



September-November 2014

Therapeutic Recreation Services

CITY OF SPOKANE
PARKS & RECREATION



509.625.6200
spokaneparks.org

Customer Involvement Policies & Important Information

Customer Involvement Policies

- Arrive to the activity / meeting location on time. Under most circumstances TRS will not wait longer than fifteen minutes for participants to arrive. This will prevent a delay in transportation and tardiness of any reservation.
- Leave the activity on time. TRS will wait until transportation comes. If additional supervision is required the participant will be billed \$4.00 for every 15 minutes or \$16.00 for every hour your transportation is late or you arrive too early. (Please refer to the additional supervision form).
- Bring the appropriate amount of money for activity. TRS staff do not carry additional funds to pay for activities. If you do not have sufficient funds for the activity, you may be sent home . Via home site, bus or taxi.
- Bring the appropriate clothing / gear for activity. (i.e.; helmets/gloves, swimsuit/cap, pillow/sleeping bag, extra layers in cold weather, etc.)
- Respect people, place and things around you.
 - a. Stay with the group.
 - b. Follow instructions of TRS staff.
 - c. No smoking permitted except in designated areas upon approval of TRS staff.
 - d. No food or drink allowed on the vans or other transport vehicles.
 - e. No stealing

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies.

We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

Other Parks Programs Available to Special Populations

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Park Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

Important Information

Service Philosophy

Primary goal is to make recreational activities available to a broad spectrum of people with developmental and/or physical disabilities. Our purpose is to assist people to have positive experiences and develop appropriate leisure and social skills they can use throughout their lifetime. Mastery of leisure skills often leads to an increase in self-esteem and the ability to tackle other obstacles in life.

Volunteer/Staff

Volunteers are vital to our programs. Parents/careproviders, siblings, and students are encouraged to volunteer. If you are interested in volunteering, call 509.625.6245. Paid positions also available.

Participant Personal Needs

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Careproviders should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a careprovider in attendance. Registration fees for careproviders may be waived or will vary depending on the activity.

Medication Policy

Participants who take medication during a Therapeutic Recreation program must complete a MEDICATION INFORMATION AND WAIVER form and return it before start of class. Participants must be self-medicating. Program staff can take custody of medication and remind participants when to take medication. Program staff cannot administer medication. All medication must be packaged according to program instructions. Participants should have a current medical coupon/medical insurance card, and identification with current address and phone number.

Miscellaneous Information

Participants will be notified of class changes. Classes held in Spokane school facilities do not meet on holidays, vacation & curriculum days.

Program Fees

Limited scholarship funds are available should a participant be unable to afford a class. Donations are tax deductible and assist us to better serve the leisure needs of people with disabilities. Therapeutic Recreation Services is a registered contractor with DSHS and is eligible to accept DDD respite funds for payment of activities. Contact your local DDD case manager for more information.

Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students enrolled and any supply costs incurred on the participant's behalf. Careproviders may not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

Transportation/Paratransit Users

The Spokane Transit Authority offers both fixed route and para-transit services to the public. For fixed route service, call 509.328.7433; para-transit service, call 509.328.1552. STA will not wait for instructors or buildings to open. Our instructors arrive fifteen minutes prior to the start of the class. In order to prevent participants from being dropped off too early please give a "no earlier than drop" time of 15 minutes before the class starts. Do not use a "no later than" time as it causes problems of too early of an arrival. Care providers must accompany participants who cannot find the class location independently or wait appropriately for the instructor. Therapeutic Recreation works with STA and care providers to identify early and late arrivals and make changes in schedules as needed. *Another suggestion is to use subscription trips. After attending a class three weeks in a row the rider qualifies. With this ride you won't need to call in each week- just call when need to cancel. Schedule rides early. If participants need additional supervision while waiting for transportation after program hours a bill will be sent to cover staff expenses. Para-transit is not recommended for those activities involving a flexible return time - i.e. trips.

Registration Procedure:

- Advance registration is necessary for all programs except where noted.
- Registration is processed on first paid, first served basis. Payment can be accepted over the phone with Visa/MC/Discover only. No verbal reservations over phone.
- Mail in, phone in, walk in, or fax 509.625.6205 registrations.
- Medication Information & Waiver form filled out as necessary.

Special Events

Downhill Ski & Snowboard Program



Ski Season Kick-Off Banquet

Friday, October 3, 2014

6:30 – 8:00 PM

Corbin Community Center, 827 W. Cleveland

This is an opportunity for new skiers, snowboarders and care providers to meet the group and ask questions. Potluck style.



