



Therapeutic Recreation Services

Summer

June – September 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 the vans or other transport vehicles.
 - e. No stealing

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

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

Important Information

Service Philosophy

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

Volunteer/Staff

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

Participant Personal Needs

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

Medication Policy

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

Miscellaneous Information

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

Program Fees

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

Process to use DDA Funding:

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

Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students

enrolled and any supply costs incurred on the participant's behalf. Careproviders may not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

Transportation/Paratransit Users

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

Registration Procedure:

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

Other Parks Programs Available to Special Populations

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



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.



June Events

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. \$44

39969 M/W 6/11-8/1 6:30-8:00pm

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.**

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

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

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.**

Dickeys BBQ – Authentic smoked BBQ home style. Vanilla ice cream included with meal.

40067 Thurs. 6/28 6:00-9:00pm

Fishing frenzy

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 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 & Fireworks – 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 \$10 to purchase dinner at the Park Bench Café which offers a nice variety of foods and outside dining. **Meet at Mirror Pond, 17th & Grand Blvd. \$14**

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

Bowling & Pizza – Meet us at North Bowl for an afternoon of bowling & 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

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 Round Up – Dress in your favorite western outfit. flannel shirts, boots, hats or buckles. See ya'll there.

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

Funshine Day Camp

5 weeks | Ages 6-21

1 week | Adults Ages 18+

Funshine Day Camp for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. **Meet at Shadle Park Large Shelter, 4302 N. Belt. \$179 per week.**

FDC Kids #1 Dinosaur Daze

39976 M-F 6/25-6/29 10:00am-3:30pm

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 a 3-6 mile hike. Bring a lunch. **Meet at Sinto Senior Activity Center, 1124 W. Sinto Ave.**

Turnbull Refuge – At various times of day you can see/hear otters, beavers, deer, owls, porcupines and several other wildlife.

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

Playball

14 weeks | Ages 12+ | \$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

River Rafting

1 day | Ages 14+ | \$46

See our own Spokane River as it winds through the Valley. This trip is operated by Wiley Waters has a touch of Whitewater and is a great introduction to rafting. Participants should be comfortable in water. **Registration deadline is June 13. Meet at Sinto Senior Activity Center, 1124 W. Sinto Ave.**

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	2
3	4	5 Cooking	6	7 Crafts	8 Friday Night Jam Western Roundup	9 Fishing Frenzy
10	11 Adult Softball	12 Cooking	13 Adult Softball Walking	14 Crafts	15 Playball Friday Fun Spokane Indians Baseball	16 River Rafting
17 Hiking Turnbull Refuge	18 Adult Softball	19 Cooking	20 Adult Softball Walking	21 Crafts Dessert Delight Coldstone	22 Playball Friday Fun Manito Park	23
24 Hiking Riverside State Park	25 Adult Softball	26 Cooking	27 Adult Softball	28 Crafts Fine Dining Dickey's	29	30 Bowling & Pizza
<hr/> Funshine Day Camp #1 <hr/>						

July Events

Bicycle Ride 1 day | Ages 14+ | \$43

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

40282 Sat. 7/28 8:30am-5:30pm

Bicycling 6 weeks | Ages 16+ | \$43

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

40281 Tues. 7/10-8/21 6:00-8:00pm

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

Lions and tigers and bears, oh my! But wait, there's 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.**

39908 Sat. 7/14 1:00-5:00pm

Cheney Rodeo 1 day | Ages 18+ | \$31

Put on your western duds and cowboy hat as we head to Cheney for the annual professional rodeo. The show will be packed with calf roping, bronc and bull riding, and other exciting events. **Cheney Rodeo Grounds, 14310 St. Rt. 904.**

40283 Sun. 7/15 1:30-4:30pm

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.**

40178 Thurs. 7/12-8/2 7:00-8:15pm

Dessert Delight 1 day | Ages 16+ | \$13*

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.

Tomato Street – Cheesecake, tiramisu, chocolate cookie sundaes

39921 Wed. 7/18 7:00-9:00pm

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.

