



Therapeutic Recreation Services

*Summer*

June – September 2017

509.755.2489 – [SpokaneParks.org](http://SpokaneParks.org)

CITY OF  
SPOKANE  
PARKS &  
RECREATION



# 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.

## 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. Contact your DDA case manager and inform them of price.
2. Have case manager send funding approval to [abusch@spokanecity.org](mailto:abusch@spokanecity.org)
3. Fill out registration and then on page 13 indicate DDA as payment source and list case manager.
4. When registration form has been received and processed by TRS, a confirmation receipt will be sent to camper/family.
5. Provide copy of confirmation receipt to case manager.
6. If camper needs to cancel registration, regular refund policy and procedures apply (see below). DDA WILL NOT PAY IF CAMPER DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to camper's family.

### 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!



## Tea Time for the Ladies

**1 day | Ages 18+** Take a step back in time when life was simpler and afternoon teas were a popular time of relaxation and refreshment. Be sure to wear your favorite dress and hat. Heavenly Special Teas dessert tea includes tea, scones and delicious bakery items. **Transportation provided from Parks Operations, 2304 E. Mallon Ave. \$21**

**37827 Sa 8/26 1:00-3:00 PM**



## Trivia Night

**1 day | Ages 16+** Want to test your knowledge of tv shows, sports and more? Come team up with friends, eat snacks and laugh during this fun new event. **Meet at Sinto Senior Center, 1124 W. Sinto. \$17**

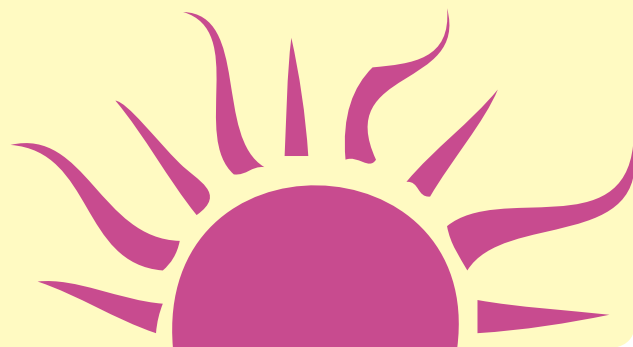
**37826 F 7/28 6:00-8:00 PM**

## Funshine Day Camp



Funshine Day Camp is for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. Meet at Shadle Park Shelter, 4302 N. Belt. **\$159 weekly**

Call **625.6245**,  
email [abusch@spokanecity.org](mailto:abusch@spokanecity.org)  
or visit our website at  
[SpokaneParks.org](http://SpokaneParks.org)  
to access the registration form  
available after April 1, 2017.



## 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**

**37352 Th 6/8-6/29 7:00-8:15 PM**

## Drum & Dance

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. **1603 N Belt-Mason Room. \$19**

**37424 M 5/22-6/12 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).**

## DICKEY'S Barbecue Pit

Authentic smoked BBQ home style. Vanilla ice cream included with cost of meal.

**37420 Th 6/29 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**

## June-Western Roundup

Dress in your favorite western outfit...Flannel shirts, boots, and cowboy hats or buckles. See ya'll there.

**37391 F 6/9 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.

## Spokane Indians Baseball

The Indians play the Boise Hawks. Yokes \$1 Family Feast night. We will be in box seats. Ball Field. \$24

**37408 F 6/16 6:00-10:00 PM**

## Manito Park

One of Spokane's gems is Manito Park. Join us as we walk through the park enjoying the beautiful Duncan, Perennial and Japanese Gardens and smell the beautiful roses on Rose Hill. Bring a minimum of \$10 to purchase dinner at the Park Bench Cafe which offers a nice variety of foods and outside dining. Mirror Pond. \$13

**37401 F 6/23 5:45-8:15 PM**

## Movie & Burger

We will head to Northtown or Riverpark Mall, eat dinner, and see a movie. Be sure to bring \$10 for dinner. 1124 W. Sinto – Parking Lot. \$24

**37398 F 6/30 5:30-10:00 PM**

## Funshine Day Camp

**5 weeks | Ages 6-21 – 1 week | Adults Ages 18+** Funshine Day Camp for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. **Meet at Shadle Park Shelter, 4302 N. Belt \$159 per week. A separate registration form is required.**

