

**SEAL  
APPROVAL****WINTER CLOTHING AND ACTIVITIES**

Easterseals MORC has compiled a list of some of the best adaptive winter activities in Michigan. We have also shared some of our top choices in adaptive clothing to keep you warm and comfortable this winter. To receive the Easterseals MORC Seal of Approval, the activity or business must be sensory and/or disability friendly or provide accommodations for those with differing abilities.

**Adaptive Winter Activities - all in Michigan!****Challenge Mountain Lodge and Ski Arena**

Located in Boyne City, MI, **Challenge Mountain Lodge and Ski Area** offers a wide range of adaptive sports including down-hill skiing, bi-ski, snowboarding, and snow tubing. They also host adaptive lessons for skiers of all abilities from mid-January through March. To learn more, click [HERE!](#)

**Mt. Brighton Adaptive Sports Program**

Located in Brighton, Michigan, the **Mt. Brighton Adaptive Sports Program** assists children and adults with disabilities to participate in outdoor recreation both through scholarships for lessons and through grants to purchase adaptive equipment. Mt. Brighton Adaptive Sports provides a life changing outdoor learning experience to people of all abilities, with special focus on their individual needs. They aim to inspire you to discover new abilities, learn new skills, and rekindle your spirit through outdoor recreation. For more information, click [HERE](#) or contact [Mtbadaptive@gmail.com!](mailto:Mtbadaptive@gmail.com)

**DMC Rehabilitation Institute of Michigan's Adaptive Sports Program**

The **DMC Rehabilitation Institute of Michigan's SportsAbility Program** provides competitive and recreational sporting opportunities for individuals with disabilities in the metro Detroit area. Members have an opportunity to participate in a number of opportunities including wheelchair basketball, fitness training, adaptive snow skiing, weightlifting clinics, and more. To learn more, click [HERE!](#)

**Kentwood Parks and Recreation Center**

Located in Kentwood, Michigan, the **Kentwood Parks and Recreation Center** offers adaptive opportunities like rock climbing, bowling, dance, art, cooking classes, downhill skiing, and more to individuals with all abilities in the winter months. To browse activities available and learn more, click [HERE!](#)



## Mary Free Bed Wheelchair and Adaptive Sports

Located in Grand Rapids, **Mary Free Bed** offers a large selection of competitive sports teams and clinics for individuals with disabilities of all ages with options such as basketball, rugby, tennis, sled hockey, lacrosse, and more! To learn more, click [HERE!](#)

## Easterseals MORC Miracle League

**Easterseals MORC Miracle League** provides organized programs for children and adults with special needs in a safe, friendly environment. In the winter months, we host adaptive bowling opportunities, Miracle League on Ice, and social events like pizza and dance parties! Stay tuned for more programs and events. To learn more about Easterseals MORC Miracle League, click [HERE!](#)

## Special Olympics of Michigan

**Special Olympics of Michigan** provides a useful map tool to locate adaptive opportunities nearby! Opportunities vary based on location. To see what adaptive opportunities are available near you, click [HERE!](#)

## Rochester Avon Authority - Adaptive Programs

Located in Rochester, MI, **Rochester Avon Recreation Authority** offers a large range of adaptive sports and activities including yoga, archery, dance, basketball, and bowling specifically for youth with disabilities. To learn more, click [HERE!](#)

## OUCARES

Oakland University's **OUCARES** offers indoor recreational sports, social, and academic programs for youth and adults with disabilities. The programming is specifically designed for individuals with Autism. To learn more, click [HERE!](#)

## Wheelchair Hockey League of Michigan

**Wheelchair Hockey League of Michigan** offers indoor adaptive wheelchair floor hockey for anyone who uses a manual or electric wheelchair, ages 10-65. Games are played on Saturdays from 6:00 – 8:00 PM at Big Boy Arena in Fraser. In addition to their league in Fraser, MI, they also host clinics through the summer months at the John and Dede Howard Ice Arena in St. Joseph, MI. To learn more about the league or the clinics, click [HERE!](#)



## University of Michigan Adaptive & Inclusive Sports Experience (UMAISE):

**UMAISE** sports programs are designed, organized, and run by health professionals of Michigan Medicine's Department of Physical Medicine and Rehabilitation. They provide individuals with varying abilities access to various sports programs like basketball, softball, hockey, skiing, soccer, yoga, and more. To learn more, click [HERE!](#)

## University of Michigan Adaptive Gymnastics

A student volunteer-based organization that provides gymnastics classes on the weekends – no previous experience required. Volunteers and individuals with disabilities interact through a one-to-one ratio throughout the class. Classes are offered from 10:00 -11:00 AM and 11:15 - 12:15 AM in Hartland on Sundays. To learn more, click [HERE!](#)

## Inclusively Fit

**Inclusively Fit** is a 5,000 sq. ft. professionally staffed and fully equipped fitness and exercise facility in Sterling Heights, MI. designed to make fitness opportunities more accessible for individuals with special needs. To learn more, click [HERE!](#)

## Belightful Yoga

**Belightful Yoga** in Royal Oak, MI offers adaptive yoga classes available in group sessions or private instruction. During adaptive classes, Belightful Yoga uses consistent mind-body practice, helping participants experience improved motor skills and performance, heightened attention span, and significant strides in self-regulation and sensory integration. To learn more, click [HERE!](#)

## Michigan Adaptive Sports

**Michigan Adaptive Sports** is a chapter of Move United, providing instruction to adaptive sports in West Bloomfield, MI. The organization hosts many clinics and events which help provide ample challenges and opportunities for fun and excitement to participants of all ages and abilities. To learn more, click [HERE!](#)