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

40284 Thurs. 7/26 5:15-8:45pm

Friday Night Jam 1 day | Ages 18+ | \$8

Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

July Picnic and Dance – Wear your favorite red, white and blue. South Shelter. **Mission Park South Shelter.** TRS will be providing fried chicken. Please bring a salad or dessert to share.

39932 Fri. 7/13 6:00-9:00pm

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. Signup 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 or Riverpark Mall, eat dinner, and see a movie. Be sure to bring \$15 for dinner. **Meet at Sinto Senior Activity Center, 1124 W. Sinto, parking lot.** \$26

40280 Fri 7/6 5:30-10:00pm

Bowling & Pizza – An afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **Meet us at North Bowl, 125 W. Sinto.** \$27

39951 Sat. 7/21 1:30-4:00pm

Spokane Indians Baseball – The Indians play the Hillsboro Hops. 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

Funshine Day Camp 5 weeks | Ages 6-21

Funshine Day Camp for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. **Meet at Shadle Park Large Shelter, 4302 N. Belt.** \$179 per week.

FDC Kids #2 Lights, Camera, Action

39977 M-F 7/9-7/13 10:00am-3:30pm

FDC Kids #3 Pirate Surf Safari

39978 M-F 7/16-7/20 10:00am-3:30pm

FDC- Adult Week #1 The Best of the Best

39982 M-F 7/23-7/27 10:00am-3:30pm

FDC Kids #4 Mighty Jungle

39979 M-F 7/30-8/3 10:00am-3:30pm

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.**

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

39955 Sun. 7/22 9:00am-2:00pm

Movie in the Park 1 day | Ages 16+ | \$17

PEMCO insurance is again sponsoring Outdoor Movies at Riverfront Park. Events feature tasty food, live circus acts by Spokane Aerial Performance Arts, movie trivia and your favorite films on a 40-foot outdoor movie screen. Bring a chair or a blanket and money for snacks. **Meet us at Riverfront Park parking lot #6 Monroe & Post.**

The Princess Bride

40286 Wed. 7/25 7:30-11:00pm

Tea Time for the Ladies 1 day | Ages 18+ | \$21

Take a step back in time when life was simpler and afternoon teas were a popular time of relaxation and refreshment. Be sure to wear your favorite dress and hat. Dessert tea includes tea, scones and delicious bakery items. **Transportation provided from OPS, 2304 E. Mallon Ave.**

40293 Sat. 7/7 1:00-3:00pm

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.**

39960 Thurs. 7/12-8/16 4:30-5:30pm

Water Aerobics 6 weeks | Ages 16+ | \$31

Exercise fun without the stress and pressure on joints and knees. Following directions and being comfortable in waist deep water. Careproviders are welcomed. Come dressed in your suit. Bring a towel. **Meet at Witter Pool, E. Mission at Upriver Dr.** \$31

40287 Mon. 7/9-8/13 10:30-11:15am

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.**

39964 Tues. 7/10-7/31 4:00-6:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Playball Friday Night Fun Movie & Burger	7 Tea Time for Ladies
No Funshine Day Camp This Week						
8	9 Water Aerobics	10 Cooking Bicycling	11	12 Crafts Walking	13 Playball Friday Night Jam Annual Picnic & Dance	14 Cat Tales
Funshine Day Camp #2						
15 Cheney Rodeo	16 Water Aerobics	17 Cooking Bicycling	18 Dessert Delight Tomato Street	19 Crafts Walking	20 Playball	21 Saturday Fun Pizza & Bowling
Funshine Day Camp #3						
22 Hiking Dishman Hills	23 Water Aerobics	24 Cooking Bicycling	25 Movie in the Park The Princess Bride	26 Crafts Walking Fine Dining Anthony's	27 Playball Friday Night Fun Spokane Indians	28 Bicycle Ride Trail of the Coeur d'Alene's
Funshine Day Camp Adult Week						
29	30 Water Aerobics	31 Cooking Bicycling	See page 4 for Adult Softball and Playball course descriptions.			
Funshine Day Camp #4						

