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## Warm Holiday Wishes!

Hello Everyone,  
I just wanted to spread a little holiday cheer and share Home Life's Wish Lists. Feel free to pass this list along. As always, Home Life is grateful for all donations of any size that we receive from both organizations and individuals. With that in mind, we place a wide variety of items on our wish lists. The many inexpensive items on the list frequently need to be replenished, and are included with the hope that anyone with a heart for our work, regardless of financial means, may have an avenue of contribution.

Happy Holidays!

Emily Steadman,  
Volunteer Coordinator

### Agency Holiday Wish List:

#### Duplex House

Electric weed eater  
Electric lawn edger  
Electric screwdriver  
100 foot medium gauge extension cord

#### SDS Program

Biking reflectors/safety gear for three clients  
Jackets/vests/umbrellas/flashlights for sizes

M, L, and XL men and women clients

#### Koebel House

Built in newer dishwasher  
White or off white indoor paint

#### Mumford House

20 full sets of towels (2 per client)  
portable basketball hoop - regulation size  
Wii nintendo game and 2 sets of controllers  
Sports Posters - OSU, pro football, basketball, women's gymnastics

#### General Agency Needs:

Washer and Dryer  
Old pick up truck that runs well  
Monetary donations for the "Recreation Fund"  
4 large portable emergency generators with minimum wattage of 1500 each  
8 small portable emergency generators with minimum wattage of 800 each

## As promised, parade pictures



**Mondays:**

- Men's Night Out  
5:00 PM

**Wednesdays:**

- Supported Living  
Social & Bowling  
4:00 PM
- My Club 4:00 PM
- Belly Dancing 8:00  
PM
- Women's Night Out  
5:00 PM

**1:1 Volunteer  
Trainings:**

- 1-06-09  
GER/MART/BBP  
9am - 12pm
- 1-09-09 CPR/FA  
11am - 5pm

**\*To sign up please  
contact the Volunteer  
Coordinator at  
754-6163.**

**Volunteer  
Vacancies: To be  
filled ASAP**

- Fixer-upper help at all  
program houses.
- Law mowing and  
weeding at Olleman  
House
- Someone who can  
tune up vacuum at  
Koebel House
- A buddy to take  
female client to  
Animal Shelter and  
Library
- A buddy to take  
several clients on  
walks at all programs
- A buddy for coffee  
and tea breaks

## Winter Term Fitness Class – Time and Location Change!

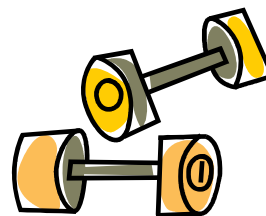
### The Fitness Class has moved!

Home Life provides three to four ten week fitness classes per year. These classes emphasize cardiovascular fitness with aerobics, lightweight training, circuits, and movement to music.

The Adaptive Fitness Class has been moved from Tuesdays and Thursdays to Mondays and Wednesdays. The new location is at the **First United Methodist Church gym at 1165 NW Monroe Ave.** Also, please note that there will be a time change to the class, in addition to the location change. The class will now be held from **4:30 PM to 5:30 PM.**

I hope that everyone is able accommodate the new time and location change. Please contact me with your thoughts and opinions about the new location and time. I would like to know if the new arrangements are convenient or not.

The class is open to anyone (not just adults with disabilities) who would like some assistance in maintaining a healthy lifestyle. Home Life encourages staff to participate. If you are interested in attending the class, or know someone that might also be interested, please contact the Volunteer Coordinator to complete a Medical Profile and Release Form. (These are submitted once each calendar year.) Feel free to contact me with any questions or comments. I look forward to another productive and successful term of the Adaptive Fitness class!



**Home Life Inc**  
*Serving People with Disabilities*

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