Cross Country Ski Program

BLUE WAXERS

“Ski Season Kick-Off Banquet”

Monday, October 6, 2014

6:00 – 7:30 PM

Sinto Senior Activity Center
1124 W. Sinto

This is an opportunity for new skiers and care providers to meet the group and ask questions. Potluck style.



September Events

SPORTS: for basketball, ice skating and swimming see **Sports** page 12.

Bicycle Ride Centennial Trail

1 day | Ages 16+ Enjoy the afternoon cruising along the beautiful Centennial Trail. If you have poor balance and would like to be in a sitting position we do have handcycles available upon advanced request. Helmets are mandatory. Please notify us if you need to borrow ours. **We will meet at the Mission Park parking lot, Mission & Perry. \$17**

29612 Su 9/14 1:00-4:00 PM

Fall Lake Cruise

1 day | Ages 18+ Cruise on majestic Lake Coeur d'Alene. Enjoy the fresh air and beautiful fall colors. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$39**

29613 Su 9/21 11:00 AM-3:30 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$6**

Sock Hop

Wear your favorite wild and crazy socks! Bring your decorated knee highs and enter the contest.

29640 F 9/12 7:00-9:00 PM

Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Walters Fruit Ranch

Green Bluff Walters Fruit Ranch is our destination. An educational tractor tour, picking an apple and mini pumpkin, and sip apple cider while eating pie. **Meet at Sinto Senior Activity Center, 1124 W Sinto-Parking Lot. \$24**

29615 F 9/26 2:30-7:00 PM



Gentle Nia® Dance

3 weeks | Ages 14 + Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. **Meet at West Central Community Center, 1603 N. Belt, Mason Room. \$19**

29743 M 9/29-10/13 6:30-7:30 PM

Golf

1 day | Ages 16+ Come give golfing a try. We will learn how to putt and hit the ball long distance on the driving range. How to properly hold the club and swing will also be covered. **Meet us at Downriver Golf Course, 3225 North Columbia Circle Club House. \$11**

29257 Su 9/7 3:00-4:30 PM

Walking – Let's Get Moving

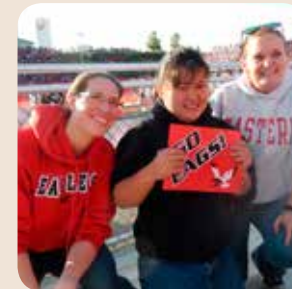
6 weeks | Ages 14+ If you enjoy the outdoors, exercise and socializing with friends a weekly stroll in the Mission Park Neighborhood is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Meet at Mission Park parking lot, Mission & Perry. \$35**

29623 W 9/10-10/15 4:30-5:30 PM

What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$48**

29745 T 9/30-10/21 4:00-6:00 PM



GOT E-MAIL!

If you have e-mail and are interested in receiving brochures and letters through e-mail, let us know.

You can call 509.625.6245 or e-mail it to us at: TRS2@spokanecity.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Golf	8	9	10 Walking	11	12 Friday Night Jam Sock Hop	13
14 Bicycle Ride Centennial Trail	15	16	17 Walking	18	19	20
21 Lake Cruise Lake Coeur d'Alene	22	23	24 Walking	25	26 Friday Fun Walter's Fruit Ranch	27
28 Swimming Learn to Swim	29 Gentle Nia®	30 Cooking				

October Events

SPORTS: for basketball, ice skating and swimming see **Sports** page 12.

Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$37**

29713 Th 10/2-10/23 7:00-8:15 PM

29714 Th 10/30-11/20 7:00-8:15 PM

Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre (SCT). **\$21**

Little Mermaid: SCT, 2727 N. Madelia St. #5

29715 Sa 10/25 12:30-2:30 PM

Dessert Delight

1 day | Ages 16+ If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$12.**

Sweet Frostings: Featuring divine desserts and delicacies such as cupcakes and cake truffles.

29718 Sa 10/11 6:30-8:30 PM

Eagle Football

1 day | Ages 18+ Come on Eagle fans, don't miss this exciting day of college football at Roos Field. We will be traveling to Cheney to watch the Eagles play the Idaho State Bengals. Bring \$12 to purchase dinner and money for souvenirs if desired. **We will meet and return from Sinto Senior Activity Center, parking lot 1124 W. Sinto. \$34**

29735 Sa 10/4 10:45 AM-5:45 PM

Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$15**

The Onion: Gourmet burgers, fish, chicken and more.

