



Therapeutic Recreation Services

Fall

September – December 2017

SpokaneParks.org – Call 311 and press 3 – Outside City: 509.755.2489



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 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.

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 DDA respite funds for payment of activities through the Provider 1 system. Contact your local DDA case manager for more information.

Process to use DDA Funding:

1. Whenever you want to register your children/ adults for Recreation programs utilizing DDA funds, contact your DDA case manager and inform them of price.
2. Have case manager send funding approval and DSHS consent form to abusch@spokanecity.org
3. Fill out registration and then on registration form indicate DDA as payment source and list case manager. Once the form is completed you need to get the form to us by one of these methods:
 - Mail - 808 W. Spokane Falls Blvd, Spokane, WA 99201
 - Fax (509)625.6205)
 - Scan and email to abusch@spokanecity.org
 - Hand deliver your registration to My311 at the first floor of City Hall.
4. When registration form has been received and processed by Program Supervisor and TRS, a confirmation receipt will be sent to customer.
5. Customer will provide copy of confirmation receipt to case manager
6. If customer needs to cancel registration, regular refund policy and procedures apply (see below). DDA WILL NOT PAY IF Customer DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to the customer.
7. Upon successful completion /attendance of customer Case manager will submit approval through the Provider One system that will allow SPRD to be reimbursed.
8. Payment received and applied to customer account.

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.

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.

Have You Tried These Classes and Events? Join Us!



**Adaptive &
Powderhound
Downhill Ski &
Snowboard
Program**

**Cross Country
Ski Program**



Ski Season Kick-Off Banquet

Wednesday, October 4, 2017

6:30 – 8:00 PM

Sinto Senior Activity Center, 1124 W. Sinto Ave

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



September Events

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

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. \$49**

37724 T 9/5-9/26 4:00-6:00 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 (Does not include cost of food).**

Shari's Cafe and Pies – World famous pies, shakes, ice cream

38235 W 9/20 7:00-9:00 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**

37723 Su 9/17 10:30-3:00 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 (Does not include cost of food).**

Outback Steakhouse – Steak, seafood and the bloomin' onion

38243 Th 9/28 6:00-9:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest ongoing 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! Decorate some knee highs and enter the contest.

37722 F 9/8 7:00-9:00 PM

Friday 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 Walter's Fruit Ranch is our destination. An educational tractor tour, picking apples and mini pumpkins, and sipping apple cider while eating pie. **Meet at Sinto Senior Activity Center, 1124 W. Sinto-Parking Lot. \$24**

38245 F 9/29 2:00-6:30 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 Eags play Sacramento State Hornets. 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**

38254 Sa 9/30 10:15 AM-5:15 PM

Walking

4 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. \$27**

38253 W 9/27-10/18 4:30-5:30 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, fax 363.5450 or e-mail it to abusch@spokanecity.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Cooking	6	7	8 Friday Night Jam Sock Hop	9
10	11	12 Cooking	13	14	15	16
17 Fall Lake Cruise	18	19 Cooking	20 Dessert Delight Shari's Cafe and Pie	21	22	23
24 Learn to Swim Swimming	25	26 Cooking	27 Walking	28 Fine Dining Outback Steakhouse	29 Friday Fun Walter's Fruit Ranch	30 Eagle Football vs Sacramento State

October Events

SPORTS: for basketball, ice skating, powerlifting, 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. \$39**

38255 Th 10/5-10/26 7:00-8:15 PM

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. \$49**

37725 T 10/3-10/24 4:00-6:00 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) and Christian Youth Theatre(CYT) Spokane.

School House Rock Live!

A nerve-wrecked school teacher tries to relax by watching TV, when various characters representing facets of his personality emerge from the set and show him how to win his students over with imagination and music, through such songs as "Just a Bill," "Lolly, Lolly, Lolly" and "Conjunction Junction." **Meet at Spokane Children's Theatre, 2727 N. Madelia St. #5. \$24**

38257 Sa 10/21 1:45-4:00 PM

Desert 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 (Does not include cost of food).**

Tomato Street -

Crepe brulee, tiramisu, and chocolate cookie sundaes

38236 W 10/25 7:00-9:00 PM

Drum & Dance

3 weeks | Ages 14+ Whether you want to dance or just drum, join us for this combo class, using music and movements from The Nia Technique®. Increase your awareness of the rhythms in music, and the way your body moves. Experience the joy in improving your body and mind. Participants can be sitting or upright. Please wear comfortable clothing and closed toe shoes for dancing. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$19**

38263 M 10/9-10/23 4:30-5:30 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 (Does not include cost of food).**

The Onion - Gourmet burgers, fish and deep fried oreos.

