



Connecting COMMUNITY

We offer Wellness, Travel, Social and Community Transition clubs for adults with developmental and intellectual disabilities.

Our goal is to establish a series of programs and activities that support individuals with disabilities, all while creating an environment where participants can discover new potentials, increase self-confidence through lessons, and be engaged through community outings and enrichment activities.

Register for events at

THECLUBLIFE.ORG





BRINGING PEOPLE TOGETHER

WHAT WE PROVIDE

Wellness



Wellness club activities will consist of exercise classes to build strength, flexibility and balance. There will also be a cooking/healthy food component where participants can engage in the cooking process to help make healthy life choices.

Travel



Travel Club activities will consist of events like bus trips to baseball games, auto shows, shopping excursions, and more. Participants will learn independent living skills, while also learning to navigate new and unfamiliar environments with the support of staff and peers.

Social



Social Club activities will consist of social hours, holiday parties, dances, and barbeques. It will also include gaming and hobby type activities that reflect the individual participants interests such as art & music classes.

Community Transition



Focused on creating independence, promoting self-advocacy and fostering positive friendships while seeking appropriate recreation and leisure skills. This programming will be offered 3 days a week from 9 am - 3pm and will allow participants a safe space to work on independent living skills. Increased Community mobility is also a main focus of this program.

Contact Clublife

ENGAGE. ENRICH. EMPOWER.



517.812.9869



THECLUBLIFE.ORG



Connecting

COMMUNITY



COMMUNITY TRANSITION

Focused on creating independence, promoting self-advocacy and fostering positive friendships while seeking appropriate recreation and leisure skills. This programming will be offered 3 days a week from 9 am – 3pm and will allow participants a safe space to work on independent living skills. Increased Community mobility is also a main focus of this program.

Register for events at

THECLUBLIFE.ORG





BRINGING PEOPLE TOGETHER

COMMUNITY TRANSITION

Current Program

- Leisure Time
- Healthy Physical Activity
- Cooking Class
- Arts & Crafts
- Board Games
- Music Time

Overview

A CLUBLIFE event focused on creating independence, promoting self-advocacy and fostering positive friendships while seeking appropriate recreation and leisure skills. This programming will be offered 3 days a week from 9 am - 3pm and will allow participants a safe space to work on independent living skills.

Our Goal

Our goal is to establish a series of programs and activities that support adults, 18yrs of age and older, with disabilities, all while creating an environment where participants can discover new potentials, increase self-confidence through lessons, and be engaged through community outings and enrichment activities.

Mobility Activities

- Shopping
- Attending the YMCA
- Bowling
- Riding Public Transportation

Contact Clublife

ENGAGE. ENRICH. EMPOWER.



517.812.9869



THECLUBLIFE.ORG



Connecting COMMUNITY



SOCIAL CLUB

Social club activities will consist of social hours, holiday parties, dances, and barbeques. It will also include gaming and hobby type activities that reflect the individual participants interests.

Register for events at

THECLUBLIFE.ORG





BRINGING PEOPLE TOGETHER

SOCIAL EVENTS



Overview

Social Club activities will consist of social hours, holiday parties, dances, and barbeques. It will also include gaming and hobby type activities that reflect the individual participants interests such as art & music classes.

Our Goal

Our goal is to establish a series of programs and activities that support adults, 18yrs of age and older, with disabilities, all while creating an environment where participants can discover new potentials, increase self-confidence through lessons, and be engaged through community outings and enrichment activities.

Community Partners

- Ella Sharp Museum & Hurst Planetarium
- Jackson Symphony Orchestra
- The HUB
- RJ's Heavenly Delights
- Jax 60
- DJ Mike Holiday

Contact Clublife

ENGAGE. ENRICH. EMPOWER.



517.812.9869



THECLUBLIFE.ORG



Connecting COMMUNITY



TRAVEL CLUB

Travel club activities will consist of events like bus trips to baseball games, auto shows, shopping excursions, and more. Participants will learn independent living skills, while also learning to navigate new and unfamiliar environments with the support of staff and peers.

Register for events at

THECLUBLIFE.ORG





BRINGING PEOPLE TOGETHER

TRAVEL EVENTS



Overview

Travel Club activities will consist of events like bus trips to baseball games, auto shows, shopping excursions, and more. Participants will learn independent living skills, while also learning to navigate new and unfamiliar environments with the support of staff and peers.

Our Goal

Our goal is to establish a series of programs and activities that support adults, 18yrs of age and older, with disabilities, all while creating an environment where participants can discover new potentials, increase self-confidence through lessons, and be engaged through community outings and enrichment activities.

Past Events

- Lions Football Game
- Lugnuts Game
- Dinner @ the Pointe and Night Lights
- Detroit Zoo
- Meckley's Flavor Fruit Farms
- Choates Belly Acres

Contact Clublife

ENGAGE. ENRICH. EMPOWER.



517.812.9869



THECLUBLIFE.ORG



Connecting COMMUNITY



WELLNESS CLUB

Wellness club activities will consist of exercise classes to build strength, flexibility and balance.

There will also be a cooking/healthy food component where participants can engage in the cooking process to help make healthy life choices.

Register for events at

THECLUBLIFE.ORG





BRINGING PEOPLE TOGETHER

WELLNESS EVENTS



Overview

Wellness club activities will consist of exercise classes to build strength, flexibility and balance. There will also be a cooking/healthy food component where participants can engage in the cooking process to help make healthy life choices.

Our Goal

Our goal is to establish a series of programs and activities that support adults, 18yrs of age and older, with disabilities, all while creating an environment where participants can discover new potentials, increase self-confidence through lessons, and be engaged through community outings and enrichment activities.

Community Partners

- MSU Extension
- Jackson YMCA
- Coterie

Contact Clublife

ENGAGE. ENRICH. EMPOWER.



517.812.9869



THECLUBLIFE.ORG