



Sunshine Leisure Services
 a program of the Arc Knox County
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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31	1 Sunshine Ambassadors	2	3 <u>Salad Sale</u> Pickleball Skills Practice	4 Bowling* 2:45-4:00 Dynamic Rec Softball (see text)	5 Lady Vols Softball 4:45-8:30	6
7	8 Sunshine Ambassadors	9	10 <u>Chinese Lunch Sale</u> Pickleball Skills Practice	11 Bowling* 2:45-4:00 Dynamic Rec Softball (see text)	12 Shoney's 11:30-12:30	13
14	15 Sunshine Ambassadors	16	17 <u>Lunch House</u> Pickleball Skills Practice	18 Bowling* 2:45-4:00 Dynamic Rec Softball (see text)	19 Friday Night Live! presents Mt. Olive Pleasure Club	20
21	22 Special Olympics Track & Field Meet	23 Arrowmont School of Art 1:45-8:30	24 <u>Buddy's BBQ</u> Pickleball Skills Practice	25 Bowling* 2:45-4:00 Dynamic Rec Softball (see text)	26 Senor Taco 11:00 & 12:00 Circus Extravaganza	27
28	29 Sunshine Ambassadors	30 Pint Night at Yee-Haw Brewing 4:45-7:45	May 1 <u>Publix Subs</u> Pickleball Skills Practice	May 2 Bowling* 2:45-4:00 Dynamic Rec Softball (see text)	May 3 Cabin Trip! 	May 4



Special Olympics News:



Track & Field: The Track & Field meet will take place on Monday, April 22nd, 2024 at Powell High School beginning at 4:30. We will leave Sunshine at 3:45; all pick-ups will be at Powell High School at the conclusion of the event. *Rain date: April 29th, 2024*

State Summer Games: The State Summer Games will take place May 16th-May 19th at Lipscomb University; more details will be provided in the May calendar.

If you have an upcoming physical scheduled, please let Leisure Services know so that I can give you a Special Olympics physical form that we must have on file in order for athletes to participate in Special Olympics events.

Special Olympics has discontinued Tennis and has instead added traditional Pickleball, but no skills. We will be working with Daniel Alexander from City Parks & Rec on Pickleball Skills for any athletes who can not participate in the traditional Pickleball Tournament.

Weekly Activities:

Sunshine Ambassadors Dance Class, Monday's, 4/1, 4/8, 4/15 and 4/29: Continue to join Music Program Coordinator, Jimmy Russell, for some fun with the Sunshine Ambassadors.

Location: Sunshine Industries **Start:** 3:00 **All Pick-Ups:** 3:45 **Cost:** \$5.00

Pickleball Skills Practice, Wednesday's, 4/3, 4/10, 4/17, and 4/24, and 5/1: Pickleball practice will take place at the Williams Creek Recreation Center.

Participation Option #1- Depart SI: at 2:45 to Williams Creek. **Cost:** free

Participation Option #2: Meet at the Rec Center at 3:15 for practice **Cost:** free **Return to SI:** 4:45

A memo will be sent out about the day of the tournament

Bowling: Every Thursday at Fountain Lanes. **Participation Option #1:** Depart SI at 2:45 to head to the bowling alley. **Cost:** \$6.00 **Participation Option #2:** Meet at Fountain Lanes by 3:00 to bowl.

Cost: \$4.00 **All Pick-Ups:** Bowling alley by 4:00pm* The cost of bowling includes shoes and two games.

Spring Dynamic Softball League, Thursday's 4/4/24-5/9/24: It's time once again for the Dynamic Recreation Softball League every Thursday at Caswell Park. Schedules will be distributed with game times for each week. **Participation Option #1:** Depart Sunshine at 2:45 for bowling (please sign-up separately for bowling). **Participation Option #2:** Report to and leave from Fountain Lanes at 4:00 to go eat dinner before softball. **Cost:** \$12.00/week. **Participation Option #3:** Report to Caswell Park 15 minutes prior to your game time (either 6:00pm or 7:15pm).

All Pick-Ups: Caswell Park no later than 8:15 when the last game ends.



