Therapeutic Recreation Services

Summer

June – September 2019

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 form 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 ATTENDED 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 paratransit 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.
- Register on line SpokaneRec.org see page 11 for step by step instructions.

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!

**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. **$199 weekly**

Call 625.6245, email abusch@spokanecity.org or visit our website at SpokaneParks.org to access the registration form available after April 15, 2019.

---

**Tea Time for Ladies** 1 Day | Ages 8+
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 Park Operations, 2304 E. Mallon Ave.**

3607 | Sat. | 7/6 | 1pm-3pm | $23

---

**Water Aerobics** 6 Weeks | Ages 14+
Exercise fun without the stress and pressure on joints and knees. Following directions and being comfortable in waist deep water. Care providers are welcomed. **Come dressed in your suit. Bring a Towel. Meet at Witter Pool, 1300 E. Mission at Upriver Dr.**

3608 | Mon. | 7/8-8/12 | 10:30am-11:15am | $31

---

**Paddleboard Intro** 1 Day | Ages 16+
Spend the day at beautiful Liberty Lake with TRS learning how to Paddleboard. Come see how much fun it is to ‘walk on water’. Paddleboarding 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 provided from Sinto Senior Activity Center, 1124 W. Sinto.**

3617 | Sun. | 8/4 | 1pm-5pm | $37
### June Events

**Adult Softball**
- 8 Weeks | Ages 18+
- Fresh air, sunshine and playing softball with friends in a recreational setting. **Meet at Shadle Park**, northwest corner of Shadle High off of Ash. **3348 | Wed. | 6/26-8/7** | 6:30pm-8pm | $43
- No softball July 3rd

**Bicycling**
- 6 Weeks | Ages 16+
- Enjoy Spokane’s natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well. **Meet at Centennial Trail Head, 9900 E. Maringa Drive Spokane Valley.** **3609 | Tues. | 6/18-7/23 | 6pm-8pm | $43**

**Classy Crafts**
- 4 Weeks | Ages 16+
- Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Meet at Sinto Senior Activity Center, 1124 W. Sinto, dining room.** **3151 | Thurs. | 6/6-6/27 | 7pm-8:15pm | $44
- No class 6/20. The class on 6/27 is from 7pm-9pm.**

**Dessert Delight**
- 1 Day | Ages 16+
- If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. **Program fee does not include cost of food. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.** **3596 | Thurs. | 6/27 | 7pm-9pm | $12**

**Fishing Frenzy**
- 1 Day | Ages 13+
- 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. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.** **3345 | Sat. | 6/8 | 8:15am-2pm | $23**

**Friday Night Jam**
- 1 Day | Ages 18+
- Come rock and swing at Spokane’s oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **Western Roundup — Dress in your favorite western outfit. Flannel shirts, boots, and cowboy hats or buckles. See ya’ll there! Meet at West Central Community Center, 1603 N. Belt.** **3266 | Fri. | 6/14 | 7pm-9pm | $7**

**Friday/Saturday Fun**
- 1 Day | Ages 18+
- If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

**Manito Park**
- One of Spokane’s gems. 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 Manito Park Mirror Pond 1702 S. Grand Blvd.** **3351 | Fri. | 6/28 | 5:45pm-8:15pm | $14**

**Pizza & Bowling**
- 1 Day | Ages 16+
- Meet us for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **Meet at North Bowl 125 W. Sinto.** **3325 | Sat. | 6/29 | 1:30pm-4pm | $27**

**Spokane Indians Baseball**
- Open Fireworks Night — Tonight is opening night fireworks. The Indians play the Boise Hawks. We will be in box seats. **Bring $12 for dinner/snacks. Meet at Avista Stadium 602 N. Havana St, front gate.** **3353 | Fri. | 6/21 | 6pm-9:45pm | $27**

**Sunshine Day Camp**
- 5 Weeks | Ages 6-21
- Sunshine Day Camp is a fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, swimming and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. We celebrate the end of summer with our annual Potluck BBQ & Carnival. **Meet at Shadle Park Shelter, 4302 N. Belt.** **Mighty Jungle — Lions and Tiger and Campers OH MY! Join us as we learn about your favorite jungle creatures and more! Field Trip 6/28** **FUNSHINE will head to Discovery Park Playground (2426 N Discovery Pl, Spokane Valley) and the Valley YMCA.** **3401 | Mon.-Fri. | 6/24-6/28 | 10am-3:30pm | $199**