## FDC – Kids #1 Dinosaur Daze

**37445 M-F 6/19-6/23 10:00-3:30 PM**

## FDC – Kids #2 Whimsical Dr. Seussical

**37446 M-F 6/26-6/30 10:00-3:30 PM**

## Hiking

**1 day | Ages 16+** Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$15

## Turnbull Wildlife Refuge

At various times of day you can see/hear otter, beaver, deer, owl, porcupine, and coyote, but mostly bird wildlife such as turkey, ducks, and geese. **1124 W. Sinto-Parking Lot. \$15**

**37427 Su 6/18 9:00 AM-2:00 PM**

## Rafting – Upper Spokane

**1 day | Ages 14+** See our own Spokane River as it winds through the Valley. This trip operated by Wiley Waters has a touch of Whitewater and is a great introduction to rafting. Participants should be comfortable in the water. Registration deadline: Jun 13. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$46**

**37452 Sa 6/17 12:30-5:00 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. \$49**

**37433 T 6/6-6/27 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: [abusch@spokanecity.org](mailto:abusch@spokanecity.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Crafts 1	2	3
4	Drum & Dance 5	Cooking 6	Dessert Delight Tomato Street 7	Crafts 8	Friday Night Jam Western Roundup 9	Fishing Frenzy 10
11	Drum & Dance Adult Softball 12	Cooking 13	Adult Softball 14	Crafts 15	Friday Fun Spokane Indians Baseball 16	Rafting Upper Spokane 17
Turnbull Wildlife Refuge 18	Adult Softball 19	Cooking 20	Adult Softball 21	Crafts 22	Friday Fun Manito Park 23	Hoopfest 24
	Funshine Day Camp Kids #1					
Hoopfest 25	Adult Softball 26	Cooking 27	Adult Softball 28	Crafts Fine Dining DICKY'S Barbecue Pit 29	Friday Fun Movie & Burger 30	
	Funshine Day Camp Kids #2					

## Bicycle of the Coeur D' Alene's

**1 day | Ages 14+** This beautiful and historic trail follows the abandoned Union Pacific Railway. Our biking begins in Plummer, Idaho. We will go 14 miles on flat pavement through a canyon and alongside Lake Coeur D'Alene. Lunch and ice cream will be in Harrison and then we'll ride back to Heyburn State Park. **Transportation provided from Park Ops, 2304 E. Mallon. \$39**

**37708 Sa 7/29 8:30-5:30 PM**

## Bicycling

**6 weeks | Ages 16+** Enjoy Spokane's natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits. **Meet us at Trail head, 9900 E. Maringa Drive. \$39**

**37709 T 7/11-8/22 6:00-8:00 PM**

## Cat Tales

**1 day | Ages 18+** Lions and tigers and bears, oh my! But wait there is more...leopards and jaguars and servals and pumas and reptiles and we will take a tour with zoo staff. Bring money to buy ice cream after event. **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$19**

**37346 Sa 7/15 1:00-5:00 PM**

## Cheney Rodeo

**1 day | Ages 18+** Put on your western duds and cowboy hat as we head to Cheney for the annual professional rodeo. The show will be packed with calf roping, bronc and bull riding, and other exciting events. **Meet us at Cheney Rodeo Grounds, 14310 St. Rt. 904. \$29**

**37710 Su 7/9 1:30-4:30 PM**

## 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**

**37353 Th 7/6-7/27 7:00-8:15 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).**

**Didiers – Creamy yogurt and espresso shakes**

**37436 Th 7/13 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**

**37899 M 7/10-7/24 4:30-5:30 PM**

**37990 M 7/31-8/14 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).**

**Anthony's – Sunset Dinner. Fresh northwest seafood. Nice outside seating.**

**37419 Th 7/20 5:00-8:00 PM**

**Casa de Oro – Mexican**

**37412 W 7/26 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. **Mission Park South Shelter, Sharp & Sinto. \$7**

**July Picnic and Dance**

Wear your favorite red, white and blue. Please bring a salad or desert to contribute to the fried chicken dinner served.