Activities:



Lady Vols Softball vs. Georgia- Friday, April 5th: Come support the Tennessee Lady Vols as they take on the Georgia Bulldogs. Please come dressed appropriately based on the weather forecast.

Depart SI: 4:45; we will have dinner from the concession stands during the game.

Return to SI: 8:30 unless otherwise notified* **Cost:** \$22.00

Friday Night Live! presents Mt. Olive Pleasure Club- Friday, April 19th : You could think of Mr. Olive Pleasure Club as sort of a reincarnation or transmogrification, if you will, of Mojo Tweed. It's still the coming together of a group of friends who like playing a variety of Blues classics by the likes of Sonny Boy Williamson, Professor Longhair, Little Walter, and more, with a little Funk, R&B, Cajun flavors, and New Orleans attitude to create a gumbo of music that some have called "Swamp Boogie Blues."

Participation Option 1: Leave Sunshine at 5:00 to get dinner before the concert

Return to SI: 9:00 **Cost:** \$30.00

Participation Option 2: Meet at The Concourse at 6:15 for the concert only **Cost:** \$17.00

Arrowmont School of Art- Tuesday, April 23rd: We have been invited back out to Arrowmont School of Art! There will be three different art classes to choose from, and dinner will be provided at Arrowmont. Class descriptions will be available at a later date. We have 24 spots open for this activity so I encourage as many people as possible to sign-up!

Depart SI: 1:45 **Return to SI:** 8:30 **Cost:** \$8.00

Circus Extravaganza- Friday, April 26th: We are headed to the Dragonfly Aerial Arts Studio for their 13th Annual Circus Extravaganza. This event will feature acts in the air and on the ground, it's sure to be a show you don't want to miss! We will eat dinner before heading to the show.

Depart SI: 5:15 **Return to SI:** 9:30 **Cost:** \$20.00

Pint Night at Yee-Haw Brewing- Tuesday, April 30th: Join us for the Second Annual Pint Night Yee-Haw Brewing Company at the outdoor amphitheater with a live band to support our upcoming Over the Edge event! We will have dinner before going to Yee-Haw.

Participation Option 1: Depart SI at 4:45 to get dinner before the event **Cost:** \$15.00

Participation Option 2: Meet at Yee-Haw at 6:00 for the Pint Night Only **Cost:** \$5.00

All Pick-Ups: From Yee-Haw no later than 7:45





Wednesday Lunch Sales:

Salad Sale- Wednesday, April 3rd: It's back! Don't miss out on the salad bar with over 20 toppings to choose from! **Cost: \$9.00**

Chinese Lunch- Wednesday, April 10th: A fan favorite with many options to choose from. **Cost: \$11.00**

Lunch House- Wednesday, April 17th: Enjoy a great "meat and two" lunch from The Lunch House off Magnolia. **Cost: \$10.50**

Buddy's BBQ- Wednesday, April 24th: Enjoy some hometown BBQ! Options include:

- 1) Sandwich Platter or Regular Platter with two sides, hushpuppies, and a drink. **\$10.00**
Meat choices: pulled pork, pulled chicken, pulled ham
Side choices: green beans, potato salad, fries, slaw, or baked beans
- 2) Smokey dog only. **\$5.50**
- 3) Smokey dog with fries and drink. **\$7.50**
- 4) Hawg-back potato. **\$8.00**

Publix Subs- Wednesday, May 1st: Enjoy a fresh Publix Sub Sandwich with chips and a drink; choices of ham, turkey, roast beef, Italian, or ultimate **Cost: \$9.00**

Friday Payday Lunches:

Shoney's, Friday, April 12th: Enjoy a great hour lunch at Shoney's buffet. **Cost: \$14.00**

Senor Taco - Friday the 26th: Join us at Senor Taco for some of Knoxville's finest Mexican food. Lunch includes a choice of two chicken or beef items (taco, tostada, burrito, enchilada, chalupa, or chili relleno) and comes with rice, beans, chips, salsa, and a drink. **Cost: \$14.00**

Gatlinburg Cabin Trip:

More details about the trip will be sent out soon to participating individuals! We are looking forward to this hometown staycation and hope that you are too!

