

May 2024



Special Olympics Maine
Unified Champion Clubs
at 2014 National Youth & Community Games
Sponsored by the Maine Inclusive Opportunities Foundation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gronk Zone Fitness	2 Softball 5-7pm	3	4
5	6 Best Buddies	7 Open Swim Lap Pool 6:15-7:15pm	8 Gronk Zone Fitness 12-1pm	9 Softball 5-7pm	10	11
12 	13 Alliance Meeting	14 Open Swim Lap Pool 6:15-7:15pm	15 Gronk Zone Fitness 12-1pm	16 Softball 5-7pm	17	18
19	20	21 Open Swim Lap Pool 6:15-7:15pm	22 Gronk Zone Fitness 12-1pm	23 Softball 5-7pm	24	25
26	27 Memorial Day	28 Open Swim Lap Pool 6:15-7:15pm	29 Gronk Zone Fitness 12-1pm	30 Softball 5-7pm	31	

Happy May!!

Reminder the calendar is subject to changes as new scheduling and events come and go. As always I will send emails to update when and if any changes are being made!

Open Swim: Swim in the Lap Pool continues for May. Time has changed and will be pushed back to 6:15-7:15pm. Outdoor Pool opens in June, until then we will be continuing in the lap pool! We have been having a great time at swim and so exciting to see a big group enjoying the water each week!

Gronk Zone: On Wednesdays we have the Gronk Zone for an hour at 12-1pm for Unified to use and do some fitness. There are dumbbells, weighted balls, any much more equipment we can use to work on our strength and conditioning. To get to the Gronk Zone you walk down the hallway to the left of the gym and then turn right before the stairs.

Softball: I am so excited to start softball with all of you, everyone is looking forward to softball and finally the weather is warm and it's time to get outside on the field. Softball will be at Wrigley Field, 47 Mathews Ave, Waterville, ME. We have the field 5-7pm on Thursdays! The first few weeks of softball we will break practice up into skills and drills for the first part and scrimmage for the second part. I will then assign teams and we will have games each week, starting May 23rd.

Alliance Meeting: The alliance meeting will be May 13th. Reminder the meetings are the second Monday of every other month! 5-6pm in the AYCC Boardroom.

Best Buddies: DATE CHANGE, Best Buddie will host on Monday, May 6th this month due to scheduling conflicts. The first two events have been a big hit, game night and karaoke. This month will be Trivia Night. If anyone would like to email me ideas for Best Buddies events I will let Cara know for possible future themes!

Have a **MAGNIFICENT** May!