

**A special thanks to the Spirit Club Foundation from the  
ARC of Prince George's County**

"JB anxiously awaits the Spirit Club sessions everyday. JB is so enthused by her sessions that she gets her sister to be a part of the sessions and her sister enjoys them as well. Spirit Club gives JB confidence of full participation as the lessons are short and genuine, frequent positive praise is given. Due to the fact that there is opportunity for on-demand cooking and exercise classes, JB is able to choose which activity/activities she wants to participate in each session. These classes enable JB to get together with other peers with similar interests as well as support staff with whom she has limited contact due to the pandemic. The classes are geared to expose JB to the feel of being a member of the community."

"With our grant from The Spirit Club Foundation we were able to use the Spirit Club exercise platform that offers an integrated environment that supports people with various forms of enrichment activities that help to improve people's daily activities and independence."

Miyan C. Thomas - Division Director, Employment and Day Services  
Arc of Prince George's County



Montgomery County Councilmember Andrew Freidson, MD State Senator Jeff Waldstricher and MD Delegate Jared Solomon



Melonee Clark with Montgomery County Councilmember Freidson

"RG, a very intelligent young man with a fluency disorder who is served by The Arc of Prince George's County had a positive experience with the Spirit Club. He avoided attending the program prior to COVID-19 and continued to reject participating in virtual services when it was initially introduced to him. Staff used their persuasive and influential skills to have RG be one of the first ones to log onto the zoom platform each day waiting for the other members of the group to join to participate in Spirit Club activities. Staff makes sure that he has a group of people with similar interests and prepared for the captivating Spirit Club sessions that would not only entertain but teach each one, including RG, with everything to support their PCP goals. RG realizes that it was a lot of fun to be with his group while receiving social and interpersonal learning and still has the opportunity to stay at home and participate in exercise and cooking classes."



Gabby Nugent with Montgomery County Councilmember Freidson



Montgomery County Councilmember Freidson with Cecilia Warren, Dir. of Emergency Preparedness Policy accepting on behalf of Carol Beatty

**BOARD OF DIRECTORS**

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In Loving Memory of Richard Male ~ recently deceased Founding Board Member



Board member Jared Ciner (and son), Executive Director Kim Schofield, Board President Susan Hoffmann, Award Winners - Melonee Clark from the ARC of Prince George's County, and Athlete Gabby Nugent, Montgomery County Councilman Andrew Freidson, Kensington Mayor Tracey Furman, and Board Vice President Steve Allen, all helped make the 2022 Fitness Festival a success.



SpiritClubFoundation.org - PO Box 443 Kensington, MD 20895

**Stronger Together!**



**How we impact others with individual scholarships!**

"The scholarship for personal training sessions from The Spirit Club Foundation has been transformative. The Spirit Club instructors have a seemingly magical ability to build rapport, inspire and motivate!"  
- parent of scholarship attendee at Spirit Club

"We are so grateful for SPIRIT Club and The Spirit Club Foundation. My brother, Andy, is so excited on the days he has his exercise sessions with Tricia. Even though we are still virtual, the sessions bring so much joy to us. Andy starts to move the moment I bring out the iPad. He is raising up his knees and warming up. I don't have to tell him twice when it's time to get ready. Access to personal training through The Spirit Club Foundation has been a total blessing and we are so grateful." -Linda McCabe

"I have two adult kids that NEED a fitness program in their daily lives. At Spirit Club, I love the individualized exercise program that is catered to my children's needs to strengthen their physical and mental health."  
- parent of scholarship attendee at Spirit Club



**SPIRIT CLUB FOUNDATION**

2022 ANNUAL REPORT

## Spirit Club Foundation Grants Funded:

- **Disability Partnerships** - Will create tailored health and fitness information sessions to address specific needs of the people they support who have a disability.
- **Special Olympics Maryland - Montgomery County** - Will expand their pool time for additional 3 weeks to help 50 or more athletes continue their training leading up to the summer games.
- **Open Door Sports** - Will provide funding for 17 children with special needs to attend a 7-week soccer program in spring 2023.
- **Sports Plus** - Will expand its instructional swim programs and opportunities for select older participants to intern in junior coaching roles within their organization.
- **ZamMovement, Inc.** - Will be able to provide 6 months of in-person classes and free tuition for some students.
- A weekly fitness class for high school students at **Ivymount School**.
- **KEEN Greater DC-Baltimore** weekly virtual Yoga class.