29879 W 10/1 6:00-9:00 PM

Rocky Rococco - Pizza & Pasta: Delicious pizza and salad bar.

29880 Th 10/16 6:00-9:00 PM

Dickey's BBQ Pit: Slow smoked in hickory wood.

29881 W 10/29 6:00-9:00 PM

Fleece Hat & Scarf Workshop

1 day | Ages 14+ Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. **Sinto Senior Activity Center, 1124 W. Sinto. \$18**

29736 T 10/28 6:00-8:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision, care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$6**

Halloween/Harvest

29637 F 10/10 7:00-9:00 PM

Friday/Saturday Fun

1 day | Ages 18+ Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Pizza & Bowling: Meet us at North Bowl for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **125 W. Sinto \$24**

29616 Sa 10/11 1:30-4:00 PM

Spokane Chiefs Hockey: Join us watch the Spokane Chiefs hockey team play Kelowna. You may purchase snacks or dinner at the game. Dinner will cost around \$10. **Meet us at the Spokane Arena entrance of Boone and Howard. \$28**

29618 F 10/17 6:30-9:30 PM

Harvest Party: Wear your favorite costume. We will enjoy a mexican bar and caramel apples, do a harvest craft, sing karaoke and drink apple cider while watching a movie. **Meet at Sinto Senior Activity Center, 1124 W Sinto-Parking Lot \$24**

29617 F 10/24 6:00-9:00 PM

Gentle Nia® Dance

3 weeks | Ages 14+ Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. **Meet at West Central Community Center, 1603 N. Belt, Mason Room. \$19**

29743 M 9/29-10/13 6:30-7:30 PM

29744 M 10/27-11/10 6:30-7:30 PM

Greenhouse/Gardening

1 day | Ages 12+ Take a tour of Gaiser Conservatory to see what's blooming, and then return to the Manito Meeting Room to get your hands dirty with gardening or nature craft activities. Participants will practice socialization, communication, and fine-motor skills, as well as experience the people/plant interaction. **Meet at the Manito Park Meeting room next to Gaiser Conservatory and Duncan Garden, 4 W. 21st Ave. \$14**

Falling Stars: Make a Fall "star" arrangement using natural materials, silk and dried flowers and leaves that you can take home.

29303 Sa 10/4 1:00-2:30 PM

Musical Production

9 weeks | Ages 15+ This year's musical will be determined by the fall class participants. They will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. **Ridgeview Elementary, 5610 N. Maple. \$39**

29737 M 10/6-12/1 6:30-8:00 PM

Pre-Ski Season Walking

6 weeks | Ages 12+ Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Mission Park parking lot, Mission & Perry. \$29**

29738 Sa 10/11-11/15 9:30-11:00 AM

Sundancers Squaredancing

8 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook. \$26**

Beginners—meet the second and fourth Tuesdays of the month.

29739 T 10/14, 10/28, 11/11, 11/25 6:30-8:00 PM

Performers—meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month. Pick up time is 9pm.

29740 T 10/7-11/25 6:30-8:00 PM

Train Ride Metaline Falls Autumn Colors

1 day | Ages 16+ Travel to lone, Washington for a ride on the Lions Club excursion train to Metaline Falls. The autumn colors are breathtaking and the train ride exciting. Participants will have the opportunity to practice socialization skills. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$43**

29741 Su 10/5 9:30 AM-4:45 PM

29742 Sa 10/18 9:30 AM-4:45 PM

Walking - Let's Get Moving

6 weeks | Ages 14+ If you enjoy the outdoors, exercise and socializing with friends a weekly stroll in the Mission Park Neighborhood is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Meet at Mission Park parking lot, Mission & Perry. \$35**

