



Therapeutic Recreation Services

Spring

April – July 2018

509.755.2489 – SpokaneParks.org

Customer Involvement Policies & Important Information

Customer Involvement Policies

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

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

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

Important Information

Service Philosophy

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

Volunteer/Staff

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

Participant Personal Needs

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

Medication Policy

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

Miscellaneous Information

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

Program Fees

Limited scholarship funds are available should a participant be unable to afford a class. Donations are tax deductible and assist us to better serve the leisure needs of people with disabilities. Therapeutic Recreation Services is a registered contractor with DSHS and is eligible to accept DDA respite funds for payment of activities through the Provider 1 system. Contact your local DDA case manager for more information.

Process to use DDA Funding:

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

Refund Policy

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

Transportation/Paratransit Users

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

Registration Procedure:

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

Other Parks Programs Available to Special Populations

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

Have You Tried These Classes and Events? Join Us!

Disney HIGH SCHOOL MUSICAL MASH-UP

Come see the
Performance and
support our
hard-working actors!

Show time
Friday May 18
7:00 pm

\$5 donation
at the door.

TRS Musical Production

4 weeks | Ages 15+ This year's musical will be *Disney High School Musical Mash-Up*. They will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. Must have been enrolled in winter quarter to continue in spring class. **Ridgeview Elementary, 5610 N. Maple. \$41**

39956 M/W 4/9-5/9 6:30-8:00pm

Dress rehearsals at Rogers High School, 1622 E. Wellesley
M/W 5/14, 5/16 6:45-8:45pm

Performance Night at Rogers High School

F 5/18 6:30-9:00pm

Actual show 7:00-8:30pm

Please do not use paratransit services for dress rehearsal and performance nights if at all possible.

End of Season Celebration

for **Spokane Blades, Blue Waxers, Powderhounds and Adaptive Ski/board Program**. Hawaiian Party! Wear your favorite colorful shirt, sandals and sunglasses. A-L: bring salad or dessert. M-Z: bring entree or main dish. RSVP to Alice: abusch@spokanecity.org.

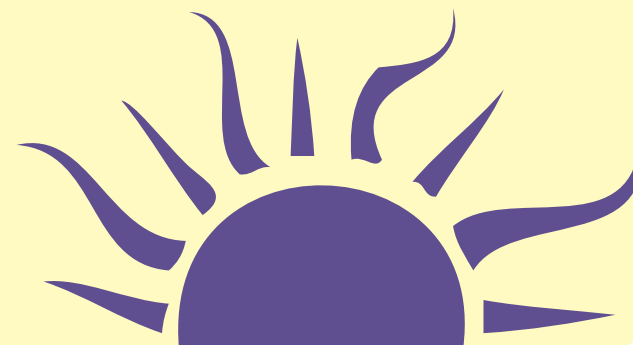
Thursday, April 12, 6:30-8:00pm
Corbin Community Center, 827 W. Cleveland

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. **\$179 weekly**

Call **625.6245**,
email abusch@spokanecity.org
or visit our website at
SpokaneParks.org
to access the registration form
available after April 1, 2018.



April Events

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

Cat Tales 1 day | Ages 18+ | \$19
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.**

39907 Sat. 4/21 1:00-5:00pm

Classy Crafts 4 weeks | Ages 16+ | \$41
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.**

39909 Thurs. 4/12-5/3 7:00-8:15pm

Day at the Theatre 1 day | Ages 16+ | \$24
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.

Snow White – A musical for children of all ages, this bewitching dramatization of the fairy tale by the Brothers Grimm has all the favorite characters: beautiful Snow White and her father, the good-hearted king; her stepmother, the wicked queen who likes to admire herself as she chants, "Mirror, mirror on the wall, who's the fairest of them all;" the dwarfs and of course the gallant, handsome prince. **Meet at SCT, 2727 N. Madelia St. #5.**

39911 Sun. 4/22 1:45-4:00pm

Dessert Delight 1 day | Ages 16+ | \$12*
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. (*Does not include cost of food).**

Coldstone – Ice cream, sorbet, shakes and frozen yogurt.

