



**NOVEMBER
DECEMBER
2025**

RECREATION ACTIVITY NEWSLETTER

**NEW PARTICIPANTS CAN
LEARN MORE ABOUT OUR
PROGRAMS BY VISITING
WWW.LIFEUNLIMITEDINC.ORG**

"CLICK"

**>DISABILITY SERVICES
>RECREATION PROGRAM
OR
SCAN THE QR CODE**



**WE ENCOURAGE YOU TO
REGISTER ONLINE.
PLEASE SEE PAGE #16 IN
THIS NEWSLETTER FOR
STEP BY STEP
INSTRUCTIONS**

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**MICHAEL SMITH
DIRECTOR OF
RECREATION
MICHAELSMITH@LUINC.ORG**

**IN ORDER TO PARTICIPATE IN ACTIVITIES YOU MUST SIGN UP. YOU WILL
NOT BE ALLOWED TO PARTICIPATE IN ACTIVITIES IF YOU DO NOT SIGN UP**

NOVEMBER 2025

SUN

MON

TUES

WED

THURS

FRI

SAT

						1  BOWLING  SWIMMING  SEA LIFE AQUARIUM
2	3  MUSIC	4  PICKLE BALL  YOUTH GROUP  VOLUNTEER GROUP	5  BOWLING GS / LIB. / EX SP.	6  COOKING IN NKC  GAME NIGHT AT NORTH CROSS	7  L. U. / CLAY CO. DANCE	8  BOWLING  COLLEGE FOOTBALL WATCH PARTY
9	10  MUSIC	11  GAVEL CLUB  VOLUNTEER GROUP	12  BOWLING GS / LIB. / EX SP.	13  COOKING IN KEARNEY  GAME NIGHT AT NORTH CROSS	14	15  BOWLING  SWIMMING  VIRTUAL REALITY GAMES
16	17  MUSIC	18  PICKLE BALL PEOPLE FIRST  YOUTH GROUP  VOLUNTEER GROUP	19  BOWLING GS / LIB. / EX SP.	20  COOKING IN NKC  GAME NIGHT AT NORTH CROSS	21  BINGO	22  BOWLING  MUSEUM NELSON ATKINS ART CLASS
23	24  MUSIC	25  GAVEL CLUB  VOLUNTEER GROUP	26  BOWLING GLADSTONE.	27 	28	29  BOWLING
30						

DECEMBER 2025

SUN

MON

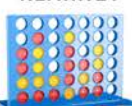
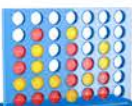
TUES

WED

THURS

FRI

SAT

	1  MUSIC	2  PICKLE BALL  VOLUNTEER GROUP	3  BOWLING GS / LIB. / EX SP.	4  COOKING IN NKC  GAME NIGHT AT NORTH CROSS	5  HOLIDAY KARAOKE	6  BOWLING  PARK U. WOMENS BASKETBALL GAME
7	8  MUSIC	9  YOUTH GROUP  GAVEL CLUB  VOLUNTEER GROUP	10  BOWLING GS / LIB. / EX SP.	11  COOKING IN KEARNEY  GAME NIGHT AT NORTH CROSS	12  L. U. / CLAY CO. DANCE	13  BOWLING  ARTS & CRAFTS
14	15  HOLIDAY CONCERT	16  PICKLE BALL PEOPLE FIRST  VOLUNTEER GROUP  YOUTH GROUP	17  BOWLING GS / LIB. / EX SP.	18  COOKING IN NKC  GAME NIGHT AT NORTH CROSS	19  HOLIDAY LIGHTS TOUR	20  BOWLING  HOLIDAY MOVIE
21	22  MUSIC	23  GAVEL CLUB  VOLUNTEER GROUP	24  CHRISTMAS EVE	25 CHRISTMAS DAY	26	27
28	29  MUSIC	30  YOUTH GROUP  VOLUNTEER GROUP	31  BOWLING GLADSTONE ONLY NEW YEARS EVE			

HOW TO SIGN UP FOR ACTIVITIES ONLINE

ONLINE REGISTRATION

1. VISIT THE LIFE UNLIMITED WEBSITE

GO TO [\[LIFEUNLIMITEDINC.ORG\]](http://LIFEUNLIMITEDINC.ORG)([HTTP://LIFEUNLIMITEDINC.ORG](http://LIFEUNLIMITEDINC.ORG)) OR SCAN THE QR CODE ON THE COVER PAGE OF THE NEWSLETTER.