29623 W 9/10-10/15 4:30-5:30 PM

What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$48**

29745 T 9/30-10/21 4:00-6:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Walking Fine Dining The Onion	2 Crafts	3	4 Gardening Falling Stars Eagle Football
5 Swimming Learn to Swim Train Ride Metaline Falls	6 Gentle Nia® Musical	7 Cooking Squaredancing Performers Only Powerlifting	8 Walking	9 Crafts Powerlifting	10 Friday Night Jam Halloween/Harvest	11 Pre-Ski Season Walking Saturday Fun Pizza & Bowling Dessert Delight Sweet Frostings
12 Swimming Learn to Swim	13 Gentle Nia® Musical Basketball	14 Cooking Squaredancing Powerlifting	15 Walking Basketball	16 Crafts Powerlifting Fine Dining Rocky Rococco	17 Friday Fun Chiefs Hockey	18 Pre-Ski Season Walking Train Ride Metaline Falls
19 NO Swimming Learn to Swim	20 Musical Basketball Ice Skating	21 Cooking Squaredancing Performers Only Powerlifting	22 Basketball Ice Skating	23 Crafts Powerlifting	24 Friday Fun Harvest Party	25 Pre-Ski Season Walking Day at the Theatre Little Mermaid
26 NO Swimming Learn to Swim	27 Gentle Nia® Musical Basketball Ice Skating	28 Squaredancing Fleece Hat & Scarf Workshop Powerlifting	29 Basketball Ice Skating Fine Dining Dickey's BBQ Pit	30 Crafts Powerlifting	31	

November Events

SPORTS: for basketball, ice skating and swimming see **Sports** page 12.

Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$37**

29714 Th 10/30-11/20 7:00-8:15 PM

Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Christian Youth Theatre (CYT) Spokane. **\$21**

Peter Pan: CYT puts on a great rendition of the classic story of Peter Pan. **Bing Crosby Theatre, 901 W Sprague**

29716 Sa 11/15 2:30-5:30 PM

Dessert Delight

1 day | Ages 16+ If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$12.**

Brain Freeze: Creamery that specializes in fun flavors such as Jungle Mac and Chipotle Chocolate.

29719 W 11/5 7:00-9:00 PM

Service Station: Espresso, brownies, cinnamon rolls and other yummy treats.

29720 W 11/19 7:00-9:00 PM

Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$15**

Azteca: Mexican.

29882 Th 11/6 6:00-9:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$6**

Neon November: Dress in your favorite neon colors.

29638 F 11/14 7:00-9:00 PM

Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Disney on Ice-Let's Celebrate: It's one colossal party on ice with all your favorite Disney friends! **Meet us at the Spokane Arena entrance of Boone and Howard. \$27**

29622 Su 11/9 11:45 AM-2:15 PM

Movie & Burger: We will head to Northtown Mall or Riverpark Square, eat dinner, then see a movie. Please bring \$10 - 12 to purchase dinner. **Meet at Sinto Senior Activity Center, 1124 W Sinto-Parking Lot. \$24**

29619 F 11/21 5:30-10:00 PM

Gentle Nia® Dance

3 weeks | Ages 14+ Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. **Meet at West Central Community Center, 1603 N. Belt, Mason Room. \$19**

29744 M 10/27-11/10 6:30-7:30 PM

29896 M 11/17-12/1 6:30-7:30 PM

Greenhouse/Gardening

1 day | Ages 12+ Take a tour of Gaiser Conservatory to see what's blooming, and then return to the Manito Meeting Room to get your hands dirty with gardening or nature craft activities. Participants will practice socialization, communication, and fine-motor skills, as well as experience the people/plant interaction. **Meet at the Manito Park Meeting room next to Gaiser Conservatory and Duncan Garden, 4 W. 21st Ave. \$14**

Wonderful Winter Wreaths: Decorate a wreath using a variety of materials such as cones, berries and tiny toys.

29304 Sa 11/8 1:00-2:30 PM



Musical Production

9 weeks | Ages 15+ This year's musical will be determined by the fall class participants. They will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. **Ridgeview Elementary, 5610 N. Maple. \$39**

29737 M 10/6-12/1 6:30-8:00 PM

Pre-Ski Season Walking

6 weeks | Ages 12+ Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Mission Park parking lot, Mission & Perry. \$29**

29738 Sa 10/11-11/15 9:30-11:00 AM

Sundancers Squaredancing

8 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook. \$26**

Beginners—meet the second and fourth Tuesdays of the month.

29739 T 10/14, 10/28, 11/11, 11/25 6:30-8:00 PM

Performers—meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month. Pick up time is 9pm.