## Our continued THANKS for the generous gift from William S. Abell Foundation!

A total of 15 organizations received funding from the Spirit Club Foundation to provide fitness programming to the people that they support:

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| <ul style="list-style-type: none"> <li>• ARC of Prince George's County</li> <li>• Impact SSI</li> <li>• Disability Partnerships</li> <li>• Epic</li> <li>• Hands of Hope</li> <li>• HCR</li> <li>• Ivymount School</li> <li>• National Children's Center</li> </ul> | <ul style="list-style-type: none"> <li>• Open Door Sports</li> <li>• OurCare</li> <li>• Prince George's Community Resources</li> <li>• Renox</li> <li>• Special Olympics Montgomery County</li> <li>• Sports Plus Group Inc.</li> <li>• ZamMovement, Inc.</li> </ul> |
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## THANKS TO OUR 2022 SUPPORTERS

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| <ul style="list-style-type: none"> <li>• Debbie Abbow Addis</li> <li>• Melanie Abbow</li> <li>• Michelle Abbow</li> <li>• William S Abell Foundation</li> <li>• Stephen Allen</li> <li>• Alvord and Alvord PLLC</li> <li>• Amazon Smiles</li> <li>• American Gift Fund</li> <li>• Anonymous</li> <li>• ArtStream</li> <li>• ASE Dental Group</li> <li>• Alice Charland Bassford</li> <li>• Bartman MMA</li> <li>• Bender Foundation</li> <li>• Edgar and Beverly Benner</li> <li>• Bethesda Big Train</li> <li>• Bethesda Spine &amp; Posture LLC</li> <li>• Michael Bryant</li> <li>• Cathy Bernard</li> <li>• John Bradshaw</li> <li>• Benjamin Chevat</li> <li>• Patricia Coffin</li> <li>• Barbara Colley</li> <li>• Jacqueline Combs</li> <li>• Debbie Copeland</li> <li>• Margaret Cuff</li> <li>• Larry Cynkin</li> <li>• DARCARS Automotive Group</li> <li>• Niall Dempsey</li> <li>• Julie Farbman</li> <li>• Heather Fath</li> <li>• Carolyn Feigenbaum</li> <li>• First National Bank</li> <li>• Christine Fleming</li> <li>• For Better</li> </ul> | <ul style="list-style-type: none"> <li>• Eileen Foster</li> <li>• Foundation for Children with Intellectual and Developmental Disabilities Inc</li> <li>• Frankly Pizza</li> <li>• Sharon Freiman</li> <li>• Marcela Garro</li> <li>• Good People Fund</li> <li>• Greater Washington Community Foundation</li> <li>• Lisa Greenman</li> <li>• Elliott and Rosa Greher</li> <li>• Judith Hallett</li> <li>• Andrew Hallowell</li> <li>• Patricia Han</li> <li>• Vivian Hartenau</li> <li>• Diane and Teague Jr, Gordon Hellens</li> <li>• Susan Hoffmann</li> <li>• Hyatt Regency Bethesda</li> <li>• Imagination Stage</li> <li>• Jack Hartzman Photography</li> <li>• Jimmy Johns of Gaithersburg</li> <li>• Johns Hopkins</li> <li>• Maxine Johnson-Howard</li> <li>• Catherine Jordan</li> <li>• Frances Jordan</li> <li>• Jubilee Association of Maryland</li> <li>• KEEN</li> <li>• Cathleen Kleiler</li> <li>• Leslie Korn</li> <li>• Daniel Kraus</li> <li>• Laurenda Keller</li> <li>• Teresa LaMaster</li> <li>• Nkenya Lassiter</li> <li>• Robby Lefkowitz</li> <li>• David Levy</li> <li>• Adam Lewis</li> </ul> |
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## THANKS TO OUR 2022 SUPPORTERS

