



REC Inc

Recreation, Education and Community

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**"Everyone
Deserves
A Life"**

REC Inc Programs Continue Through Generous Donations!

REC Inc continues to receive attention for its unique and wonderful programs serving the developmentally disabled adult community in Marin County! Through our donors and volunteers -and REC Inc's creative use of resources - we have been able to avoid cutting programs to the clients. No one gets a salary - we're all volunteers - so all donations go directly to supporting the wide variety of programs and events offered to the developmentally disabled community of Marin.

Crafty as we are, we DEFINITELY need your help to continue our programs!

All donations are appreciated and much needed at this time. Grants for non-profits have become very scarce, and REC Inc is relying on individual donors to help fill in the huge gap in funding. While we continue to seek grants and partner with local businesses, your donation is the one that will make the biggest impact to the clients, right now.

Please use the enclosed envelope or go online to use the DONATE NOW button on www.RECINC.org!

VIEW DOCUMENTARY ONLINE!

REC Inc's Larkspur Champion's Lions Club chapter was filmed and featured in a Lion's Club International documentary! Programs that were included: Weight Watchers, Wildcats Wiffleball, Art Attack, and of course, a Larkspur Champions Lions Club meeting. View the completed documentary, posted on our website for your viewing pleasure!

JOIN US FOR THE HOLIDAY PARTY!

Come lend a hand and celebrate the Holidays with us! Our Annual Holiday Party is a FREE, fun and fantastic event with a live DJ, dancing, costumes, free gifts for the clients... and a visit from Santa. **Friday, December 18th, 6:30 to 9:30 pm** at the Henry C. Hall Middle School Gym (200 Doherty Dr. in Larkspur).

SPECIAL FEATURED PROGRAM: Weight Watchers & Healthy Living Project

REC Inc's clients have special needs in a number of areas, including one we can all relate to: weight loss and seeking a healthy lifestyle. This becomes more of a challenge with limited nutritional knowledge, reading skills and the overwhelming temptation of "easy" fast foods. The clients themselves formed a Weight Watchers group, and have been losing weight and keeping it off! They are now ready for the next step: REC Inc's Healthy Living Project, focusing specifically on creating easy, nutritious menus, educating clients and caregivers to better food choices, and much more! We will be partnering with a local healthfood store, and with their resources, help the clients achieve their Healthy Living goals!

With REC Inc, you know where your donations are going - when was the last time you gave to a charity like that? Thanks to everyone who continues to support REC Inc programs through volunteering and direct donations!



Top: Waste Management sponsored recycling program. Bottom: Seals Basketball League.



www.recinc.org

REC Inc PROGRAMS

3rd Friday Dance - A monthly dance with DJ, a theme, and munchies for sale.

Lions Club - An official Lions Club that raises money for Marin's homeless - Thursdays.

Basketball for Winners - Our team plays people from the community - Mondays.

Art Attack - Create plays, mosaic tile, karaoke, art projects, jewelry, and more- Fridays.

Annual Events - Holiday party, Lions Installation dinner, Movie in the Park night etc.

World Beat Dance - Create dances and music with ethnic instruments - Tuesdays.

Monthly Special Events - Lion's Clubs visitations, Tickets to local productions.

Movie Night - Meet friends for dinner and a movie at the Northgate mall - Thursday.

Wiffleball With the Wildcats - Spring and Summer nights - see website for updates.

Weight Watchers - The club is geared to our clients needs - meets weekly on Tuesday.



NEW!! ONLINE DONATIONS!

Go to: WWW.RECINC.ORG and use the DONATE NOW button.
REC Inc now accepts PayPal and Credit Card donations online.



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We Appreciate Your Support!
Your Help is Needed!