities. This is a fabulous opportunity for teens and adults in the Hope community. Classes meet every **Friday at 3:30 PM** with a performance scheduled on **May 17th**. Cost of classes is **\$60.00/month** for **April**, and **\$30.00** for **May**. For those who want to attend, but who may have difficulty meeting the cost, the Discovery Center has a limited amount of scholarship money available. For more information on scholarships, contact **Julie Mettler at 433-1702**.

6. No Name Disco Night

Come join us in the Spraoi Room for an evening of cool beats, complete with glowsticks and a mirror ball! Soda, popcorn, and snacks available for purchase. **Thursdays, April 5th and 19th, at 6:30 PM.**

7. Cooking and Nutrition with Ellen Robertson (Hope's Nutrition Educator)

Learn what foods make for healthy eating, and how to prepare them--deliciously! Discovery Center participants are especially invited to attend these classes on **Wednesday afternoons from 2:00 – 5:00 PM**. (Participants do not have to commit to the full three hours). Interested folks are invited to attend a one-hour orientation before registering for the class. There is a **\$5.00 per person per class fee** to cover supplies.

Along with these new activities, we continue with old favorites:

- **The Discovery Center Advisory Group** meets the **2nd Thursday** of each month, **from 5:30 – 6:30 PM**. Parents, Guardians, and all interested parties are cordially invited to attend. We will discuss various topics important to the Center's mission of providing the best quality support for those whom it serves.

- **Late Night Saturday Nights**

On the **second and fourth Saturdays** of each month, the Center will remain open until **11:00 PM** to provide parents and guardians the chance to have a Saturday night out! Children spending the evening at the Center need to have **billable respite hours**. Friends or siblings of supported participants are also welcome, **for a fee**. **Please call ahead to reserve a spot.** Contact **Julie Mettler** at **433-1702**, or at jmettler@hopealaska.org.

- **The New Release Movie Night**

Enjoy a New Release movie **each Friday night at 6:30 PM**. Something to delight everyone! ***Soda, popcorn, and various snacks are available for purchase.*** Check the Calendar for this month's line-up of shows. A great way to start the weekend!

- **Rise and Shine:** not your ordinary sing-a-long! Rock out **weekdays at 10:30 AM**.
- **Getting the Band Together:** an afternoon version of *Rise and Shine*. **Tuesdays and Thursdays at 4:00 PM**.
- **Global Connection:** come and groove to the energetic world music rhythms of DJ Pa, the African King! **Wednesdays at 4:15 PM**.
- **Arts and Crafts:** you never know what fun project Orla and the staff will come up with next! **Check Calendar for times.**