2. NAVIGATE TO THE RECREATION PROGRAM

- CLICK DISABILITY SERVICES.
- CLICK RECREATION PROGRAM.
- CLICK EXISTING PARTICIPANT LOG IN.

3. LOG IN

- CLICK THE LOG IN BUTTON IN THE UPPER RIGHT-HAND CORNER.
- IF YOU'VE NEVER LOGGED IN ONLINE BEFORE, FOLLOW THESE STEPS:
 - CLICK "CLICK HERE TO RESET".
- ENTER YOUR EMAIL ADDRESS, AND YOU WILL RECEIVE A LINK VIA EMAIL.
 - OPEN THE EMAIL, CLICK THE LINK, AND RESET YOUR PASSWORD.
- ENTER YOUR NEW PASSWORD. YOU WILL THEN BE REDIRECTED TO THE LOGIN PAGE WHERE YOU CAN SIGN UP FOR ACTIVITIES.

4. NEED ASSISTANCE?

- CONTACT OUR TEAM VIA THE RECREATION EMAIL (COVER PAGE)

OFFLINE REGISTRATION

1. **COMPLETE THE RECREATION SIGNUP FORM**:

- SUBMIT THE FORM IN ONE OF THE FOLLOWING WAYS:
 - EMAIL IT TO THE RECREATION TEAM (COVER PAGE)
- MAIL IT LIFE UNLIMITED THERAPEUTIC RECREATION DEPARTMENT
PO BOX 7499 NKC MO 64116-0199
 - FAX IT (COVER PAGE)
- HAND IT TO STAFF WHEN YOU SEE THEM.
 - DELIVER IT TO OFFICE FRONT DESK

- ACTIVITY AVAILABILITY

DUE TO HIGH DEMAND, THERE IS NO GUARANTEE YOU'LL BE ABLE TO ATTEND EVERY ACTIVITY YOU SIGN UP FOR.

- IF PLACED ON A WAITING LIST, YOU WILL BE NOTIFIED BEFORE THE ACTIVITY DATE.
- REMEMBER, IF YOU DO NOT SIGN UP FOR AN ACTIVITY YOU WILL NOT BE ALLOWED TO PARTICIPATE.

TRANSPORTATION INFORMATION

- TRANSPORTATION IS OFFERED FOR SOME ACTIVITIES AS STATED IN THEIR DESCRIPTIONS.
- PARTICIPANTS MUST HAVE A CURRENT EMERGENCY AUTHORIZATION FORM ON FILE TO USE THE VAN SERVICE.

LU RECREATION SIGN UP FORM

NOVEMBER / DECEMBER

PARTICIPANT INFO

Parent /Guardian /Staff	Name_____Age_____
Name_____	Address_____
Phone#_____	City_____State_____Zip_____
Agency or School name_____	Phone#_____e-mail_____
Phone#_____	Wheelchair?_____New Participant?_____

Life Unlimited
Therapeutic Rec. Dept.
P.O. Box 7499
North Kansas City, Mo.
64116

E-MAIL / FAX:
RecDepartment@luinc.org
Or
Fax to 816-474-3029
Att Rec. Dept

	Attend	Transport from pickup point needed?	
MONDAY			Music - November / December
TUESDAY			Young Adults - (Ages 16-25) - November / December
			Volunteer Group - November / December
			Pickleball - November / December
			Gavel Club - November / December
			People First - November / December
WEDNESDAY			Gladstone Bowling - November / December
			Liberty Bowling - November / December
			Excelsior Springs Bowling - November / December

THURSDAY			Kearney Cooking - November / December
			NKC Cooking - November / December
			Game Night @ North Cross - November / December
FRIDAY			Dance -November / December
			BINGO -November
			Holiday KARAOKE - December
			Holiday Lights Tour - December
SATURDAY			Sea Life Aquarium - November
			Swimming -November / December
			Bowling -November / December
			College Football Watch Party- November
			Virtual Reality -November
			Nelson Atkins Museum & Art Class - November
			Women's Basketball Game @ Park U. - December
			Holiday Arts & Craft -- December
			Holiday Movie - December