August Events

Bicycling 7 weeks | Ages 16+ | \$43

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

40281 Tues. 7/10-8/21 6:00-8:00pm

Bingo & Burgers 1 day | Ages 18+ | \$19

SYSA Bingo is our destination for an afternoon of fun and maybe prizes. We will check out a local burger place for dinner to round out the day. Bring \$12 for dinner. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

40294 Sat. 8/11 2:15-5:45pm

Bring on the Buffalo 1 day | Ages 14+ | \$31

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

40288 Thurs. 8/16 9:45-3:15pm

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.**

40178 Thurs. 7/12-8/2 7:00-8:15pm

40289 Thurs. 8/9-8/30 7:00-8:15pm

Dessert Delight 1 day | Ages 16+ | \$13*

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.*

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

39922 Wed. 8/15 7:00-9:00pm

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.*

Casa de Oro – Mexican

40285 Wed. 8/8 6:00-9:00pm

Mod Pizza – build your own pizza

40295 Wed. 8/29 6:00-9:00pm

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. Signup 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 Salem-Keizer Volcanoes. Fireworks night. We will be in box seats. Bring \$10 for dinner/snacks. **Meet at Avista Stadium, 602 N. Havana St, Front gate. \$26.** The Indians play the Eugene Emeralds. Tonight will be Fireworks Night.

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

Funshine Day Camp 5 weeks | Ages 6-21

Funshine Day Camp for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more. **Meet at Shadle Park Large Shelter, 4302 N. Belt. \$179 per week.**

FDC Kids #5 Rocketship Run

39980 M-F 8/6-8/10 10am - 3:30pm

Movie in the Park 1 day | Ages 16+ | \$17

PEMCO insurance is again sponsoring Outdoor Movies at Riverfront Park. Events feature tasty food, live circus acts by Spokane Aerial Performance Arts, movie trivia and your favorite films on a 40-foot outdoor movie screen. Bring a chair or a blanket and money for snacks. **Meet us at Riverfront Park parking lot #6 Monroe & Post.**

Black Panther

40310 Wed. 8/1 7:30-11:00pm

Paddleboard Intro 1 day | Ages 16+ | \$37

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

40291 Sun. 8/5 1:00-5:00pm

Scottish Highland Games 1 day | Ages 18+ | \$27

Bag pipes, dancing, strength tests, sheep and dogs are all part of the Highland Games. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

40290 Sat. 8/4 11:00am-4:00pm

Splash Down 1 day | Ages 18+ | \$27

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

40292 Tues. 8/28 3:45-7:30pm

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.**

39960 Thurs. 7/12-8/16 4:30-5:30pm

Wallowa Lake 5 days | Ages 18+ | \$579

Camping Adventure

Tent camping at beautiful Wallowa Lake State Park, located in the Eagle Cap Wilderness of northeast Oregon. The campground has shower facilities, campfire programs, and beach access. Souvenir shopping, arcades, bumper boats and go karts are all within easy walking distance from our campsite. Activities also include riding the world's steepest tramway to the top of Mt. Howard, visiting the historic town of Joseph and its fine art galleries and a hike to see a beautiful waterfall. Non-refundable deposit fee \$75 due upon registration with balance paid in full by 8/10 unless prior arrangements are made. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