29740 T 10/7-11/25 6:30-8:00 PM

What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$48**

29746 T 11/4-11/25 4:00-6:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Pre-Ski Season Walking
2 Swimming Learn to Swim	3 Gentle Nia® Musical Basketball Ice Skating	4 Squaredancing Performers Only Powerlifting Cooking	5 Basketball Ice Skating Dessert Delight Brain Freeze	6 Crafts Powerlifting Fine Dining Azteca	7	8 Pre-Ski Season Walking Gardening Wonderful Winter Wreaths
9 Swimming Learn to Swim Disney on Ice	10 Gentle Nia® Musical Basketball Ice Skating	11 Squaredancing Powerlifting Cooking	12 Basketball Ice Skating	13 Crafts Powerlifting	14 Friday Night Jam Neon November	15 Pre-Ski Season Walking Day at the Theatre Peter Pan
16 Swimming Learn to Swim	17 Gentle Nia® Musical Basketball Ice Skating	18 Squaredancing Performers Only Powerlifting Cooking	19 Basketball Ice Skating Dessert Delight Service Station	20 Crafts Powerlifting	21 Friday Fun Movie & Burger	22
23 Swimming Learn to Swim	24 Gentle Nia® Musical Basketball Ice Skating	25 Squaredancing Cooking	26 Ice Skating	27	28	29
30				Thanksgiving Break →		

December Events

SPORTS: for basketball, ice skating and swimming see **Sports** page 12.

Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre (SCT). **\$21**

Best Christmas Pageant Ever: SCT, 2727 N. Madelia St. #5
29717 Sa 12/6 12:30-3:15 PM

Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$15**

Milford's Fish House: Amazing seafood.

29883 Th 12/3 6:00-9:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$7**

Christmas Dinner Dance: Dress nice or in your favorite red and green. This is a dinner so please consider bringing a salad, dessert or rolls.

29639 F 12/12 6:00-9:00 PM

Gentle Nia® Dance

3 weeks | Ages 14 + Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. **Meet at West Central Community Center, 1603 N. Belt, Mason Room. \$19**

29896 M 11/17-12/1 6:30-7:30 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Ice Skating Gentle Nia® Musical	2	3 Ice Skating Fine Dining Milford's Fish House	4	5	6 Day at the Theatre Best Christmas Pageant Ever
7 Swimming Learn to Swim	8	9	10	11	12 Friday Night Jam Christmas Dinner and Dance	13
14	15	16	17	18	19	20
21	22	23	24	25 <i>Merry Christmas</i>	26	27
28	29	30	31			

Basketball

7 weeks | Ages 18+ Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. **Garry Middle School 725 E. Joseph. \$36**

Beginner—group will learn developmental skills such as dribbling and shooting.

29747 M/W 10/13-11/24 6:30-7:30 PM

Intermediate—group focuses on how to play as a team.

29748 M/W 10/13-11/24 7:30-8:30 PM

Ice Skating

8 weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. **Riverfront Park Ice Palace. Each session includes skate rental and participation on both days. \$37**

29750 M/W 10/22-12/3* 4:00-5:00 PM

*No class 11/26

Powerlifting

7 weeks | Ages 17+ For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. **North Central High School 1600 N. Howard weight room. \$46**

29749 T/Th 10/7-11/20 6:30-7:30 PM

Swimming

8 weeks | Ages 8+ For people with developmental disabilities who want to swim competitively or for a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. **Whitworth University Aquatic Center, 300 W. Hawthorne. \$49**

Blue Dolphin Swim Team

29751 Su 9/28-12/7* 3:00-4:30 PM

*No class 10/19, 10/26, and 11/30

Swimming - Learn to Swim

8 weeks | Ages 8+ Learn to swim while having fun in the water. A fun way for kids of all ages with disabilities to learn good swim technique, especially if they want to be competitive later. Each swimmer is requested to have a helper get in the water to help with games and activities. There will be two levels. **Whitworth University Aquatics Center, 300 W. Hawthorne. \$49**

Beginner—Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards.

29752 Su 9/28-12/7* 3:00-3:45 PM

*No class 10/19, 10/26, and 11/30

Intermediate—Individuals who have mastered the Beginner skills and are ready to move on Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience.

29753 Su 9/28-12/7* 3:45-4:30 PM

*No class 10/19, 10/26, and 11/30



In Memory of Pat Costigan

TRS is sad to lose our friend and awesome instructor Pat Costigan. Pat volunteered at the softball program two summers then took over the leadership. He and Dixie instructed the Track and Field program which more than doubled in size. We will miss his wit, hugs and enthusiasm.

His passion was Project ID. If you would like additional information, email ProjectIDSpokane@gmail.com or call 509.850.1489.