39918 Thurs. 4/26 7:00-9:00pm

Drum & Dance 3 weeks | Ages 14+ | \$22
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.**

39924 Mon. 4/16-4/30 4:30-5:30pm

Fine Dining 1 day | Ages 18+ | \$15*
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. (*Does not include cost of food).**

Mod Pizza – Create your own pizza featuring 10 top pizza combinations.

39926 Wed. 4/11 6:00-9:00pm

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

Fiesta – Dress in red, green and yellow.

39930 Fri. 4/13 7:00-9:00pm

Friday/Saturday Fun 1 day | Ages 18+ | See Below
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.

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. \$27**

39944 Sat. 4/14 1:30-4:00pm

Gonzaga Baseball – We will watch the Gonzaga baseball team play Loyola Marymount. **Meet at the Patterson baseball complex. \$22**

39948 Fri. 4/27 5:45-9:00pm

Shrine Circus – This is the 63rd Shrine Circus which features quality family entertainment with an upgraded new circus and variety of shows. We have purchased reserved seating so will be closer to the action. **Meet at former University Mall Parking Lot-10210 E. Sprague. \$29**

39937 Sat. 4/28 2:30-5:30pm

Hiking 1 day | Ages 16+ | \$17
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.**

Riverside State Park – We will be exploring the Bowl and Pitcher Area which includes crossing a suspension bridge over the Spokane River.

39952 Sun. 4/29 9:00am-2:00pm

Musical Production 4 weeks | Ages 15+ | \$43
This year's musical will be High School Musical Mash. No new participants will be added this quarter. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a show at Rogers High School. **Ridgeview Elementary, 5610 N. Maple.**

39956 Mon./Wed. 4/9-5/9 6:30-8:00pm

*Please do not use paratransit services for dress rehearsal and performance nights if possible.

Sundancers Squaredancing 8 weeks | Ages 15+ | \$33
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.**

Beginners – Meet the second and fourth Tuesdays of the month. April 10, 24, May 8, 22

39957 Tues. 4/10-5/29 6:30-8:00pm

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

39958 Tues. 4/10-5/29 6:30-8:00pm

Walking - Let's Get Moving 6 weeks | Ages 14+ | \$36
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.**

39959 Wed. 4/18-5/23 4:30-5:30pm

What's Cooking 4 weeks | Ages 16+ | \$51
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.**

39961 Tues. 4/10-5/1 4:00-6:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<div> <div></div> <div>Spring Break</div> <div></div> </div>					
8 Swimming Learn to Swim	9 Musical	10 Cooking Squaredancing	11 Musical Fine Dining Mod Pizza	12 Crafts	13 Friday Night Jam Fiesta	14 Bowling & Pizza
15 Swimming Learn to Swim	16 Drum & Dance Musical	17 Cooking Squaredancing Performance Night	18 Musical Walking	19 Crafts Fine Dining Buffalo Wild Wings	20	21 Cat Tales
22 Swimming Learn to Swim Day at the Theater Snow White	23 Drum & Dance Musical	24 Cooking Squaredancing	25 Musical Walking	26 Crafts Dessert Delight Coldstone	27 Gonzaga Basketball Loyola Marymount	28 Shrine Circus
29 Swimming Learn to Swim Hiking Riverside State Park	30 Drum & Dance Musical					

May Events

Classy Crafts

4 weeks | Ages 16+ | \$41
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.**

39909 Thurs. 4/12-5/3 7:00-8:15pm

39910 Thurs. 5/10-5/31 7:00-8:15pm

Day at the Theatre

1 day | Ages 16+ | \$24
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.

Oliver – Consider yourself at home with Lionel Bart's classic musical based on Charles Dickens' novel, Oliver Twist. The Tony and Olivier Award-winning show is one of the few musicals to win an Academy Award for Best Picture and is widely hailed as a true theatrical masterpiece by actors and audience members alike. **Meet at SCT, 2727 N. Madelia St. #5.**

39912 Sat. 5/19 1:45-4:00pm

Disney's Little Mermaid – Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's The Little Mermaid is a hauntingly beautiful love story for the ages. Ariel, King Triton's youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colorful friends, Flounder the fish, Scuttle the seagull and Sebastian the crab to restore order under the sea. **Meet at CYT, Bing Cosby Theatre. 901 W. Sprague Ave.**

39913 Sat. 5/26 2:45-5:30pm

Dessert Delight

1 day | Ages 16+ | \$12*
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. (*Does not include cost of food).**

Luigi's – Rich chocolate cake and ice cream.

