



Therapeutic Recreation Services

# Winter

January – April 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.

## 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 DDA respite funds for payment of activities through the Provider 1 system. Contact your local DDA 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.



# Have You Tried These Classes and Events? Join Us!

## 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**

**36096 M 1/23-2/6 4:30-5:30 PM**

**36097 M 2/13-3/6\* 4:30-5:30 PM**

\*No class 02/20

## 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.

### Guys Night Out

No Girls Allowed! It's Guys Night! Come and experience the thrill of dodgeball, slam ball, or even the ninja course at Get Air. All these activities will not only be fun, but they are on a trampoline. Pizza and soda provided. **Meet at Northtown Mall, 4750 N Division St – Sears and Lidgerwood Side. \$33**

**36109 F 1/27 6:00-9:30 PM**

## Hooparama

**1 day | Ages 12+** 14th Annual 3 on 3 Basketball Tournament to celebrate TRS basketball. Teams will consist of four players—two with developmental disabilities and two without. We will have fun games, prizes, t-shirts, serve lunch and play lots of basketball. **East Central Community Center, 500 S. Stone. \$24**

**36121 Sa 3/18 8:30 AM-3:30 PM**

## 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.



### Volunteer Ski/Snowboard Instructor Workshops

#### Adaptive Volunteer Training Clinics

(teaching those using adaptive pieces of equipment & methods): Friday January 13, 6-8 pm at Corbin Senior Activity Center, 827 W. Cleveland, Saturday Jan 14, 8:30am-4pm, Sunday Jan 15, 9am-4pm meet at Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more. \$40

**36132 F-Su 1/13-1/15**



#### Powderhound (DD) Clinics

(Teaching those with developmental disabilities): Thursday Dec. 1st, 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland and Saturday January 7 and Sunday January 8, 9am-4pm Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more. \$40

**36131 12/1, 1/7-1/8**



#### Blue Waxers

Teaching those with developmental disabilities how to cross country ski. Held at Selkirk Lodge. Must have a sno-park permit.

**36133 Sa 1/7 9:00 AM-12:00 PM**

Please call 509.625.6245 or email [abusch@spokanecity.org](mailto:abusch@spokanecity.org)

# January Events

**SPORTS:** for basketball, ice skating, powerlifting and swimming see **Sports** page 10.

## 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**

**36090 Th 1/5-1/26 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.)

## Olive Garden

Cheesecake, tiramisu, cream cake, zeppoli & dolcini

**36113 W 1/11 7:00-9:00 PM**

## Red Lobster

Cheesecake, chocolate chip lava cookies, crostada & key lime pie

**36122 Th 1/26 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**

**36096 M 1/23-2/6 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.)

## Red Robin

Burgers, Shakes, Sweet Potato Fries and more

**36116 Th 1/19 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 of each month. **West Central Community Center, 1603 N. Belt. \$6**

**2016 New Years Spectacular** – Celebrate the new year with glitz and fun. Dress up and strike a stunning pose at our photo booth.

**36098 F 1/13 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.

## Guys Night Out

No Girls Allowed! It's Guys Night! Come and experience the thrill of dodgeball, slam ball, or even the ninja course at Get Air. All these activities will not only be fun, but they are on a trampoline. Pizza and soda provided. **Meet at Northtown Mall, 4750 N Division St – Sears and Lidgerwood Side. \$33**

**36109 F 1/27 6:00-9:30 PM**

## Pizza & Bowling

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

**36103 Sa 1/28 1:30-4:00 PM**

## Musical Production

**8 weeks | Ages 15+** This year's musical will be Disney Ensemble, a variety of songs from favorite Disney movies. 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**

**35737 M 1/23-3/20\* 6:30-8:00 PM**

\*No class 02/20

## Monster Jam

**1 day | Ages 16+** Monster Jam is the incredible family-friendly experience starring twelve-foot tall, ten-thousand pound machines that will bring you to your feet. These colorful, larger than life beasts are sure to capture the heart of both young and old! We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. **Meet at Veterans Arena Entrance of Boone and Howard. \$43**

**36102 Su 1/29 11:45 AM-4:15 PM**

## Planetarium Tour

**1 day | All Ages** This one hour show consists of an instructional presentation of the current night sky, a 20-25 minute full dome movie, and a question and answer session with the presenter. Let's do some star gazing at the new Spokane Falls Planetarium! Registration ends 1 week prior to show date. **Meet at Building #28 SFCC, 3410 W. Fort George Wright Drive. \$17**

## Undiscovered Worlds

Exoplanets: hundreds of planets that have been found orbiting stars beyond the Sun. Our solar system is not alone in the universe.