ACTIVITY REGISTRATION FORM

Please print and fill out completely

Which program are you registering for? <input type="checkbox"/> General <input type="checkbox"/> TRS	LAST NAME		FIRST NAME		MI
	ADDRESS			CITY/STATE	ZIP
PAYEE INFORMATION	DAY WORK OR CELL PHONE	NIGHT PHONE		EMAIL	

PARTICIPANT INFORMATION		BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
LAST NAME	FIRST NAME	MI					
	/	/		M	F		
	/	/		M	F		
	/	/		M	F		
	/	/		M	F		
	/	/		M	F		
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	/	/		M	F		
	/	/		M	F		
	/	/		M	F		
	/	/		M	F		
	/	/		M	F		

Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities

LIABILITY WAIVER, RELEASE & INDEMNITY AGREEMENT
 I agree to release, indemnify, and hold the city, its agents, officers and employees, and School District 81, harmless from any and all liability claims, actions, judgments, damages or injuries of any kind and nature whatsoever to the participant and/or his property arising from participation in activities for which the participant is registering. I further acknowledge that I have familiarized myself with the description of the activities, understand the hazards and the participant's personal limitations and knowingly assume all risks. I acknowledge I have read and understand this Liability Waiver, Release and Indemnity Agreement, and understand that I am waiving any claim I might have against the City or School District 81 for any harm sustained as a result of any activity for which I am registering a minor child.

Signature of Responsible Adult				Date				
How did you hear about us? <input type="checkbox"/> Existing customer <input type="checkbox"/> TV <input type="checkbox"/> Inlander <input type="checkbox"/> Spokesman <input type="checkbox"/> Kids magazine <input type="checkbox"/> Other _____	May we use your photo/video image taken during activities for publicity purposes? Yes No (circle one) Initial here _____	Total Program Fees: \$	Make checks payable to: City of Spokane Mailing Address: Spokane Parks & Recreation Department Class Registration – My Spokane 808 W. Spokane Falls Blvd. Spokane, WA 99201-3317	Credit Card Information Card Holder's Name		VISA MC AMEX	Exp. Date:	Security Code
THERAPEUTIC RECREATION ONLY								

General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will an additional fee imposed.

Check One: Group Home/Institution _____ In Own Home/Apartment _____ Private Home With Parent _____
Dietary Precautions:
Foods to Avoid:
Activity Limitations/Physical problems (if any):
Will you (your child) need to be reminded to take medications during program hours? <input type="checkbox"/> Yes <input type="checkbox"/> No
Medications Taken: PLEASE FILL OUT MEDICATION INFORMATION & WAIVER FORM
Will you be using Paratransit? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what is your rider number?

THERAPEUTIC RECREATION ONLY

(Do you have any disabilities? (be specific))

Check and explain all that apply below:

ADHD/ADD	Easily Disoriented/Wanders	Restriction to Walking more than 1/2 mile
Uses a Wheelchair	Needs Own Staff Attendant one-on-one	Allergies or Serious Reactions
Seizures	Need Feeding Assistance	Bee/Wasp Stings
Heart Problems	Need Toilet Assistance	Drugs, LIST
Diabetes	Use Sign Language	Food
Hearing Impairment	Sunburns Easily	Other
Visual Impairment	Swimming/Water Restriction	
High Blood Pressure	Non-Verbal	
Easily Fatigued	Shunt - List Type:	

MEDICATION INFORMATION & WAIVER

If you require medication while attending a City of Spokane activity, complete the following information.

Medication Policy

The Therapeutic Recreation Services has a Medical Information and Waiver form to be completed by all participants who will take medications while participating in our activities. The procedure will help us to better assist you with medications both safely and efficiently. We very much need your cooperation to complete the form and package your medications as described below.

Please complete the Medication Information & Waiver form even if you will not take medication while at the activity.

Please package medication by dose in individual extra small zip lock bags or blister cards labeled by the pharmacy to include: 1) name of participant; 2) name of physician; 3) name of pharmacy; 4) dosage and amount; and 5) time to take. For example, if you take six different medications at dinner time there should be six small zip lock bags or blister cards, each with the label information listed above. Then put all bags in a larger zip lock bag labeled with your name, date, day and time to take; e.g. Sam Jones, Saturday, June 15, 6:00 pm. **Send only the amount of medication needed for the dates of the activity. Do not send excess dosages.** Please see the examples below of the small zip lock bag, label, and blister card.