**37392 F 7/14 6:00-9:00 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.

**Spokane Indians Baseball**

The Indians play the Hillsboro Hops.Yokes \$1 feast night. Bring \$8-10 for dinner/snacks. We will be in box seats. **Ball Field. \$24**

**37409 F 7/7 6:00-10:00 PM**

**Bowling & Pizza**

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**

**37406 Sa 7/22 1:30-4:00 PM**

## Funshine Day Camp

**5 weeks | Ages 6-21 – 1 week | Adults Ages 18+** Funshine Day Camp for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. **Meet at Shadle Park Shelter, 4302 N. Belt \$159 per week. Separate registration form is required.**

**FDC – Kids #3 Pirate Surf Safari**

**37447 M-F 7/10-7/14 10:00 AM-3:30 PM**

**FDC – Adult Week #1 The Best of the Best**

**37451 M-F 7/17-7/21 10:00 AM-3:30 PM**

**FDC – Kids #4 Mighty Jungle**

**37448 M-F 7/24-7/28 10:00 AM-3:30 PM**

**FDC – Kids #5 Rocketship Run**

**37449 M-F 7/31-8/4 10:00 AM-3:30 PM**

## Hiking

**1 day | Ages 16+** Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$15**

**Dishman Hills –** This is Spokane's wilderness version of New York's Central Park, with rocks, landforms, & vegetation. Enjoy ponds, cliffs, ravines, and numerous high points with views. You could see deer, raccoon, coyotes, and 100 species of birds

**37428 Su 7/23 9:00 AM-2:00 PM**

## Horseshoe Pitching

**6 weeks | Ages 12+** The Spokane Horseshoe Association has invited us to come pitch horseshoes. The club members will teach the rules, regulations, and etiquette of the sport. Through small groups or individually each person will learn to pitch in the correct way. Skills such as socialization, listening, and gross motor will be practiced. **Meet at Franklin Park, Division & Queen. \$29**

**37711 T 7/11-8/15 6:45-8:00 PM**

## Movie in the Park

**1 day | Ages 16+** PEMCO insurance is again sponsoring Outdoor Movies at Riverfront Park. Events feature tasty food, live circus acts by Spokane Aerial Performance Arts, movie trivia and your favorite films on a 40-foot outdoor movie screen. Bring a chair or a blanket and money for snacks. **Meet us at the north entrance of Riverfront Park, Howard & Mallon, just east of Flour Mill, near butterfly. \$17**

**The Princess Bride**

**37704 W 7/19 7:30-11:00 PM**

## Trivia Night

**1 day | Ages 16+** Want to test your knowledge of tv shows, sports and more? Come team up with friends, eat snacks and laugh during this fun new event. **Meet at Sinto Senior Center, 1124 W. Sinto. \$17**

**37826 F 7/28 6:00-8:00 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. \$37**

**37430 Th 7/6-8/10 4:30-5:30 PM**

## Water Aerobics

**6 weeks | Ages 16+** Exercise fun without the stress and pressure on joints and knees. Following directions and being comfortable in waist deep water. Careproviders are welcomed. Come dressed in your suit. Bring a towel. **Meet at Witter Pool, E.Mission at Upriver Dr. \$29**

**37681 M 7/10-8/14 10:30-11:15 AM**

## 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. \$49**

**37706 T 7/11-8/1 4:00-6:00 PM**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Adult Softball	4	5 Adult Softball	6 Crafts Walking	7 Playball Friday Fun Spokane Indians	8
9 Cheney Rodeo	10 Adult Softball Water Aerobics Drum & Dance	11 Bicycling Horseshoe Pitching Cooking	12 Adult Softball	13 Crafts Walking Dessert Delight Didiers	14 Playball Friday Night Jam Picnic & Dance	15 Cat Tales
Funshine Day Camp #3						
16	17 Adult Softball Water Aerobics Drum & Dance	18 Bicycling Horseshoe Pitching Cooking	19 Adult Softball Movie in the Park The Princess Bride	20 Crafts Fine Dining Anthonys	21 Playball	22 Saturday Fun Bowling & Pizza
Adult Funshine Day Camp						
23 Hiking Dishman Hills	24 Adult Softball Water Aerobics Drum & Dance	25 Bicycling	26 Adult Softball	27 Crafts	28 Playball	29 Bicycle of the Coeur D' Alene's
Funshine Day Camp #4						
30	31 Adult Softball Water Aerobics Drum & Dance	Horseshoe Pitching Cooking	Fine Dining Casa de Oro	Walking	Trivia Night	