**35752 Su 1/15 12:45-2:00 PM**

## 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. 01/10, 01/24, 02/14, 02/28, 03/14, 03/28.

**35738 T 1/10-3/28\* 6:30-8:00 PM**

\*No class 01/31

**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 with pick up time being 9pm.

**35739 T 1/3-3/28\* 6:30-8:00 PM**

\*No class 01/31

## Tie-Dye Workshop

**1 day | Ages 18+** Groovy is in. Don't miss this colorful chance to create your own T-shirt. We will provide one t-shirt; you may bring extra items from home to dye. Participants will practice socialization skills. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$17**

**36101 M 1/16 6:30-7:30 PM**

## Tubing Adventure

**1 day | Ages 16+** Head to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa in the snow sports chalet. **Meet us at Sinto Senior Activity Center, 1124 W. Sinto. \$33**

**36125 Su 1/22 9:45 AM-3:30 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 and Community Center, 3151 E. 27th Ave.-kitchen. \$49**

**36086 T 1/10-1/31 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](mailto:TRS2@SpokaneCity.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Ice Skating	3 Squaredancing Performers Only	4 Ice Skating	5 Powerlifting Crafts	6	7 Blue Waxers Powderhounds Volunteer Training
8 Swimming Learn to Swim Powderhounds Volunteer Training	9 Ice Skating	10 Squaredancing Powerlifting Cooking	11 Basketball Ice Skating Dessert Delight Olive Garden	12 Powerlifting Crafts	13 Friday Night Jam New Years Spectacular Adaptive Training	14 Blue Waxers Powderhounds Adaptive Training
15 Swimming Learn to Swim Planetarium Adaptive Training	16 Tie Die Workshop NO Ice Skating	17 Squaredancing Performers Only Powerlifting Cooking	18 Basketball Ice Skating	19 Powerlifting Crafts Fine Dining Red Robin	20	21 Blue Waxers Powderhounds Adaptive Ski
22 Swimming Learn to Swim Tubing Adventure!	23 Ice Skating Musical Drum & Dance	24 Squaredancing Powerlifting Cooking	25 Basketball Ice Skating	26 Powerlifting Crafts Dessert Delight Red Lobster	27 Friday Night Fun Guy's Night Out	28 Blue Waxers Powderhounds Adaptive Ski Pizza & Bowling
29 NO Swimming Monster Jam	30 Ice Skating Musical Drum & Dance	31 NO Squaredancing Powerlifting Cooking				



# February Events

**SPORTS:** for basketball, ice skating, powerlifting and swimming see **Sports** page 10.

## 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**

**36091 Th 2/2-2/23 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 and Christian Youth Theatre Spokane.

### Henry & Ramona

From the books by Beverly Cleary. Welcome to Klickitat Street, home of Henry Higgins, his faithful dog Ribsy, Ramona the Pest, and her long-suffering sister Beezus. **Meet us at Spokane Children's Theatre, 2727 N. Madelia St #5. \$22**

**36126 Su 2/5 1:45-4:00 PM**

### Joseph and the Amazing Technicolor Dreamcoat

CYT presents one of the most enduring shows of all time, the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. **Meet us at Bing Crosby Theatre, 901 W. Sprague. \$22**

**36127 Sa 2/25 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** (Does not include cost of food.)

### P.F. Chang's

Banana spring rolls, New York cheesecake, great wall of chocolate, triple chocolate mousse and more.

**36115 Th 2/16 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**

**36096 M 1/23-2/6 4:30-5:30 PM**

**36097 M 2/13-3/6\* 4:30-5:30 PM**

\*No class 02/20

## Eagles Basketball

**1 day | Ages 16+** Join us as we cheer on the Eastern Eagles Mens Basketball team as they take on Portland State Vikings. The excitement will take place at EWU on Reese Court. Bring \$10 to purchase lunch. **Meet us at Sinto Senior Activity Center, 1124 W Sinto-Parking Lot. \$19**

**36124 Sa 2/4 12:00-4:00 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.)

### Flamin' Joes

Wings, nachos, corndogs, sweet potato fries and more.

**36120 W 2/8 6:00-9:00 PM**

### Fire Artisan Pizza

Wood fired pizza and a yummy cookie dessert.