## Adaptive Clothing and Accessories

### X-Ability Store

**X-Ability Store** is a Michigan based company that was founded in 2017 after one young girl asked her mom to help her stay warm and dry at recess. X-Ability helps children, adults, and seniors with disabilities look good and stay comfortable, warm, and dry. The stylish wheelchair body coat helps individuals in wheelchairs conquer the elements and allows them to experience all of life's simple joys with their loved ones. To learn more, click [HERE!](#)

### Honcho Poncho by ThermoRest

**Honcho Poncho** is great for kiddos (and adults) needing a little extra warmth (and who resist 'restrictive' jackets) this winter. The coat is made with comfortable insulated material and is water resistant. The poncho also packs into its own slip storage pocket, allowing for easy storage. To learn more, click [HERE!](#)

### Snow pants

Stepping into snow pants isn't possible for everyone due to prosthetics, braces, and mobility issues. Zip up styles provide a great alternative!

- Full side zip snow pants open wide for an easy on and off, even with boots on! To learn more about this style from **Arctica**, click [HERE!](#)
- Shorter step-through slips lets you layer clothing and work around braces and boots. To learn more about snow pants from **SYNC Performance**, click [HERE!](#)

### Silverts Adaptive Clothing

**Silverts Adaptive Clothing** has been offering adaptive clothing and footwear for individuals with disabilities and aging conditions to feel comfortable and secure. They also categorize clothing by 30+ specific options/categories to meet the needs of individuals with various special needs. To learn more, click [HERE!](#)

### Footwear

- **Friendly Shoes** offers shoes for all abilities, making fitted shoes easier and simpler to put on. They have styles for men, women, and children. To learn more, click [HERE!](#)
- **Zappos Adaptive** offers trendy and brand name styles of adaptive footwear including boots for children and adults with special needs. To learn more, click [HERE!](#)
- **KoolBoots** is a footwear brand designed specifically for individuals using Ankle Foot Orthosis (AFO) or non-walking boots. To learn more, click [HERE!](#)



## WINTER CLOTHING AND ACTIVITIES

### Socks

Merino wool-based socks have been shown to provide the most comfort for individuals with sensory challenges.

- Shop the Merino Wool Collection at **Q for Quinn** for kids and adult styles. They also offer clothing that is gentle for individuals with skin sensitivity. To learn more, click [HERE!](#)
- **SockWell** winter compression socks help people feel better in style. The reinvented therapeutic sock uses innovative technology with a modern styling in a variety of solutions. The lifestyle compression style offers a graduated compression technology using fine merino wool/bamboo blend. To learn more, click [HERE!](#)

### Kozie Clothes

At **Kozie Clothes**, sensory clothing goes beyond just being soft or tagless, it's tailored to meet children with sensory needs head-on, offering comfort, focus, and that grounded feeling they crave. Kozie Clothes offers sensory friendly and adaptive clothing for children with autism spectrum disorder and other sensory processing disorders. Additionally, they offer adaptive clothing to accommodate procedures and equipment as well as sensory toys, tools, furniture, and more! To learn more, click [HERE!](#)

### Enabling Devices

**Enabling Devices** offers a wide range of products that help to put goals within reach for individuals of all abilities and ages. They also offer a weighted fleece vest to help children stay warm, cozy and secure. To learn more about products they offer, click [HERE!](#)

### Winter Accessories - Hats, Scarves, Mittens, & Gloves

#### SAM Sensory Clothing

**SAM Sensory Clothing** offers soft, itch-free beanies and scarves made from organic cotton, designed for children and adults with sensitivity challenges. In addition to the hats and scarves, they offer sensory clothing items for children and adults, fidgets, and other accessories. If you wish to purchase something from their online store, please change pricing to US to reflect accurate prices. To learn more, click [HERE!](#)



# SEAL APPROVAL

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### Fun & Function

Weighted pocket scarves from **Fun & Function** provides soothing and soft weight around the shoulders and neck for comforting sensory input. The scarf also features soft pockets for antsy fingers, fidgets, or weights. Fun & Function also offers other weighted accessories, sensory clothing, toys and more! To learn more, click [HERE!](#)

### L.L. Bean

**L.L. Bean's** convertible mittens fold back the finger covering for easy access to controls or touchscreens. Convertible mittens are also perfect for wheelchair using children and adults who need to operate levers or joystick buttons. To learn more, click [HERE!](#)

### Zip-up gloves

Zip-up gloves and mittens feature a zipper along the back or side, allowing you to easily slip fingers in without the struggle of pushing them through individual compartments.

- **ZipGlove** offers children and adult sizes of their glove that has zippers on both sides. The technology of the glove allows for it to be completely open, helping children and adults see exactly where their fingers need to go. To learn more, click [HERE!](#)
- **Adaptions by Adrian** also has zip-up gloves with the dual benefits of being thumbless and having zipper closure. To learn more, click [HERE!](#)

### Tommy Adaptive

Tommy Hilfiger offers adaptive clothing through **Tommy Adaptive**. The brand offers clothing essentials with easier closures, soft fabrics, and adjustable fits that take the stress out of getting dressed. They also offer clothing specifically designed to accommodate braces, orthotics, and casts as well as seated wear. To learn more, click [HERE!](#)

Major retailers like [Target](#) and [JCPenney](#) also have a variety of adaptive closure jackets, winter clothing, sensory styles, and more!

