



Ann Arbor Center for Independent Living  
**RECREATION NEWSLETTER**

**March 2009**

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Coming up

# \*New\* CIL Fitness Area

The Center for Independent Living now has a fitness area available for use. With a wheelchair accessible circuit training machine, free weights, a treadmill and stationary bike. Everyone must complete an orientation and then may use the equipment during posted hours. Please call Mary Stack 734-971-0277x22 to schedule a time for an orientation.

Available Hours: Mondays 11-3:30pm  
Tuesdays 10-3:30pm  
Fridays 11-3pm

## Bowling

Join the Ann Arbor CIL for Bowling Thursday, March 5, 12, 19, 26 April 2, 9, 16, 23, 30 from 1-2:30pm. Meet us at Colonial Lanes, 1950 S. Industrial Hwy, Ann Arbor. Only \$7 for the day; this includes three games of bowling and shoes. Transportation is NOT provided, please meet us at the bowling alley. RSVP is required for this event! Please respond to Mary Stack at 734-971-0277 x22 or [mstack@aacil.org](mailto:mstack@aacil.org) by the Tuesday before the event.

## Friday Art Group Free to All at CIL Each Week

Please join us every week as we exercise our creativity in our **Friday Art Group**. Art sessions begin at 1 pm and generally end at 3 pm. Participants choose which project to do each week. Past projects have included trinket boxes, mosaics, decorating ceramic plates before firing, and jewelry. Bring your creativity, music to share and, if you like, a snack. Projects generally take between two and four weeks to complete. The program is **FREE**, but please call if you plan on coming so we will have more supplies on hand. The art comes to life at the Ann Arbor CIL, 3941 Research Park Drive, Ann Arbor. For more information, contact Sue Probert at (734) 971-0277 x34 or [suep@aacil.org](mailto:suep@aacil.org).

## Group walks with the Ann Arbor CIL

Spring is coming! Ready to get outside and enjoy the weather? Come with us on a walk or a wheel around the loop of research park drive, bring your friends. It is always better to exercise with others. We will leave the Center for Independent Living at 4:30pm. One lap around Research Park drive is one mile.

Every Tuesday 4:30pm – Starting April 7 weather permitting lets think warm thoughts ☺

We will be leaving from the Ann Arbor CIL  
(3941 Research Park Drive, Ann Arbor MI 48108)

For more information please contact Mary Stack at 734-971-0277 x22 or [mstack@aacil.org](mailto:mstack@aacil.org)

\*if it rains the walk will be canceled\*

## Group cycling

Beginning April 9<sup>th</sup> – weather permitting!

The ride leaves every Thursday at 6:30pm from the Ann Arbor CIL

3941 Research Park Drive, Ann Arbor MI 48108.

Come early so you are ready to go with the group!

Bring your own cycle or use one of ours (*if you need to borrow a cycle you must call us to get set up with a cycle that will work for you.*) Helmets are required!

Contact Mary Stack 734-971-0277x 22 or [mstack@aacil.org](mailto:mstack@aacil.org)

\*if it rains the ride will be canceled\*

# Quad Rugby Tournament

March 20-22, 2009

Location: 3320 N Center Rd, Saginaw, MI 48603-1864

For more information contact: Jeff Coupie 989-771-5530 or [jeffcoupie@misportsunlimited.com](mailto:jeffcoupie@misportsunlimited.com)

## Hockey

### Floor Hockey

The Wheelchair Floor Hockey League (WCHL) is open to manual and powerchair users. The season runs October through April with play offs through May. There are 4 teams in the league.

Players range in age from 10 to 60+, and have disabilities that include Muscular Dystrophy, Cerebral Palsy, Spina Bifida and Spinal Cord Injury. Players use a variety of sticks to play, depending on their upper body strength and ability to grip the stick. Some players add on a dowel though the blade of the stick and other players use "Double Sticks". Double Sticks are two sticks fastened together, with the blades forming a V, and strapped to the player's legs and chair frame.