**36118 Th 2/23 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 staff. A variety of colors and patterns will be available. No sewing experience required. **Sinto Senior Activity Center, 1124 W. Sinto. \$19**

**36112 M 2/20 6:30-8:00 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 then care providers need to attend. Second Friday of each month. **West Central Community Center, 1603 N. Belt. \$6**

**Sweetheart Dance** – Bring a sweetheart to dance with. Wear red, pink and white.

**36099 F 2/10 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 Chiefs Hockey

Join us watch the Spokane Chiefs hockey team play Medicine Hat Tigers. 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**

**36106 F 2/3 6:30-9:30 PM**

### Pizza & Bowling

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

**36105 Sa 2/11 1:30-4:00 PM**

## Girls Night Out

No Boys Allowed! It's Girls Night! We will make personal pizzas, bake a sweet treat, paint our nails, watch a chick flick, eat popcorn and just be girls. **Meet at Sinto Senior Activity Center, 1124 W Sinto-Dining Room. \$24**

**36104 F 2/17 6:00-9:30 PM**

## Musical Production

**8 weeks | Ages 15 +** This year's musical will be Disney Ensemble, a variety of songs from favorite Disney movies. 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**

**35737 M 1/23-3/20\* 6:30-8:00 PM**

\*No class 02/20

## Polka Dot Pottery

**1 day | Ages 16+** Avoid the winter blues by coming with us to a paint it yourself ceramic shop. Prices vary depending upon piece. Figurines \$11-15, Mugs are \$11-24, banks \$18-26, plates \$16 (salad)-25 (dinner), cereal bowls \$15-18. We suggest bringing \$20-\$35. **Meet at 2716 W. Northwest Blvd. \$12**

**36110 Su 2/19 1:30-3:30 PM**

## Raptor Reef Indoor Water Park

**1 day | Ages 18+** Grab your swimsuit and towel! There are three slides: *Last Falls* – 400 feet long and full of twists; *Velociraptor Vortex* – the super bowl ride that swirls, spins and flushes; and *Prehistoric Plunge* – 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza and park entrance fee. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$44**

**36111 Su 2/26 12:30-6:00 PM**

## 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. 01/10, 01/24, 02/14, 02/28, 03/14, 03/28.

**35738 T 1/10-3/28\* 6:30-8:00 PM** \*No class 01/31



**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 with pick up time being 9pm.

**35739 T 1/3-3/28\* 6:30-8:00 PM** \*No class 01/31

## 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 and Community Center, 3151 E. 27th Ave.-kitchen. \$49**

**36087 T 2/7-2/28 4:00-6:00 PM**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Basketball Ice Skating	2 Powerlifting Crafts	3 Spokane Chiefs vs. Medicine Hat Tigers	4 Blue Waxers Powderhounds Adaptive Ski EWU Basketball
5 Swimming Learn to Swim Day at the Theater Henry & Ramona	6 Ice Skating Musical Drum & Dance	7 Squaredancing Performers Only Powerlifting Cooking	8 Basketball Ice Skating Fine Dining Flamin' Joes	9 Powerlifting Crafts	10 Friday Night Jam Sweetheart Dance	11 NO Blue Waxers Powderhounds Adaptive Ski Pizza & Bowling
12 Swimming Learn to Swim Langlauf Race	13 Ice Skating Musical Drum & Dance	14 Squaredancing Powerlifting Cooking	15 Basketball Ice Skating	16 Powerlifting Crafts Dessert Delight P. F. Changs	17 Friday Night Fun Girls Night Out	18 Blue Waxers NO Powderhounds NO Adaptive Ski
19 Swimming Learn to Swim Polka Dot Pottery	20 Fleece Hat Workshop NO Ice Skating NO Drum & Dance NO Musical	21 Squaredancing Performers Only Powerlifting Cooking	22 Basketball Ice Skating	23 Powerlifting Crafts Fine Dining Fire Artisan Pizza	24	25 Blue Waxers Powderhounds Adaptive Ski Day at the Theatre Joseph
26 Swimming Learn to Swim Raptor Reef	27 Ice Skating Musical Drum & Dance	28 Squaredancing Powerlifting Cooking				

# March Events

**SPORTS:** for basketball, ice skating, powerlifting and swimming see **Sports** page 10.

## 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**

**36092 Th 3/2-3/23 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) and Christian Youth Theatre(CYT) Spokane. \$22

### Robin Hood the Musical

Based on the legend of Robin Hood of Sherwood Forest and his Merry Men. **Meet us at Spokane Children's Theatre, 2727 N. Madelia St #5**

**36128 Su 3/19 1:45-4:00 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 Restaurant and Pies

Pies, sundaes, banana splits, milkshakes & lava cake

**36123 W 3/8 7:00-9:00 PM**

### Coldstone

Rich, delicious ice cream with a variety of mix in treats to choose from.