**40102 S-Th 8/19-8/23 Depart: Sun 8/19 8:00am
Return: Thurs 8/23 6:00pm**

Water Aerobics 6 weeks | Ages 16+ | \$31

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

40287 Mon. 7/9-8/13 10:30-11:15am

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.**

39965 Tues. 8/7-8/28 4:00-6:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>See page 4 for Adult Softball and Playball course descriptions.</p>			<p>1 Movie in the Park Black Panther</p>	<p>2 Crafts Walking</p>	<p>3 Playball</p>	<p>4 Scottish Highland Games</p>
			<p>————— Funshine Day Camp #4 —————</p>			
<p>5 Intro to Paddleboarding</p>	<p>6 Water Aerobics</p>	<p>7 Cooking Bicycling</p>	<p>8 Fine Dining Casa de Oro</p>	<p>9 Crafts Walking</p>	<p>10</p>	<p>11 Bingo & Burgers</p>
<p>————— Funshine Day Camp #5 —————</p>						
<p>12</p>	<p>13 Water Aerobics</p>	<p>14 Cooking Bicycling</p>	<p>15 Dessert Delight The Scoop</p>	<p>16 Crafts Walking Bring on the Buffalo</p>	<p>17</p>	<p>18</p>
<p>19 Hiking Turnbull Refuge</p>	<p>20</p>	<p>21 Cooking Bicycling</p>	<p>22</p>	<p>23 Crafts</p>	<p>24 Friday Fun Spokane Indians</p>	<p>25</p>
<p>————— Wallowa Lake Camping Adventure —————</p>						
<p>26</p>	<p>27</p>	<p>28 Cooking Splash Down</p>	<p>29 Fine Dining Mod Pizza</p>	<p>30 Crafts</p>	<p>31</p>	

September Events

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.**

TBD Tues. 9/6-9/27 4:00-6:00pm

Friday Night Jam

1 day | Ages 18+ | \$7

Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

TBD Fri. 9/14 6:00-9:00pm

Fall Lake Cruise

1 day | Ages 18+ | \$39

Cruise on majestic Lake Coeur d' Alene. Enjoy the fresh air and beautiful fall colors. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

TBD Sun. 9/16 10:30am-3:00pm

Seattle Mariners Baseball Game

2 Days | Ages 18+ | \$269

Enjoy a baseball game at Safeco Field watching the Seattle Mariners play the San Diego Padres. Participants need to be independent in personal care skills and have no major behavioral or medical needs. Trip fee covers transportation, staff, game tickets, overnight accommodations, breakfast and lunch on return day. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

TBD T/W 9/11-9/12 depart 10:00am
return 4:30 pm



Jon Fisher



Jon Fisher

TRS Proud Moments

Pat Gray, the TRS Powerlifting instructor for the past 30 years, has been selected to be the Washington State Powerlifting Coach for the 2018 Special Olympics USA Games.

TRS Powerlifter Jon Fisher aka Superman was chosen to compete in the USA games. Jon has been powerlifting for 10+ years. He is 4'10", weighs 102 lbs, squats 80 lbs, bench press 75 lbs and dead lifts 130 lbs. His mom Lynne says, "Pat has been Jon's role model and mentor! 'Silent Jon' works equally hard and though he is a quiet individual and doesn't show his excitement, when you look at him and see the gleam in his eyes, one then knows the story his expressions tell! This whole national event for him will be a stretch, to say the least! Competing with so many athletes, being thrown into these large crowds, will certainly challenge his comfort zone, yet, will be an incredible experience for him. I am thrilled that he gets to experience this opportunity. I can't wait to be a part of it as well."

The following excerpts are taken from an article posted on the The Seattle Times facebook page June 6, 2018.

Powerlifter Mike Van Zee

Mike Van Zee, a 42-year-old iron pumper from Spokane, is unequivocal about his prospects in the Special Olympics USA Games.

Van Zee, who has already medaled in sports including basketball, bowling and downhill skiing, now has his sights set on bench-pressing 275 pounds.

He says the 275 pounds is always on his mind, whether he's training at the YMCA, working his job at Taco Time or doing repetitions with the barbells he keeps in his room. In addition to the bench press, Van Zee will also compete in the dead lift and the squat.

Van Zee is quick to credit his coach, Pat Gray, a longtime powerlifting coach with the Spokane Parks & Recreation Department.

Apart from teaching the mechanics and techniques of the sport, much of Gray's coaching is about mental preparation, discipline and steady progress toward well-defined goals. But he says the biggest lesson he can impart to the athletes is about self-confidence and self-image.

