




# Spring Seal of Approval



Looking for something to do this Spring? Easterseals MORC has gathered a list of activities & events to do and visit throughout the state of Michigan. To be considered for the Easterseals MORC Seal of Approval, the activity, event, or location must be (or have accommodations for) sensory and/or disability friendly.

## **TheraPLAYoga** 2015 E. Michigan Ave. Lansing, MI 48912

TheraPLAYoga is the first and only Mid-Michigan specialized practice and studio space for kids, teens, and adults; for **every** body, brain, and ability. TheraPLAYoga offers adaptive and therapeutic yoga in person at their adaptive yoga studio that is optimized for individuals and families with complex needs, diverse abilities, and backgrounds. Sessions include private sessions, group sessions, parties and events, classes, community collaboration, and camps. To learn more about TheraPLAYoga, visit <https://TheraPLAYoga.com!>

## **OATS** 4920 Groveland Rd. Ortonville, MI 48462


Founded in 1997 as Offering Alternative Therapy with Smiles (OATS), focuses on promoting the health, well-being and happiness of individuals through equine-assisted services. OATS currently offers classes five days a week for individuals of all ages and abilities. They also offer summer camps in warmer months. To learn more visit, <https://www.oatshrh.org>



## **Flint Children's Museum** 1602 W University Ave, Flint MI 48504

The Flint Children's Museum offers hands-on experiences designed for all types for children from ages 2 to 10. The museum holds special events monthly and a sensory event for individuals needing a sensory friendly experience on the second Sunday of the month from 10am to 12pm. Memberships are offered, single admission is \$8 and parking is free next to the museum as well as behind Consumers Energy. To learn more visit, <https://flintchildrensmuseum.org/>

## **Abrams Planetarium** 755 Science Rd, East Lansing, MI 48824



The Abrams Planetarium is located on Michigan State University's campus offering public, group, private, and sensory planetarium shows to individuals of all ages. On the third Sunday of every month at 11:30 am and 1:00 pm the planetarium offers two sensory friendly viewings of the stars where the lights are up, sounds are minimal, and the theatre doors are open allowing individuals to move about as needed. To learn more about activities at the planetarium or about Sensory Friendly Shows, visit [www.abramsplanetarium.org](http://www.abramsplanetarium.org)





## **ACT Studio 1140 Monroe Ave NW, Suite 4101, Grand Rapids, MI 49503**

On the second Wednesday of every month, from 6:00-7:30pm, ACT offers monthly Open Studio Nights to individuals of all ages and abilities. During these Open Studio Nights, individuals of all abilities and their siblings, friends, and caregivers are welcome to explore their creativity with a variety of art supplies, supportive instruction, and multi-media to use. For more information on Open Studio nights, visit [www.artistscreatingtogether.org](http://www.artistscreatingtogether.org)

## **Bowling at Bowlero Lanes & Lounge 4209 Coolidge Hwy, Royal Oak, MI 48073**

Bowlero Lanes & Lounge is a IBCCES Certified Autism Center that offers regularly scheduled 'sensory' days where lights and music are lowered. On Wednesdays from 4pm-6pm Bowlero hosts special low sensory hours designed for players on the spectrum or with other special abilities. This is all you can bowl for 2 hours with shoe rental included. They also host parties and events and have a collection of throwback pinball and video games in their arcade area for guests to enjoy. To learn more, visit: <https://bowlerodetroit.com>



## **Wharton Center 750 E Shaw Ln, East Lansing MI 48824**

In collaboration with a variety of MSU and community partners, Wharton Center provides a supportive and welcoming environment that makes live theatre accessible to those with sensory needs and differing abilities. During Sensory-Friendly Performances, Wharton Center accommodations include lower sound and light levels, house lights on a low level, and many more accommodations. They are offering two shows this spring, March 26th and April 29th. To learn more or get tickets today, visit [www.whartoncenter.com](http://www.whartoncenter.com)



## **Michigan's Adventure 1198 W Riley-Thompson Rd, Muskegon, MI 49445**

Michigan's Adventure makes it a priority to ensure ALL guests have fun while attending the park. The park offers accommodations to guests on the autism spectrum and those with special abilities. To assist with fulfilling needs and ensuring all guests have fun, they recommend visiting Guest Services at the Front Gate upon arrival. Michigan's Adventure also has a downloadable Guest Assistance Guide where you can plan your visit. To learn more about Michigan's Adventure and accommodations they offer, visit: [www.miadventure.com/accessibility](http://www.miadventure.com/accessibility)





## Kent District Library - East Grand Rapids Branch

746 Lakeside Dr SE Grand Rapids, MI 49506

The East Grand Rapids Branch of the Kent District Library is perfect for all ages and abilities. The branch hosts story times throughout the week, has reservable private rooms, a Talking Book & Braille Center, and ramps and elevators for guests with mobility accommodation needs. To plan your visit to the East Grand Rapids Branch and learn more about upcoming events, visit:

<https://kdl.org/locations/EGR/>



## Michigan Science Center 5020 John R. Street, Detroit, MI 48202

Michigan Science Center (MiSci) strives to put you at the center of science by making sure all their guests have a safe and comfortable visit. MiSci is a STEM engagement hub where discovery learning and interactive participation meet. There is something for all with live stage shows, an IMAX® Dome, a 4D theater, a Planetarium, an 8,700 square foot special exhibit hall, and 220+ interactive exhibits. Wheelchair rentals are available for free on a first come first serve basis. When visiting the science center, there are many parking options including metered parking on the streets around MiSci, the Cultural Center lot, and several Wayne State University parking structures are available. Prices and hours vary. To start planning your visit to the Michigan Science Center, visit: <https://www.mi-sci.org/>

## Chuck E. Cheese Multiple locations

Join Chuck E. Cheese on Sensory Sensitive Sundays! On the first Sunday of every month, Chuck E. Cheese opens two hours early to offer families a quieter dining and entertainment environment with dimmed lighting and a sensory-friendly arcade experience. Their sensory-friendly events also include a trained and caring staff, trained with Center for Autism and Related Disorders (CARD) materials to ensure each guest has a safe, fun-filled visit. To learn more or check out participating locations, visit:

<https://www.chuckecheese.com/sensory-sensitive-sundays/>



## Have a Spa Day Your house - DIY style or local spa/salon

At Home DIY style: Soak your feet in a basin of water, lie down with a warm towel over your eyes, and put on some calming music; there are free radio stations and playlists on many streaming platforms like Spotify, Calm, and iTunes that are perfect for meditating and creating a tranquil environment. When you're done chilling out, lather yourself in your favorite lotion and give yourself (or ask someone to give you) a new manicure or pedicure. End your day with a warm bath or shower, and you'll be feeling luxurious!