**36114 W 3/22 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**

**36097 M 2/13-3/6\* 4:30-5:30 PM** \*No class 02/20

## 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.)

### Mamma Mia

Italian comfort food like chicken fettuccini, baked rigatoni, spaghetti, baked ravioli presented in a modern-rustic setting with a sizable patio.

**36117 Th 3/16 6:00-9:00 PM**

### The Onion

Gourmet burgers, fish and more!

**36119 W 3/29 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 of each month. **West Central Community Center, 1603 N. Belt. \$6**

**St. Paddy's Dance** – Tis the night for the luck of the Irish. Wear green and orange.

**36100 F 3/10 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.

### Pizza & Bowling

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

**36107 Sa 3/11 1:30-4:00 PM**

### Movie & Burger

We will head to AMC, Northtown or Village Cinema, eat dinner, then see a movie. Please bring \$10 to purchase dinner. **Meet at Sinto Senior Activity Center, 1124 W Sinto-Parking Lot. \$24**

**36108 F 3/24 5:30-10:00 PM**

## Musical Production

**8 weeks | Ages 15+** This year's musical will be Disney Ensemble, a variety of songs from favorite Disney movies. 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**

**35737 M 1/23-3/20\* 6:30-8:00 PM** \*No class 02/20

## Planetarium Tour

**1 day | All Ages** This one hour show consists of an instructional presentation of the current night sky, a 20-25 minute full dome movie, and a question and answer session with the presenter. Let's do some star gazing at the new Spokane Falls Planetarium! Registration ends 1 week prior to show date. **Meet at Building #28 SFCC, 3410 W. Fort George Wright Drive. \$17**

### Black Holes

Become dazzled with the striking, immersive animations of the formation of the early universe. A star birth and death, the collision of giant galaxies, and a simulated flight to a super-massive black hold lurking at the center of our own Milky Way Galaxy.

**35753 Su 3/12 12:45-2:00 PM**

## 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. 01/10, 01/24, 02/14, 02/28, 03/14, 03/28.

**35738 T 1/10-3/28 6:30-8:00 PM** \*No class 01/31

**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 with pick up being 9pm.

**35739 T 1/3-3/28\* 6:30-8:00 PM** \*No class 01/31

## 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 and Community Activity Center, 3151 E. 27th Ave.-kitchen. \$49**

**36088 T 3/7-3/28 4:00-6:00 PM**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Basketball	2 Powerlifting Crafts	3  Winter Special Olympics	4 Adaptive Ski  Winter Special Olympics
5 Swimming Learn to Swim  Winter Special Olympics	6 Musical Drum & Dance	7 Squaredancing Performers Only Powerlifting Cooking	8 Basketball Dessert Delight Shari's	9 Powerlifting Crafts	10 Friday Night Jam St. Paddy's Dance	11 Pizza & Bowling
12 Planetarium NO Swimming	13 Musical	14 Squaredancing Powerlifting Cooking	15 Basketball	16 Powerlifting Crafts Fine Dining Mamma Mia	17	18 Hoop-a-Rama
19 Day at the Theater Robin Hood Swimming Learn to Swim	20 Musical	21 Squaredancing Performers Only Powerlifting Cooking	22 Dessert Delight Cold Stone	23 Powerlifting Crafts	24 Movie & Burger	25
26 NO Swimming	27	28 Squaredancing Powerlifting Cooking	29 Fine Dining The Onion	30 Powerlifting	31	

## Basketball

**8 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 and shooting. Intermediate group will focus on how to play as a team. **Garry Middle School, 725 E. Joseph. \$36**

### Beginner Basketball

**35740 W 1/11-3/15 6:30-7:30 PM**

### Intermediate Basketball

**35741 W 1/11-3/15 7:30-8:30 PM**

## Hooparama

**1 day | Ages 12+** 14th Annual 3 on 3 Basketball Tournament to celebrate TRS basketball. Teams will consist of four players- two with developmental disabilities and two without. We will have fun games, prizes, t-shirts, serve lunch and play lots of basketball. **East Central Community Center, 500 S. Stone. \$24**