39919 Thurs. 5/17 7:00-9:00pm

Drum & Dance

3 weeks | Ages 14+ | \$22
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.**

39925 Mon. 5/7-5/21 4:30-5:30pm

Fine Dining

1 day | Ages 18+ | \$15*
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. (*Does not include cost of food).**

Olive Garden – Pasta, chicken, salad & breadsticks

39928 Wed. 5/9 6:00-9:00pm

Monroe Street Grill – downhome American Grub

39927 Thurs. 5/24 6:00-9:00pm

Hop Jacks – A Neighborhood Gathering Place. Yummy mac n cheese, burgers and more.

39929 Wed. 5/30 6:00-9:00pm

Friday/Saturday Fun

1 day | Ages 18+ | \$26
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.

Movie & Burger – We will head to Northtown Mall or River Park Square, eat dinner, and see a movie. Be sure to bring \$15 for dinner. **Meet at Sinto Senior Activity Center, 1124 W. Sinto-Parking Lot.**

39939 Fri. 5/11 5:30-10:00pm

Hiking

1 day | Ages 16+ | \$17
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.**

Little Spokane River – We will start our hike at the Painted Rocks trail head. We will hike along the Little Spokane River. This area is full of wildlife.

39953 Sun. 5/20 9:00am-2:00pm

Musical Production

4 weeks | Ages 15+ | \$43
This year's musical will be High School Musical Mash. No new participants will be added this quarter. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a show at Rogers High School. **Ridgeview Elementary, 5610 N. Maple.**

39956 Mon./Wed. 4/9-5/9 6:30-8pm

*Please do not use paratransit services for dress rehearsal and performance nights if possible.

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

Musical Dress Rehearsals – At: Rogers High School, 1622 E. Wellesley

Mon./Wed. 5/14 & 5/16 6:45-8:45pm

Musical Performance Night – At: Rogers High School, 1622 E. Wellesley

Fri. 5/18 6:30-9:00pm
Actual Show time: 7:00-8:30pm

Riverside State Park Overnight 2 days | Ages 18+ | \$49

2 days | Ages 18+ Early season overnight campout at Riverside State Park is something you won't want to miss! We'll sleep in tents, roast hot dogs, play volleyball and frisbee, go for hikes, and relax while enjoying the outdoor scenery. A tasty outdoors dinner and breakfast is included. **Meet at Riverside State Park Bowl and Pitcher area.**

39966 Sat. 5/12 Arrive 1:00pm
Sun. 5/13 Depart 11:00am

Sundancers Squaredancing 8 weeks | Ages 15+ | \$33

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.**

Beginners – Meet the second and fourth Tuesdays of the month. April 10, 24, May 8, 22

39957 Tues. 4/10-5/29 6:30-8:00pm

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

39958 Tues. 4/10-5/29 6:30-8:00pm

Walking - Let's Get Moving 6 weeks | Ages 14+ | \$36

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.**

39959 Wed. 4/18-5/23 4:30-5:30pm

What's Cooking

4 weeks | Ages 16+ | \$51
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.**