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| <ul style="list-style-type: none"> <li>• Stephen Lewis</li> <li>• Live Awake Massage</li> <li>• Lowe Tillson Insurance</li> <li>• LPL Financial</li> <li>• Lumix CPAs &amp; Advisors</li> <li>• Maid Brigade of Rockville</li> <li>• Patrick Mallone</li> <li>• Maryland ABLE</li> <li>• Gary McPherson</li> <li>• Metro Bethesda Rotary Foundation</li> <li>• MMC</li> <li>• Bette Ann Mobley</li> <li>• Montgomery County Community Grants</li> <li>• Samantha Morash</li> <li>• Narisha Sookdeo</li> <li>• Lisabeth Nugent</li> <li>• One4All Charitable Fund</li> <li>• Julie Orth</li> <li>• Jantipa Patnaik</li> <li>• Vicki Pendleton</li> <li>• Carolyn Post</li> <li>• Potomac Community Resources, Inc.</li> <li>• Thomas Purcell</li> <li>• Nesfield Performance 5K Classic</li> <li>• Regenerative Orthopedics and Sports Medicine</li> <li>• RLJ Equity Partners</li> <li>• Roman Catholic Archdiocese of Washington</li> <li>• Roman Catholic Archdiocese Office of Deaf and Disabilities Ministry</li> <li>• Rita Singer</li> <li>• Brian Salsbury</li> <li>• Robert Schellhase</li> <li>• Jeff and Kim Schofield</li> </ul> | <ul style="list-style-type: none"> <li>• Scholz Family Fund</li> <li>• Schwab Charitable</li> <li>• Shared Horizons Inc.</li> <li>• Reda Sheinberg</li> <li>• Patricia Smith</li> <li>• Paul Smith</li> <li>• So Fresh Entertainment</li> <li>• Ellen and Steven Sonet</li> <li>• Sara Sonet</li> <li>• Toni Sonet</li> <li>• Spirit Club</li> <li>• Sunflower Bakery</li> <li>• Talk Yoga</li> <li>• Sabree Tajuddin</li> <li>• Jonathan Terrell</li> <li>• The Honey Baked Ham</li> <li>• The Roman Catholic Archdiocese of Washington</li> <li>• Joseph Tomlinson</li> <li>• Thrivent Charitable Impact &amp; Investing</li> <li>• Total Wine</li> <li>• Town of Kensington</li> <li>• Jeanne Trezise</li> <li>• Upcounty Community Resources</li> <li>• Penelope Veerhoff</li> <li>• Mary and John Walters</li> <li>• Washington Talent Agency</li> <li>• We Rock the Spectrum - Gaithersburg</li> <li>• Kathleen Webb</li> <li>• Wegmans</li> <li>• Ginny Weinberger</li> <li>• Claire Woody</li> <li>• Diane Yochelson</li> <li>• ZamDance</li> <li>• Jose Zamudio-Tena</li> </ul> |
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## 2022 SCHOLARSHIPS

64 people received scholarships to use at **SPiRiT CLUB**. They participated in group classes, accessed live and on-demand virtual programs, and completed **1,344 personal training sessions**.

The Spirit Club Foundation continued its scholarship program with **You Can Learn to Swim**. A total of **7 people** received scholarships and took **26 adaptive swimming lessons**.

## 2022 PARTNERSHIP GRANTS

In 2022, The Spirit Club Foundation was able to provide **5 NEW** grants to Disability Partnerships; Sports Plus Group, Inc; Open Door Sports, Special Olympics Montgomery County and ZamMovement, Inc. to support their growth within their nonprofit business model to support those with disabilities.



## 2022 NESFIELD PERFORMANCE 5K CLASSIC

Nesfield Performance hosted a 5k event where the Spirit Club Foundation and the Bethesda Rotary Club were the recipients of the donations raised. The Spirit Club Foundation received \$7,130.85!