38240 Th 10/19 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**

Halloween/Harvest

37719 F 10/13 7:00-9:00 PM

Friday 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.

Spokane Chiefs Hockey - Join us watch the Spokane Chiefs hockey team play the Portland Winterhawks. You may purchase snacks or dinner at the game. Dinner will cost around \$10. **Meet us at the Spokane Veterans Arena Main entrance, Boone & Howard. \$28**

38249 F 10/6 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 karoake and drink apple cider while watching a movie. **Meet at Sinto Senior Activity Center, 1124 W. Sinto-Parking Lot \$29**

38246 F 10/20 6:00-9:00 PM

Disney on Ice "Follow Your Heart" - Just keep swimming with Dory and Hank from "Finding Dory" as they set out to find Dory's parents. Cheer with the Emotions from "Inside Out." Venture to wintery Arendelle with Olaf, Kristoff, Elsa, and Anna. And celebrate true friendship with the "Toy Story" gang. **Meet us at the Spokane Veterans Arena Main entrance Boone & Howard. \$38**

38250 F 10/27 6:15-9:00 PM

Ice Skating

8 weeks | Ages 8+ Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes skate rental and participation on both days. **Eagles Ice Arena, 6321 N. Addison St. \$69**

38281 M/F 10/16-12/8 2:45-3:45 PM

Musical Production

8 weeks | Ages 15+ This year's musical will be determined by the Fall quarter class participants. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Ridgeview Elementary, 5610 N. Maple. \$43**

38268 M 10/16-12/4 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**

38271 Sa 10/14-11/18 9:30-11:00 AM

Sundancers Square Dancing

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. \$33**

Beginners - Squaredancers - meet the second and fourth Tuesdays of the month. Class dates are 10/10, 10/24, 11/14, 11/28

38272 T 10/3-11/28 6:30-8:00 PM

Performers - Squaredancers - 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 9:00 PM.

38273 T 10/3-11/28 6:30-8:00 PM

Trips & Tours

TRS Pend Oreille Train Ride

1 day | Ages 16+ This is the same great train the North Pend Oreille Valley Lions Club operated. With a new exciting location and the Newport/Priest River Rotary Club as the new operator. The train leaves historic Newport, WA with the route following the absolutely gorgeous Pend Oreille River to Dalkena. The crew knows the history, and the romance of this fantastic corner of the inland northwest. You may spot moose, elk or eagles. We will have lunch in Newport so bring \$15. **TRS will provide transportation from Sinto Senior Activity Center, 1124 W. Sinto. \$43**

38265 Sa 10/7 9:45 AM-4:00 PM

38266 Su 10/15 9:45 AM-4:00 PM

Walking

4 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. \$27**

38253 W 9/27-10/18 4:30-5:30 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Learn to Swim Swimming	2	3 Square Dancing Performers Only Cooking Powerlifting	4 Walking Ski Programs Kick Off Celebration Sinto Senior Activity Center	5 Crafts Powerlifting	6 Friday Fun Chiefs Hockey	7 Pend Orielle Train Ride
8 Learn to Swim Swimming	9 Drum & Dance	10 Square Dancing Cooking Powerlifting	11 Walking Basketball	12 Crafts Powerlifting	13 Friday Night Jam Halloween/Harvest	14 Pre-Ski Season Walking
15 No Learn to Swim No Swimming Pend Orielle Train Ride	16 Musical Drum & Dance Ice Skating	17 Square Dancing Performers Only Cooking Powerlifting	18 Walking Basketball	19 Crafts Powerlifting Fine Dining The Onion	20 Ice Skating Friday Fun Harvest Party	21 Pre-Ski Season Walking Day at the Theater School House Rock
22 Learn to Swim Swimming	23 Musical Drum & Dance Ice Skating	24 Square Dancing Cooking Powerlifting	25 Basketball Dessert Delight Tomato Street	26 Crafts Powerlifting	27 Ice Skating Disney On Ice Follow Your Heart	28 Pre-Ski Season Walking
29 No Learn to Swim No Swimming	30 Musical Ice Skating	31 No Cooking No Squaredancing Powerlifting				

November Events

SPORTS: for basketball, ice skating, powerlifting, 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. \$39**

38256 Th 11/2-11/30 7:00-8:15 PM

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. \$49**

37726 T 11/7-11/28 4:00-6:00 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) and Christian Youth Theatre (CYT) Spokane. **\$24**

A Christmas Carol – SCT, 901 W Sprague

38258 Su 11/12 2:30-5:30 PM

Desert 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 (Does not include cost of food).**

Coldstone – Creamy ice cream, shakes, sundaes, frozen yogurt & sorbet

38237 Th 11/16 7:00-9:00 PM

Drum & Dance

3 weeks | Ages 14+ Whether you want to dance or just drum, join us for this combo class, using music and movements from The Nia Technique®. Increase your awareness of the rhythms in music, and the way your body moves. Experience the joy in improving your body and mind. Participants can be sitting or upright. Please wear comfortable clothing and closed toe shoes for dancing. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$19**

38264 M 11/6-11/20 4:30-5:30 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 (Does not include cost of food).**

Rocky Rococo-Pizza & Pasta – Delicious pizza and salad bar.