39962 Tues. 5/8-5/29 4:00-6:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Cooking Squaredancing Powerlifting	2 Musical Walking	3 Crafts Powerlifting	4 Playball	5 East Region Spring Games Powerlifting Swimming
6 Swimming Learn to Swim	7 Drum & Dance Musical	8 Cooking Squaredancing Powerlifting	9 Musical Walking Fine Dining Olive Garden	10 Crafts Powerlifting	11 Playball Friday Night Fun Movie & Burger No Friday Night Jam	12 Riverside State Park Overnight →
13 Swimming Learn to Swim Riverside State Park ← Overnight	14 Drum & Dance Musical Dress Rehearsal	15 Cooking Squaredancing Performance Night Powerlifting	16 Musical Dress Rehearsal Walking	17 Crafts Powerlifting Dessert Delight Luigi's	18 Playball Musical High School Musical Mash	19 Day at Theatre Oliver!
20 Hiking Little Spokane River No Swimming No Learn to Swim	21 Drum & Dance	22 Cooking Squaredancing Powerlifting	23 Walking	24 Crafts Powerlifting Fine Dining Monroe Street Grill	25 Playball	26 Day at Theatre Disney's Little Mermaid
27 Swimming Learn to Swim	28	29 Cooking Powerlifting Squaredancing BBQ at Mission Park	30 Fine Dining Hop Jacks	31 Crafts Powerlifting	Special Olympics Washington Summer Games Powerlifting & Swimming First Weekend in June	

June Events

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

Classy Crafts

4 weeks | Ages 16+ | \$41
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.**

39923 Thurs. 6/7-6/28 7:00-8:15pm

Dessert Delight

1 day | Ages 16+ | \$12*
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. (*Does not include cost of food).**

Didiers – Creamy yogurt and espresso shakes.

39920 Wed. 6/6 7:00-9:00pm

Fishing Frenzy

Clear Lake Military Resort 1 day | Ages 13+ | \$21
Join us for a day of fishing on Clear Lake. It is a 'Free Fishing Weekend' in WA so Michael and Joshua Marro will be sponsoring this event for TRS. Fishing poles, tackle and bait will be provided. Bring \$10 for a lunch of hamburger/hotdog, chips, soda and dessert. **Meet at Sinto Senior Activity Center, 1124 W. Sinto parking lot.**

39967 Sat. 6/9 8:15am-2:00pm

Friday Night Jam

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

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

39931 Fri. 6/8 7:00-9:00pm

Friday/Saturday Fun

1 day | Ages 18+ | See Below
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. Fireworks night. We will be in box seats. Bring \$10 for dinner/snacks. **Meet at Avista Stadium, 602 N. Havana St., front gate. \$26**

39945 Fri. 6/15 6:00-10:00pm

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. **Meet at Mirror Pond. \$14**

39949 Fri. 6/22 5:45-8:15pm

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. \$27**

39938 Sat. 6/30 1:30-4:00pm



Hiking

1 day | Ages 16+ | \$17
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.**

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.

39954 Sun. 6/17 9:00am-2:00pm

Rafting-Upper Spokane

1 day | Ages 14+ | \$46
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.**

39968 Sat. 6/16 12:30-5:00pm

What's Cooking

4 weeks | Ages 16+ | \$51
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.**

39963 Tues. 6/5-6/26 4:00-6:00pm



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Playball Special Olympics Ft. Lewis, Tacoma	2 Special Olympics Ft. Lewis, Tacoma
3 Special Olympics Ft. Lewis, Tacoma	4	5 Cooking	6 Dessert Delight Didiers	7 Crafts	8 Playball Friday Night Jam Western Roundup	9 Fishing Frenzy
10	11 Adult Softball	12 Cooking	13 Adult Softball	14 Crafts	15 Playball Friday Fun Spokane Indians Baseball & Fireworks	16 River Rafting
17 Hiking Turnbull Refuge	18 Adult Softball	19 Cooking	20 Adult Softball	21 Crafts	22 Playball Friday Fun Manito Park	23
24	25 Adult Softball	26 Cooking	27 Adult Softball	28 Crafts	29 Playball	30 Bowling & Pizza
Funshine Day Camp #1						

Upcoming Events

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

Friday/Saturday Fun 1 day | Ages 18+ | See Below

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. Fireworks night. We will be in box seats. Bring \$10 for dinner/snacks. Meet at Avista Stadium, 602 N Havana St., front gate. \$26

39947 Fri. 7/27 6:00-10:00pm

Spokane Indians Baseball – The Indians play the Boise Hawks. Fireworks night. We will be in box seats. Bring \$10 for dinner/snacks. Meet at Avista Stadium, 602 N Havana St., front gate. \$26