The following pharmacies will package medications this way: Evergreen Pharmacy East, 622 E. 2nd, 838-4826 if you live in a group home. Inland Pharmaceutical Services at 1328 N. Ash, 326-8001, or Walgreen's Express, call 921-0659 for locations, will package medication in small individual blister cards. They do packaging for all clients. Please ask for a Pharmacist. If you purchase medication from them there is no fee for this packaging. If you have a different pharmacy that will package medications please let us know and we will add it to the list.

Participants must be able to take their own medications while at the activity. The activity leaders will provide reminders to take medications and to safely secure them when not in use. If you have medical coupons, please bring them with you in case there is an emergency and you need medical treatment.

THIS DOCUMENT RELIEVES THE CITY OF SPOKANE FROM LIABILITY FOR PERSONAL INJURY OR WRONGFUL DEATH RELATING TO MY MEDICATION. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHT SAY SIGNING IT ANS SIGN IT VOLUNTARILY.

Signature Date _____ Date _____

I am the parent or guardian of the participant and acknowledge that I have read this document and understand its contents and agree to each item noted above. I understand that, to the extent allowed by law, I am waiving my child's rights.

Name _____ Signature _____ Date _____

MEDICATION TAKEN	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:

Summer Intern Kendra Powers-Engdahl

TRS was so blessed to have Kendra on board this past spring and summer. She worked tirelessly doing cooking, Funshine Day Camp, Cat Tales, bowling, and far more. She planned and lead the Farragut/Silverwood 4-day trip. Kendra laid the ground work for new programs we hope to announce in the future.



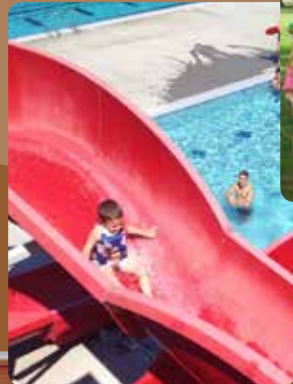
Thank You Summer Quarter Volunteers & Supporters

Shalene Beck
Dave Bentz
Paul Bergman
Calen Busch
Naomi Busch
Steve Busch
Karolynn Clark
Dan Fisher
Yvonne Fisher
Natalie Geisler
Cindy Jameson
Steve Jameson

Rachel Johnson
Valerie Kurbis
Patrick McKinney
Joel Orchard
Kristin Pearson
Rene Stelzer
Jeremy Taylor
Leslie Thompson
Seth White

Intern
Kendra Powers-Engdahl

Summer Highlights



Therapeutic Recreation Services is grateful for the following donations received in 2014.

Spokane Parks Foundation

For Funshine Day Camp and other activities scholarships. **\$1000**

Inland Northwest Community Foundation \$500

Berriocha Family \$500

Knights of Columbus Fatima Parish For Blue Waxers \$200

Haley Nelson - FIOC \$40

Tyler Lewis \$21

End of Season BBQ's for Playball, Challenged Kids Softball, FDC and Campout

Safeway Northpointe
Mgr. Tracy Heffley **10 cs of water**

Market
Mgr. Doug Ryan **Gatorade (\$15)**

Mission
Mgr. Robin Clark **Hotdogs - 120 ea**

Shadle
Mgr. Dan Stelzer **Granola Bars and Fruit Snacks (\$30)**

NW Blvd
Mgr. Mike Stelzer **Paper Products**

Monroe and Francis
Mgr. Wendy Broom **\$25 in products Condiments**

Argonne
Mgr Kevin Whittle **\$15 in product**

Yokes
N. Foothills
Asst. Mgr. Kelly **\$20 Gift Card**

Indian Trails
Magr. Grant **\$40 Gift Card**

Argonne
Mgr. **\$15 Gift Card**

Frito Lay
Tim Seltzer **Approx. 150 individual bags of chips**

Tim's Cascade
Rick F **Approx. 300 individual bags of chips**

Dan Fisher **Hot Dog Buns**

Look for more exciting activities coming this winter:

- **Monster Jam**
- **Harlem Globetrotters**
- **Raptor Reef Indoor Water Park**
- **Spokane Chiefs Hockey**
- **Downhill Skiing and Snowboarding**
- **Adaptive Skiing and Snowboarding**

Therapeutic Recreation Services

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Parks Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.



509.625.6200
spokaneparks.org



808 West Spokane Falls Boulevard
Fifth Floor - City Hall
Spokane WA 99201-3317
509.625.6200

Address Service Requested