# August Events

**SPORTS:** for softball and playball, see Sports page 12.

## Bicycling

**6 weeks | Ages 16+** Enjoy Spokane's natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits. **Meet us at Trail head, 9900 E. Maringa Drive. \$39**

**37709 T 7/11-8/22 6:00-8:00 PM**

## Bring on the Buffalo

**1 day | Ages 14+** Meet and greet the buffalo at Win-Tur Bison Farm! Learn the farm history, bison facts, take a tour of the farm, and hand feed the buffalo! Afterwards, enjoy good eats at the Pizza Factory! Please bring \$15-20 for lunch. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$29**

**37712 Th 8/24 9:45 AM-3:15 PM**

## 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**

**37354 Th 8/3-8/24 7:00-8:15 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).**

**The Scoop** – Fun and whacky flavors in a neighborhood setting.

**37713 W 8/23 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**

**37990 M 7/31-8/14 4:30-5:30 PM**

## Farragut Camping/Silverwood

**4 days | Ages 18+** Farragut State Park & Silverwood adventure includes camping, campfires, great food, ranger shows, nature trail walks, beaches, Frisbee, a tour of Naval Museum, visit to Bayview, and a full day Silverwood Theme Park. **Transportation provided from Sinto Senior Activity Center parking lot, 1124 W. Sinto. \$399**

**37455 T 8/8 Depart 1:00 PM**  
**F 8/11 Return 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).**

**NU DO RAMEN** – Hip Japanese bar/eatery with graphic art & communal tables offering a ramen-centric menu.

**37413 W 8/16 6:00-9:00 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.

### Spokane Indians Baseball

The Indians play the Eugene Emeralds. Tonight will be Fireworks Night. We will be in box seats. Bring \$10 for dinner/snacks. **Ball Field. \$24**

**37410 F 8/4 6:00-10:00 PM**

### Spokane Indians Baseball

The Indians play the Vancouver Canadians. Bring \$10 for dinner/snacks.. We will be in box seats. **Ball Field. \$24**

**37411 F 8/18 6:00-10:00 PM**

### Pow Wow Riverfront Park

Lots of colorful costumes and dancing await us at the RFP Pow Wow. There will be ethnic food and great drumming. Bring \$12-20 to purchase dinner and additional money for souvenirs if desired. **North Bank Shelter. \$14**

**37407 F 8/25 6:15-9:45 PM**

## Funshine Day Camp

**5 weeks | Ages 6-21 – 1 week | Adults Ages 18+** Funshine Day Camp for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. **Meet at Shadle Park Shelter, 4302 N. Belt \$159 per week. Separate registration form is required.**

### FDC – Kids #5 Rocketship Run

**37449 M-F 7/31-8/4 10:00-3:30 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, 3225 North Columbia Circle – Club House. \$13**

**37714 Su 8/13 3:00-4:30 PM**

**37715 Su 8/27 3:00-4:30 PM**

## Horseshoe Pitching

**6 weeks | Ages 12+** The Spokane Horseshoe Association has invited us to come pitch horseshoes. The club members will teach the rules, regulations, and etiquette of the sport. Through small groups or individually each person will learn to pitch in the correct way. Skills such as socialization, listening, and gross motor will be practiced. **Meet at Franklin Park, Division & Queen. \$29**

**37711 T 7/11-8/15 6:45-8:00 PM**

## Paddleboard Intro

**1 Day | Ages 16+** Spend the day at beautiful Liberty Lake with TRS learning how to Paddleboard. Come see how much fun it is to 'walk on water'. Paddle boarding is for anyone that is interested in sitting or standing on water while cruising around the lake. Ability to follow directions with minimal assistance, no fear of water, and a sense of adventure is required. Bring a snack and water. Paddleboard, pfd's and paddles are provided. **Transportation from Sinto Senior Activity Center, 1124 W. Sinto. \$35**

**37716 Su 8/20 1:00-5:00 PM**

## Scottish Highland Games

**1 day | Ages 18+** Bag pipes, dancing, strength tests, sheep and dogs are all part of the Highland Games. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$25**