39942 Fri. 8/24 6:00-10:00pm

Wallowa Lake

Camping Adventure 5 days | Ages 18+ | \$579

Tent camping at beautiful Wallowa Lake State Park, located in the Eagle Camp wilderness of northeast Oregon. Campground is equipped with shower facilities, campfire programs and beach access. We will go into nearby town Joseph for shopping and viewing artwork. Arcades, bumper boats and go kart racing is within walking distance of our campsite. One day we will ride the tram to the top of Mt. Howard. The views are spectacular and the restaurant serves a delicious lunch. Participants need to be independent in self-help skills, ability to follow instructions, and get along with others. If support is needed we are open to caregivers attending. A \$75 deposit is due at time of registration and balanced owed is due 8.10.18 unless prior arrangements are made.

40102

8/19-8/23

Depart 8/19

8:00am

Return 8/23

6:00pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	Funshine Day Camp #2					
15	16	17	18	19	20	21
	Funshine Day Camp #3					
22	23	24	25	26	27	28
	Adult Funshine Day Camp					Friday Night Fun Spokane Indians Baseball
29	30	31	More summer activities to come in the next brochure			
	Funshine Day Camp #4					

In Memory

Evie Kay Fuller

A sassy, spirited and spontaneous lady who loved life and wasn't afraid to speak her mind. Evie performed in several TRS productions where she performed like a true drama queen. We will miss you Evie.



Sports

Adult Softball

9 weeks | Ages 18+ | \$44

Fresh air, sunshine and playing softball with friends in a recreational setting. **Meet at Shadle Park, northwest corner of Shadle High off of Ash.**

39969 Mon./Wed. 6/11-8/1 6:30-8:00pm

Play Ball

14 weeks | Ages 12-18 | \$50

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 A.**

39970 Fri. 5/4-8/3 6:00-8:00pm

Powerlifting

21 weeks | Ages 17+ | \$106

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. This is winter and spring quarter combined.**

38628 Thurs./Tues. 1/4-5/31* 6:30-7:30pm

***no Class 4/3, 4/5**

If choosing to compete in Special Olympics please have a current AFP to TRS by April 1, 2018.

Regional Competition May 5 at EWU, Cheney, WA.

SOWA Summer Games Ft. Lewis, June 1-3, 2018.



Swimming

9 weeks | Ages 8+ | \$49

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.**

Blue Dolphin Swim Team – If competing in Special Olympics a current AFP must be on file with TRS by April 1, 2018. Regional swim meet at EWU Cheney, WA Saturday May 5. SOWA Summer Games in Federal Way June 1-3, 2018

39971 Sun. 4/8-5/27* 2:15-3:45pm

***no swim May 20**

Swimming - Learn to Swim 9 weeks | Ages 8+ | \$49

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

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.

39973 Sun. 4/8-5/27* 3:00-3:45pm

***no swim May 20**

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.

39974 Sun. 4/8-5/27* 2:15-3:00pm

***no swim May 20**





Please print and
fill out completely

City of Spokane Parks and Recreation Department

ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

Which program are you registering
for? ☐ General ☐ TRS

PAYEE INFORMATION

LAST NAME		FIRST NAME		MI
ADDRESS		CITY/STATE		ZIP
DAY WORK OR CELL PHONE		NIGHT PHONE		EMAIL

LIABILITY WAIVER, RELEASE & INDEMNITY AGREEMENT

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

How did you hear about us?

- ☐ Existing customer ☐ TV
☐ Inlander ☐ Spokesman
☐ Kids magazine ☐ Other _____

May we use your photo/video image
taken during activities for publicity
purposes?

Yes No (circle one) Initial here _____

Signature of Responsible Adult _____ Date _____

PARTICIPANT INFORMATION

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

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

Make checks payable to: City of Spokane

Mailing Address: Spokane Parks & Recreation Department
Class Registration – My Spokane
808 W. Spokane Falls Blvd.
Spokane, WA 99201-3317

Credit Card/Debit Card payments
are also accepted in the form of
VISA, MC or AMEX for Online or
Phone Registrations Only.

Total Program Fees:
\$

DDA will send funds. ☐ Yes ☐ No Name & Number of Case Manager

Please contact your case manager to send us verification of payment.