38239 W 11/1 6:00-9:00 PM \$15

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. \$19**

38274 M 11/13 6:30-8:00 PM

Friday Fun

Spokane Chiefs Hockey

The Spokane Chiefs play Portland Winter-hawks. Bring \$10 to purchase snacks or dinner. **Meet us at the Spokane Veterans Arena main entrance, Boone & Howard. \$28**

38251 F 11/3 6:30-9:30 PM

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**

38248 Sa 11/4 1:30-4:00 PM

Spokane Chiefs Hockey

The Spokane Chiefs play Victoria Royals. Bring \$10 to purchase snacks or dinner. **Meet us at the Spokane Veterans Arena main entrance, Boone & Howard. \$28**

38260 F 11/17 6:30-9:30 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**

Neon November – Dress in your favorite neon colors.

37720 F 11/10 7:00-9:00 PM

Musical Production

8 weeks | Ages 15+ This year's musical will be determined by the Fall quarter class participants. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Ridgeview Elementary, 5610 N. Maple. \$43**

38268 M 10/16-12/4 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**

38271 Sa 10/14-11/18 9:30-11:00 AM

Sundancers Square Dancing

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. \$33**

Beginners-squaredancers

meet the second and fourth Tuesdays of the month. Class dates are 10/10, 10/24, 11/14, 11/28

38272 T 10/3-11/28 6:30-8:00 PM

Performers-squaredancers

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 9:00 PM.

38273 T 10/3-11/28 6:30-8:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Basketball Fine Dining Rocky Rococo Kick Off for Ski Programs	2 Crafts Powerlifting	3 Ice Skating Friday Fun Chiefs Hockey	4 Pre-Ski Season Walking Saturday Fun Bowling & Pizza
5 Learn to Swim Swimming	6 Musical Drum & Dance Ice Skating	7 Square Dancing Performers Only Cooking Powerlifting	8 Basketball	9 Crafts Powerlifting	10 Ice Skating Friday Night Jam Neon	11 Pre-Ski Season Walking
12 Learn to Swim Swimming Day at the Theater A Christmas Carol	13 Musical Drum & Dance Ice Skating Fleece Hat & Scarf Workshop	14 Square Dancing Cooking Powerlifting	15 Basketball	16 Crafts Powerlifting Dessert Delight Coldstone	17 Ice Skating Friday Fun Chiefs Hockey	18 Pre-Ski Season Walking
19 Learn to Swim Swimming	20 Musical Drum & Dance Ice Skating	21 Square Dancing Performers Only Cooking	22 Basketball	23 Thanksgiving	24 No Ice Skating	25
26 No TRS classes	27 Musical Ice Skating	28 Square Dancing Cooking	29	30 Crafts Dryland Training for Powderhound Ski Program	No TRS classes →	

New Staff Spotlight



Meet Caitilin

Hi I'm Caitilin! You can also call me Kit Kat. I moved to Spokane six years ago from Seattle to attend Eastern Washington University for Therapeutic Recreation and Psychology. I love golf, art and crafts, and eating new food! I love working with TRS because I get to experience new things, meeting new people and having fun!

Meet Alex!

Alex started as a student intern from Eastern Washington University studying Exercise Science. Alex worked in a variety of programs with TRS including Funshine Day Camp, Softball, and cooking.



Meet Maggie!

Maggie is a transfer student from the University of Oregon. Maggie worked in a variety of programs with TRS including Funshine, softball, fine dining, and more! Look for Maggie in a variety of upcoming fall events!



December Events

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 Children's Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.

Annie

Little orphan Annie charms everyone's hearts. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City Orphanage that is run by the cruel, embittered Miss Hannigan. Annie foils Miss Hannigan's evil machinations... and even befriends President Franklin Delano Roosevelt! She finds a new home and family in billionaire, Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy. **Meet at Spokane Children's Theatre, 2727 N. Madelia St. #5. \$24**

38259 Sa 12/2 1:45-4:30 PM

Desert 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 (Does not include cost of food).**

Brain Freeze – Located in Kendall Yards. Ice cream & sorbet.

38238 W 12/6 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 (Does not include cost of food).**

Milford's Fish House – Spokane fish favorite.