**36121 Sa 3/18 8:30 AM-3:30 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. If competing in Special Olympics, you will need to have a current AFP on file by January 5, 2017. **Riverfront Park Ice Palace. \$37**

**36085 M/W 1/2-2/27\* 4:00-5:00 PM**

\*No class 01/16, 02/20

## Powerlifting

**21 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. \$96**

**36089 T/Th 1/5-6/1 6:30-7:30 PM**

\*No class 04/04, 04/06

*Winter and Spring quarter have been combined so enrollment only occurs once. If need to make payments just let Alice know. Please have a current AFP to TRS by 4.1.17. Regional competition will be May 6 at EWU in Cheney, WA. State competition will be June 2-4, 2017 in Tacoma, WA at Ft. Lewis.*

## Swimming – Blue Dolphin Swim Team

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

**36093 Su 1/8-2/26\* 2:15-3:45 PM**

\*No Class 1/29

**36232 Su 3/5-5/14\* 2:15-3:45 PM**

\*No Class 3/12, 3/26

*If swimmers are competing TRS will need current AFP 4.1.17. Regional competition will be May 6 at EWU in Cheney, WA. State competition will be June 2-4, 2017 in Tacoma, WA at Ft. Lewis.*

## 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 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 Aquatic Center, 300 W. Hawthorne. \$49 for each session.**

### 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.

**36094 Su 1/8-2/26\* 3:00-3:45 PM**

\*No Class 1/29

**36233 Su 3/5-5/14\* 3:00-3:45 PM**

\*No Class 3/12, 3/26

### 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.

**36095 Su 1/8-2/26\* 2:15-3:00 PM**

\*No Class 1/29

**36234 Su 3/5-5/14\* 2:15-3:00 PM**

\*No Class 3/12, 3/26



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>More spring activities to come in next brochure</p>						1
<p>2</p> <p>Swimming Learn to Swim</p>	3	4	5	6	7	8
<p>Spring Break</p>						
<p>9</p> <p>Swimming Learn to Swim</p>	<p>10</p> <p>Musical</p>	<p>11</p> <p>Squaredancing Powerlifting</p>	<p>12</p> <p>Musical</p>	<p>13</p> <p>Powerlifting</p>	<p>14</p> <p>Friday Night Jam Fiesta Dance</p>	15
<p>16</p> <p>Swimming Learn to Swim</p>	<p>17</p> <p>Musical</p>	<p>18</p> <p>Squaredancing Performers Only Powerlifting</p>	<p>19</p> <p>Musical</p>	<p>20</p> <p>Powerlifting</p>	21	22
<p>23</p> <p>Day at the Theatre Bye, Bye Birdie Swimming Learn to Swim</p>	24	25	26	27	28	29
<p>30</p> <p>Swimming Learn to Swim</p>						



# Skiing and More

## Adaptive Skiing and Snowboarding

**3 weeks | Ages 6+** One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/ balance deficits and provides lessons for those with visual or sensory impairments. We ski /board at Mt. Spokane on Saturdays and meet at our Ski Chalet at the base of chair #5. **To enroll in this class there is a separate registration form. Please find on web site [www.SpokaneParks.org](http://www.SpokaneParks.org) or call Alice Busch 625.6245.** Scholarships are available-request a form.

**3 Week Mornings** – 2 Hour Lessons..... \$135

**36140 Sa 1/21-2/4 9:30-11:30 AM**

**36143 Sa 2/11-3/4\* 9:30-11:30 AM**

\*no lesson 2/18

**3 Week afternoon** – 2 hour lessons..... \$135

**36141 Sa 1/21-2/4 12:30-2:30 PM**

**36144 Sa 2/11-3/4\* 12:30-2:30 PM**

\*no lesson 2/18

## Cross Country Skiing

**7 weeks | Ages 12+** The class is designed for people with developmental disabilities. Fresh air, exercise and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. **To enroll in this class there is a separate registration form. Please find on web site [www.SpokaneParks.org](http://www.SpokaneParks.org) or call Alice Busch 625.6245.** Scholarships are available-request a form.

