Jericka dipped her hands in paraffin and wrapped them in plastic bags for spa day!

Heidi Hill is a guest blogger for the CPD’s Developmental Skills Laboratory (DSL), a day program for adults with disabilities. Heidi loves to type and each month she’ll be sharing the fun activities that she and her “buds” are doing at DSL.

We sang songs about snow. Then we talked about bundling up, playing safely outdoors, making snow men and snow-angels and snow forts. We took to the theater. We enjoyed “Night at the Museum.” It was really a good movie and we enjoyed popcorn as we were watching the flick!

We made bubble bath. We enjoyed doing lots of activities ’round this glass-windowed work site. Everybody enjoyed doing things.

We went by van down to the bowling alley. There we knocked down pins with our own black bowling ball. Heidi had a score of 76. Cindy had a score of 57!