**37717 Sa 8/5 11:00-4:00 PM**

## Splash Down

**1 day | Ages 18+** Blast down the 4 story zoomin' flume of the Cannon Bowl, experience the unexpected loops, droops, and embankments of the 400' Spokane Falls slides and have fun in the sun with friends. **Meet us at Splash Down 11127 E. Mission Ave. in Spokane Valley. \$27**

**37718 T 8/22 3:45-7:30 PM**

## Tea Time for the Ladies

**1 day | Ages 18+** Take a step back in time when life was simpler and afternoon teas were a popular time of relaxation and refreshment. Be sure to wear your favorite dress and hat. Dessert tea includes tea, scones and delicious bakery items. **Transportation provided from Parks Operations, 2304 E. Mallon Ave. \$21**

**37827 Sa 8/26 1:00-3:00 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. \$37**

**37430 Th 7/6-8/10 4:30-5:30 PM**

## Water Aerobics

**6 weeks | Ages 16+** Exercise fun without the stress and pressure on joints and knees. Following directions and being comfortable in waist deep water. Careproviders are welcomed. Come dressed in your suit. Bring a towel. **Meet at Witter Pool, E.Mission at Upriver Dr. \$29**

**37681 M 7/10-8/14 10:30-11:15 AM**

## 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. \$49**

**37706 T 7/11-8/1 4:00-6:00 PM**

**37707 T 8/8-8/29 4:00-6:00 PM**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Bicycling Horseshoe Pitching Cooking	2 Adult Softball BBQ	3 Crafts Walking	4 Friday Fun Spokane Indians Playball	5 Scottish Highland Games
Funshine Day Camp #5						
6	7 Water Aerobics Drum & Dance	8 Bicycling Horseshoe Pitching Cooking	9	10 Crafts Walking	11	12
Farragut Camping/Silverwood						
13 Golf	14 Water Aerobics Drum & Dance	15 Bicycling Horseshoe Pitching Cooking	16 Fine Dining NU DO RAMEN	17 Crafts	18 Friday Fun Spokane Indians	19 Paddleboard Intro
20	21	22 Bicycling Splash Down Cooking	23 Dessert Delight The Scoop	24 Crafts Bring on the Buffalo	25 Friday Fun Pow Wow	26 Tea Time for the Ladies
27 Golf	28	29 Cooking	30	31		

# September Events – Look for the upcoming Fall TRS brochure with a complete listing of September events.

## 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. **Mission Park South Shelter, Sharp & Sinto. \$7**

## Sock Hop

Wear your favorite red, white and blue. Please bring a salad or desert to contribute to the fried chicken dinner served.

**37722 F 9/8 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. This class is designed for people with developmental disabilities but friends and family are welcomed to join in. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$39**

**37723 Su 9/17 10:30 AM-3:00 PM**

## Seattle Mariners Baseball Game

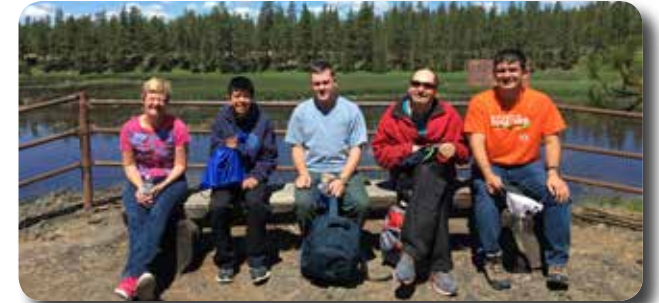
**2 days | Ages 18+** Enjoy a baseball game at Safeco Field watching the Seattle Mariners play the Texas Rangers. Participants need to be independent in personal care skills and have no major behavioral or medical needs. Trip fee covers transportation, staff, game tickets, overnight accommodations, breakfast and lunch on return day. \$50 deposit to reserve space, non-refundable after August 4, 2016. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$269**

**37727 W 9/6 Depart 10:00 AM**  
**Th 9/7 Return 4:30 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. \$49**

**37724 T 4:00-6:00 PM**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
More fall activities to come in next brochure					1	2
3	4	5 Cooking	6 Seattle Mariners	7 Seattle Mariners	8 Friday Night Jam Sock Hop	9
10	11	12 Cooking	13	14	15	16
17 Fall Lake Cruise	18	19 Cooking	20	21	22	23
24	25	26 Cooking	27	28	29	30

# Meet the Intern!

Hi! My name is Madee Lewis. I am a recent graduate from Eastern Washington University with a degree in Therapeutic Recreation. I got started with Spokane Parks and Recreation through the downhill ski program, Go Powder Hounds! I have volunteered for many different programs, but I especially enjoy the time I have spent with the City of Spokane. I am excited to begin this journey, making new friends, developing new skills, and having an amazing summer with you all!