**Lessons, Transportation, Equipment** – 810 N. Stone. .... \$189

**36146 Sa 1/7-2/25 7:30 AM-1:30 PM**

**Lessons, Equipment** – Selkirk Lodge. .... \$134

**36147 Sa 1/7-2/25 9:00 AM-12:00 PM**

**Wenatchee Trip\*** – 810 N. Stone. .... \$40

**36148 F 3/3-3/5 TBA**

\*Must have TRS authorization for this trip.

## Downhill Skiing and Snowboarding

**6 weeks | Ages 8+** Crisp air, swishing and swooshing of skis and boards, exercise and friendships are some of the benefits experienced. This program is designed for people with developmental disabilities. Beginning to advanced downhill ski and snowboard lessons are given with a 1:1-1:3 ratio by our terrific volunteers. If taking our transportation there will be three locations. If providing own transportation, meet at Lodge #1 at Mt. Spokane. **To enroll in this class there is a separate registration form.** Scholarships are available-request a form. **No class 2/18.**

**Lessons only** ..... \$150

**36149 Sa 1/14-2/25 10:30 AM-3:00 PM**

**Lift Tickets, Lessons** ..... \$240

**36150 Sa 1/14-2/25 10:30 AM-3:00 PM**

**Lift Tickets, Lessons,& Transportation**..... \$330

**36151 Sa 1/14-2/25 9:00 AM-5:00 PM**

**Lift Tickets, Lessons, & Equipment Rental** ..... \$330

**36152 Sa 1/14-2/25 10:30 AM-3:00 PM**

**Lift Tickets, Lesson, Equipment Rental & Transportation** ..... \$420

**36153 Sa 1/14-2/25 9:00 AM-5:00 PM**

**Transportation Only** – Each trip is \$15. .... \$90

**36154 Sa 1/14-2/25 10:30 AM-3:00 PM**

**Wenatchee Trip\*** – 1810 N Greene St-Lair. .... \$40

**36155 F 3/3-5 7:00 AM-5:00 PM**

\*Must have TRS authorization for this trip.

## Volunteer Ski/Snowboard Instructor Workshops

**Adaptive Volunteer Training Clinics** (teaching those using adaptive pieces of equipment & methods): Friday January 13 6-8 pm at Corbin Senior Activity Center, 827 W. Cleveland, Saturday Jan 14 8:30am-4pm, Sunday Jan 15 9am-4pm meet at Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more. \$40

**36132 F-Su 1/13-1/15**

**Powderhound (DD) Clinics** (teaching those with developmental disabilities): Thursday Dec. 1st 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland and Saturday January 7 and Sunday January 8 9am-4pm Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more. \$40

**36131 12/1, 1/7-1/8**

**Blue Waxers** Teaching those with developmental disabilities how to cross country ski. Held at Selkirk Lodge. Must have a sno-park permit.

**36133 Sa 1/7 9:00 AM-12:00 PM**



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									
<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	
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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> Card Holder's Name				<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 No.											
<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 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:



# Fall Highlights



## TRS Thanks Fall Intern Kylee Heigel

TRS is so grateful for the 14 weeks of volunteer service given by Kylee.

Her ideas, professionalism and hardworking ethics have left an impression on all who have met her. We wish her the best in her next adventure of advocating for recreation opportunities available to all.

## Special Thanks to Fall Quarter Volunteers

### Fall Volunteers:

Megan Ahrendt  
Shae Beck  
Dave Bentz  
Stacey Bilte  
Aaron Bowe  
Haylie Dods  
Melissa Kavanaugh  
Gracie Krueger  
Glen Landby  
Suzanne Landby  
Patrick McKinney  
Jerry Nelson  
Mikal Olson  
Olivia Olson  
Tricia Saylor  
Laura Simpson  
Kathy Valencia  
Seth White

### Interns:

Kylee Heigel  
Racheal Lawrence



## Special Thanks to Powderhound Volunteers.

Lodge 1 at Mt. Spokane needed a little TLC to get it ready for the winter season. The Powderhounds stepped in and got the job done. They mopped, dusted, cleaned windows and made the lodge sparkle. The Powderhounds were happy to give back to the mountain who continues to be an amazing partner with TRS in providing skiing opportunities to people with disabilities.



## Look for more exciting activities coming this spring

- Riverside State Park Overnight Campout
- Hiking
- TRS Musical Disney Ensemble
- Spokane Empire Indoor Football
- Gonzaga Baseball

## 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



CITY OF  
SPOKANE  
PARKS & RECREATION



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Spokane WA 99201-3317  
509.625.6200

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