38241 W 12/13 6:00-9:00 PM

Friday Fun

Holiday Light Cruise CdA

1 day | Ages 18+ Come with us as we board a cruise boat to enjoy the Coeur d'Alene Resort's Holiday Light Show, the biggest and brightest in the Northwest. The extravaganza, featuring 225 animated and static displays positioned over the water, across the Resort Grounds, and at the North Pole. Bring a snack, money to purchase cocoa, pop, cookies or chips. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$31**

38298 F 12/1 5:45-9:30 PM

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**

38247 Sa 12/9 1:30-4:00 PM

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

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

Please bring a salad or dessert to share.

37721 F 12/8 6:00-9:00 PM

Musical Production

8 weeks | Ages 15+ This year's musical will be determined by the Fall quarter class participants. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Ridgeview Elementary, 5610 N. Maple. \$43**

38268 M 10/16-12/4 6:30-8:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
More winter activities to come in next brochure					1 Holiday Light Cruise CdA	2 Day at the Theatre Annie
3 Learn to Swim Swimming	4 Ice Skating Talent Show Musical	5	6 Dessert Delight Brain Freeze	7	8 Ice Skating Friday Night Jam Christmas Dinner & Dance	9 Saturday Fun Bowling & Pizza
10 Learn to Swim Swimming	11	12	13 Fine Dining Milfords	14	15	16
17	18	19	20	21	22	23
24	25 Merry Christmas	26	27	28	29	30
31						

In Memory

In Memory of Donna Wake

Donna participated in TRS classes for several years. She enjoyed dancing at the Friday Night Jams. We will miss her sweet smile.



Sports

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. Beginner group will learn developmental skills such as dribbling, shooting, passing, and playing games. Intermediate group will focus on how to play as a team. **Garry Middle School 725 E. Joseph. \$23**

38275 W 10/11-11/22 6:30-7:30 PM

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 weightroom. \$49**

38277 T/Th 10/3-11/16 6:30-7:30 PM

Swimming

10 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

38278 Su 9/24-12/10* 2:15-3:45 PM

*no class 10/15, 10/29, 11/26

Learn to Swim

10 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 techniques, 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**

Intermediate

Individuals who have mastered the Beginner skills and are ready to move on. The Intermediate class works on skills including distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience.

38280 Su 9/24-12/10* 2:15-3:00 PM

*no class 10/15, 10/29, 11/26

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 so for 20 yards.

38279 Su 9/24-12/10* 3:00-3:45 PM

*no class 10/15, 10/29, 11/26



Please print and fill out completely

[illegible]

Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities					
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 Fax Number: 509.625.6205	Credit Card Information		Circle One: VISA MC AMEX		Total Program Fees: \$
	Card Holder's Name		Exp. Date:		
	Card No.		Security Code		
	DDA will send funds. <input type="checkbox"/> Yes <input type="checkbox"/> No		Name & Number of Case Manager		
Please contact your case manager to send us verification of payment.					
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 Disorientated/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 SBY 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):
	Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:

Summer Highlights



Special Thanks to Summer Quarter Volunteers

Summer Volunteers:

Brandon Kirian
Patrick McKinney
Emma Ramos
Annie Montoya
Yvonne Fisher
Karolyn Clark
Loretta Kracher

Parents and Caregivers whose involvement enhances the TRS experience for all.

Special Thanks to Shadle North Lions Club

Join the Shadle North Lions Club at their annual Crab Fest. This year the paddle raise will benefit the Powderhounds ski & snowboard program. We are honored and excited to be a part of this great event.

Shadle North Lions Club Annual Crab Fest

Saturday Nov. 11, 2017

5:00 PM

Mukogawa
Fort Wright Institute



**Free Skiing
+ Volunteering
= One Awesome Winter**

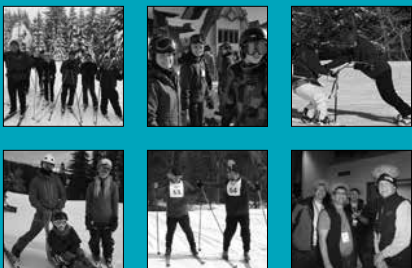


**Do you enjoy skiing or
snowboarding and want to help
improve the quality of life for
people with disabilities?**

**Consider volunteering with
Therapeutic Recreation Services.**

We're also looking for volunteers to help
with outings to sport events or dinners,
creating crafts, or singing and dancing in a
musical production.

**Please call 509.625.6245 or
email abusch@spokanecity.org**



**Look for more
exciting activities
coming this winter**

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.

This is not an activity of the school or school district. Distribution of this material and the use of District facilities does not constitute an endorsement or sponsorship for the event/information by the school or the district.

CITY OF
SPOKANE
PARKS & RECREATION

509.755.2489
spokaneparks.org

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