# Sports

## SPORTS SKILLS AND LEAGUES

### Adult Softball

**9 weeks | Ages 18+** Fresh air, sunshine and playing softball with friends in a recreational setting. **Meet at Shadle Park, northwest corner of Shadle High off of Ash. \$39** End of Season BBQ is 8/2.

**37453 M/W 6/12-8/2 6:30-8:00 PM**

### Play Ball

**14 weeks | Ages 12-18** This program is for those who are ready for more of a challenge. They will work on preparation and skill development in actual game situations. We are looking for parents/adults to play to enhance the game. **Meet at Chief Garry Park, Mission & Regal. Field C. \$50**

**37454 F 5/5-8/4 6:00-8:00 PM**



<b>Which program are you registering for?</b> <input type="checkbox"/> General <input type="checkbox"/> TRS		LAST NAME		FIRST NAME		MI									
<b>PAYEE INFORMATION</b>		ADDRESS		CITY/STATE		ZIP									
		DAY WORK OR CELL PHONE		NIGHT PHONE		EMAIL									
<b>LIABILITY WAIVER, RELEASE &amp; INDEMNITY AGREEMENT</b> 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.				<b>How did you hear about us?</b> <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 _____											
Signature of Responsible Adult _____ Date _____				<b>May we use your photo/video image taken during activities for publicity purposes?</b> Yes No (circle one) Initial here _____											
<b>PARTICIPANT INFORMATION</b>		LAST NAME FIRST NAME MI		BIRTHDATE		AGE		GENDER		ACTIVITY NUMBER		ACTIVITY NAME		FEE	
		/ /				M F									
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		/ /				M F									
Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities															
<b>Make checks payable to:</b> City of Spokane				<b>Credit Card Information</b>		<b>Circle One:</b>		VISA MC AMEX		<b>Total Program Fees:</b>					
<b>Mailing Address:</b> Spokane Parks & Recreation Department Class Registration – My Spokane 808 W. Spokane Falls Blvd. Spokane, WA 99201-3317				Card Holder's Name		Exp. Date:		Security Code		<b>\$</b>					
				Card No.											
<b>DDA will send funds.</b> <input type="checkbox"/> Yes <input type="checkbox"/> No				Name & Number of Case Manager											
<b>Please contact your case manager to send us verification of payment.</b>															
<b>THERAPEUTIC RECREATION ONLY</b> 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.															
<b>Check One:</b> 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: <b>PLEASE FILL OUT MEDICATION INFORMATION &amp; WAIVER FORM</b>															
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 AND 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:

# Spring Highlights



## Special Thanks to Spring Quarter Volunteers

### Spring Volunteers:

Megan Ahrendt  
Shaina Bass  
Ron Blair  
Carolyn Clark  
Abby Clemons  
Brandon Kirian  
April Konyu  
Susan Landby  
Madee Lewis  
Alex Maszak  
Jerry Nelson  
Tricia Saylor  
Laura Simpson

### Swimming Instructors:

Bert Caldwell  
Lisa Caldwell  
Evan Childears  
Pat Garvin  
Bill Johnson  
Loretta Moon  
Glendia Plott



## TRIPS AND TOURS

### Farragut Camping/Silverwood

4 days | Ages 18+ Farragut State Park & Silverwood adventure includes camping, campfires, great food, ranger shows, nature trail walks, beaches, Frisbee, a tour of Naval Museum, visit to Bayview, and a full day Silverwood Theme Park. **Transportation provided from Sinto Senior Activity Center parking lot, 1124 W. Sinto. \$399**

**37455 T 8/8 Depart 1:00 pm**  
**F 8/11 Return 3:00 PM**



Look for more  
exciting activities  
coming this summer

### 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

Address Service Requested

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



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