If you are interested in joining, coming to watch, or finding any more information please check out the [www.thewchl.com](http://www.thewchl.com) or contact Chris Lemieux [chris@thewchl.com](mailto:chris@thewchl.com)

**Games are located at Ward Church** is located Haggerty & 6 mile roads in Northville Township

February 28 1-4pm

March 7 12-3:30pm

March 14 12-3pm

March 28 1:30-4:30pm

# Wheelchair Basketball

## Michigan Thunderbirds Adult Team

Are you interested in playing Adult Wheelchair Basketball. Adult team practices are held every Tuesday year round at Lifetime Fitness Center (40000 High Pointe Blvd.) In Novi, everyone is welcome. To learn more about the upcoming season or how to get started Contact Glen Ashlock at (734) 971-0277 x33 or [tbirds@aacil.org](mailto:tbirds@aacil.org)

## Michigan Thunderbirds Junior Team



Learn the basics of basketball; ball-handling and shooting. Anyone age 18 or younger or attending high school with a physical challenge is welcome to join. Girls under 14 and boys under 13 will be placed in the prep division. Those who are older will be placed in the JV or varsity division. Regional tournaments will be scheduled throughout the season. Wednesdays September 24 – April 1, 6:00-7:30 pm  
Prep Division, 7:00 - 9:00 pm JV or Varsity Division  
Beech Woods Recreation Center, 22200 Beech Road

For more information, contact Claudia at (248)796-4673 Or Noelle Colwell at (586)457-4616

## Sterling Heights Junior Wheelchair Basketball

Practices will focus on teaching the basics about basketball, shooting techniques, rules and ball handling skills. All young people, 21 and younger, and attending High School, Middle, or Elementary School, with physical challenges are welcome. The team will play in regional and national tournaments against other junior teams across the country. At Carleton Middle School. Monday 7-9pm \$35 for residents and \$40 for non-residents. For more information contact Diane 586-446-2708.

# Events in the future!

## Michigan Victory Games

May 14-17, 2009

Boccia...Track & Field...Cycling...Powerlifting...Swimming

The Michigan Victory Games is a competitive sporting competition for athletes with various abilities! Athletes with Cerebral Palsy, Muscular Dystrophy, Multiple Sclerosis, Traumatic Brain Injury, Stroke and various other physical disabilities qualify to compete. The Games have been around since the 1970s and have helped develop athletes who have gone on to compete at National and International level competitions, such as the World Games and the Paralympic Games.

For more information [www.michiganvictorygames.com](http://www.michiganvictorygames.com)

Or

Contact: Stella Husch, 2009 Games Director

(248) 922-1236 or [shusch@michiganvictorygames.com](mailto:shusch@michiganvictorygames.com)

## Michigan Wheelchair Games

May 21-23, 2009

Open to all individuals with physical impairments

Track & Field

Swimming

Shooting

Weightlifting

Billiards

Bowling

Table-Tennis

For more information Contact:

Mary Stack - (248) 321-2914 or [mstack@aacil.org](mailto:mstack@aacil.org)

Diane Winterstein - [dianecrash@yahoo.com](mailto:dianecrash@yahoo.com)

WEBSITE: <http://www.miwheelchairathleticassociation.org>

# Thunder in the Valley games

June 17-20, 2009

At Saginaw Valley State University, Saginaw, MI

Sports include: Track and Field, Air Rifle and Archery, and more

For more information contact:

Michigan Sports Unlimited

1-888-988-2553

1915 Fordney

Saginaw, MI 48601

<http://www.thunderinthevalleygames.com>



**Don't Miss It!**

*iRide* 2009

## **3rd Annual Great Lakes Independence Ride**

Holland, Michigan to  
Ann Arbor, Michigan,  
spanning four days.  
Fully inclusive cycle event.  
Great family fun for all serious and  
recreational cyclists.

1 mile  
50 miles  
100 miles  
200+ miles!

*iRide* 2009

3941 Research Park Drive  
Ann Arbor, MI 48104  
(734) 971-0277

[iride@aacil.org](mailto:iride@aacil.org)

*August 6-9, 2009*

[www.IndependenceRide.org](http://www.IndependenceRide.org)

## **Amputee Support Group**

Please come to learn, share your concerns, experiences and knowledge.

Where: UM Orthotics and Prosthetics Center

Suite 400, 2850 S. Industrial Hwy. Ann Arbor, MI

When: First Tuesday of Each Month from 6-8pm

For information contact Chris Casteel (734)975-3139

[CCasteel@umich.edu](mailto:CCasteel@umich.edu) or Sue Sefansky at [Sefansky@umich.edu](mailto:Sefansky@umich.edu)

## Feedback

We are always looking for new ideas here at the AACIL, so feel free to share yours! If there is sport or recreation activity you are really interested in participating, please let us know. Secondly, if you know of an event or program not listed here, and would like to notify others, please contact (734) 971-0277 or [mstack@aacil.org](mailto:mstack@aacil.org)

Thank you again for your continued support and interest in recreation at the Ann Arbor Center for Independent Living! Please feel free to forward this newsletter to friends and family, or let us know if they want to be added to the mailing list. By the same token, if you would like to be removed from the E-Newsletter mailing list, please contact [mstack@aacil.org](mailto:mstack@aacil.org)