THERAPEUTIC RECREATION ONLY

For TRS customers wanting to pay via credit card, MySpokane will
contact the payee by phone after registration is submitted.

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

Check One: Group Home/Institution _____ In Own Home/Apartment _____ Private Home With Parent _____

Dietary Precautions:

Foods to Avoid:

Activity Limitations/Physical problems (if any):

Will you (your child) need to be reminded to take medications during program hours? ☐ Yes ☐ No

Medications Taken: PLEASE FILL OUT MEDICATION INFORMATION & WAIVER FORM

Will you be using Paratransit? ☐ Yes ☐ No If yes, what is your rider number?



THERAPEUTIC RECREATION ONLY

Do you have any disabilities? (be specific)

Check and explain all that apply below:

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

MEDICATION INFORMATION & WAIVER

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

Medication Policy

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

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

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

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

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

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

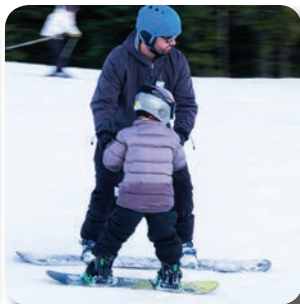
Date

MEDICATION TAKEN

Type:	Dosage:	Time(s):
Type:	Dosage:	Time(s):
Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:

Winter Highlights



Special Thanks to Winter Quarter Volunteers

Winter Volunteers:

Bert Caldwell
Lisa Caldwell
Carolyn Clark
Lilli Douglas
Pat Garvin
Jessica Gritsan
Susan Landby
Jerry Nelson
Glendia Plott

Swimming Instructors:

Bill Johnson
Loretta Moon

Adaptive Skiing:

Ron Blair
Jerimiah Bryant
Carolyn Cartwright
Elizabeth Cartwright
Bill Crone
Kacie Dietz
Alyssa Eppler
Dean Evans
Amy Hoyt
Danielle Kemp
John Miller
Lee Mozygod
Sean Perry
Scott Redman
Morgan Shank
Cathy Warzon
Jack Zurlini

Cross Country Skiing:

Donald Bell
David Bentz
Yvonne Fisher
Julie Habegger
Curtis Kracher
Loretta Kracher
Kristen Comer
David Tewel
Mark Waters

Alpine / DD Skiing:

Bill Andersen
Morgan Baker
Nick Brown
Doug Burke
Patty Burke
Naomi Busch
Steve Busch
Doug Callahan
Jacob Caruso
Joanne Comer
Thomas Drumm
Lane Gambill
Curtis Graham
Austin Hagel
Larry Hagel
Jenn Horton
Jenny Jordan
Ryan Jordan
Deanna Kazemba
Ruthie Kilpatrick
Gary Lewis

Jonnie Lewis
Paul Lopez
Joshua Marro
Michael Marro
Morgan Marum
Alex Maszak
Jennie McLaughlin
TJ Merrell
Lynn Monroe
Peggy Montague
Ben Moore
Olivia Moore
Janelle Noldin
Trevor Noldin
Brandon Olson
Eric Sahlin
Kim Schafer
Mark Schafer
Brian Shearer
Joanie Sloan
Dave Smith
Dee Smith
Dennis Smith
Madison Shanholtzer
Lance Tedrow
Eric Tevlin
Katherine Van Aken
Ron Vierra
Jeff Whitney
Kristy Whitney
James Wilson
Frank Wintersteen



Riverside State Park Overnight

2 days | Ages 18+ Early season overnight campout at Riverside State Park is something you won't want to miss! We'll sleep in tents, roast hot dogs, play volleyball and frisbee, go for hikes, and relax while enjoying the outdoor scenery. A tasty outdoors dinner and breakfast is included. **Meet at Riverside State Park Bowl and Pitcher area. \$49.**

39966 Sat. 5/12 Arrive 1:00pm
Sun. 5/13 Depart 11:00am



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



Disney HIGH SCHOOL MUSICAL MASH-UP

Friday, May 18th
7:00-8:30 pm
Rogers High School
1622 E. Wellesley
\$5 donation

Come see our Musical Production!

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



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