"All their lives, everybody tells them what they can't do — you can't do this, you can't do that — but we focus on what they can do if they set goals and work toward them," he says. "There is no fast road. But if they learn to set goals they can do anything."



Coach Pat Gray with Mike Van Zee



Aaron Evans

Aaron Evans will be competing in Paddleboarding. Aaron first learned how to paddleboard through the Spokane Parks and Recreation Therapeutic Recreation Services program. He will be competing on the Cheney Parks and Recreation team.

Aaron is a remarkable man. He has been doing TRS activities for the past 25 years. Aaron has probably done most every activity TRS offers. He is currently active in swimming, snowboarding, powerlifting and participates in our drama program. Aaron has completed marathons, triathlons and loves to mountain and road bike. He is a terrific rollerskater and learned how to play the classical guitar through TRS programs. We know he will be a fierce competitor and a great sportman.

Kamilah Williamson swims with TRS Blue Dolphins and is coached by Bill Johnson a 20 years+ volunteer. She has been swimming for 12 years and has traveled to China and LA to compete in Special Olympics. Kamilah has amazing sportsmanship and trains very hard. We are excited she has the opportunity to compete and we know she will be a great ambassador for the City of Spokane.



Kamilah Williamson



Kamilah Williamson's ad for Coca-Cola

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

Have You Tried These Classes and Events? Join Us!

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



Tea Time for the Ladies

1 day | Ages 18+ | \$21

Take a step back in time when life was simpler and afternoon teas were a popular time of relaxation and refreshment. Be sure to wear your favorite dress and hat. Dessert tea includes tea, scones and delicious bakery items. **Transportation provided from OPS, 2304 E. Mallon Ave.**

40293 Sat. 7/7

1:00-3:00pm



Movie in the Park

1 day | Ages 16+ | \$17

PEMCO insurance is again sponsoring Outdoor Movies at Riverfront Park. Events feature tasty food, live circus acts by Spokane Aerial Performance Arts, movie trivia and your favorite films on a 40-foot outdoor movie screen. Bring a chair or a blanket and money for snacks. **Meet us at Riverfront Park parking lot #6 Monroe & Post.**

The Princess Bride

40286 Wed. 7/25

7:30-11:00pm

Black Panther

40310 Wed. 8/1

7:30-11:00pm



Bring on the Buffalo

1 day | Ages 14+ | \$31

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

40288 Thurs. 8/16

9:45am-3:15pm



Water Aerobics

6 weeks | Ages 16+ | \$31

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

40287 Mon. 7/9-8/13 10:30-11:15am



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/AADD	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):	

List any special instructions/cautions/side effects:

Spring Highlights



Special Thanks to our Spring Quarter Volunteers

Dave Bentz
Naomi Busch
Bert Caldwell
Lisa Caldwell
Doug Callahan
Karolyn Clark
Pat Garvin
Jessica Gritsan

Bill Johnson
Shareena McGregor
Patrick McKinney
Loretta Moon
Jerry Nelson
Glendia Plott
Erinn Unger
Frank Wintersteen



Meet the new summer TRS intern

Melanie Mottern

I'm a senior at Eastern Washington University, with a major in Therapeutic Recreation and a minor in Spanish. I'm from Dayton, Washington and went to school in Walla Walla, Washington. My interests include music, card and board games, and a love for helping people. Lately, I have been spending my time volunteering in a middle school special education classroom and in assisted living facilities. I want to be an intern with Spokane Parks and Recreation Therapeutic Recreation Services because of the diversity of the participants that they serve. It is a great opportunity to get experience in my future career and better prepare me for the future. Why I chose this program in particular is because I want to be a part of all of the opportunities they provide for the community. I'm excited to have the chance to be a part of their programs.



Look for more
exciting activities
coming this fall

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


808 West Spokane Falls Boulevard

Fifth Floor - City Hall

Spokane WA 99201-3317

509.625.6200

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