**Hiking**
- 1 Day | Ages 16+
- Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group and be in good physical condition to do 3-6 miles of strenuous hiking. **Bring a lunch. Meet at 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.** **3335 | Sun. | 6/16 | 9am-2pm | $19**

**Playball**
- 14 Weeks | Ages 12-25
- 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, 2515 E Sinto Field A.** **3267 | Fri. | 5/10-8/9 | 6pm-8pm | $50**

**River Rafting**
- 1 Day | Ages 14+
- See our own Spokane River as we float away from downtown on inflatable white-water rafts. This trip, operated by Weyl E. Waters, has a touch of Whitewater and is a great introduction to rafting. Participants should be comfortable in the water. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.** **3349 | Sun. | 6/23 | 1pm-4:30pm | $49**

**Skyfest**
- 1 Day | Ages 18+
- Take a trip to the 2019 Inland Northwest SkyFest Airshow and Open House held at Fairchild Air Force Base. SkyFest will feature the F-22 Demonstration Team, Air Force Academy’s Wings of Blue parachute team, U.S. Army Golden Knights parachute team and a heritage flight of historical aircraft. One of Fairchild’s KC-135 Stratotankers will also perform a fly-by and low-pass air refueling demonstration. Patrons of the airshow will also be able to enjoy static display aircraft, interactive exhibits, live music featuring the U.S. Air Force’s Band of the Golden West, food and much more. All airshow guests must consent to security searches of all backpacks and bags before entry onto the base by security forces Airmen. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.** **3468 | Sat. | 6/22 | 11am-5pm | $29**

**What’s Cooking**
- 4 Weeks | Ages 16+
- Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Meet at Southside Senior Activity Center, 3151 E. 27th Ave. Kitchen 3154 | Tues. | 6/4-6/25 | 4pm-6pm | $53**

---

**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
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cooking</td>
<td></td>
<td></td>
<td></td>
<td>Fishing Frenzy</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cooking</td>
<td></td>
<td>Crafts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Hiking</td>
<td>Turnbull Wildlife Refuge</td>
<td>Bicycling Cooking</td>
<td>NO Adult Softball delayed start</td>
<td>NO Crafts</td>
<td></td>
<td>Skyfest at Fairchild Air Force Base</td>
</tr>
<tr>
<td></td>
<td>Funshine Day Camp – Staff Training Week</td>
<td>Funshine Day Camp #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>River Rafting</td>
<td>Bicycling Cooking</td>
<td>Adult Softball</td>
<td>Crafts Extended 7pm-9pm Dessert Delight Didiers</td>
<td></td>
<td></td>
<td>Saturday Fun Pizza &amp; Bowling</td>
</tr>
</tbody>
</table>

City of Spokane Parks and Recreation - Therapeutic Recreation Services

June 2019
July Events

Bicycle Ride
Trail of the Coeur d’Alene’s 1 Day | Ages 14+
This beautiful and historic trail follows the abandoned Union Pacific Railway. Our biking begins in Plummer, Idaho. We will go 14 miles on flat pavement through a canyon and alongside Lake Coeur d’Alene. Lunch and ice cream will be in Harrison and then we’ll ride back to Heyburn State Park. Transportation provided from Park Ops, 2304 E Mallon.
3612 | Sat. | 7/27 | 8:30am-5:30pm | $43

Bicycling 6 Weeks | Ages 16+
Enjoy Spokane’s natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits well. Meet at Centennial Trail Head, 9900 E. Maringa Drive Spokane Valley.
3670 | Sat. | 6/18 | 7:30am-8:30pm | $43

Cat Tales 7 Days | Ages 18+
Lions and tigers and bears, oh my! But wait there is more! Leopards and jaguars and serval and pumas and reptiles and.... We will take a tour with zoo staff. Bring money to buy ice cream after event. Transportation provided from Sinton Senior Activity Center, 1124 W. Sinto, parking lot.
3603 | Sat. | 7/13 | 1pm-5pm | $19

Cheney Rodeo 1 Day | Ages 18+
Put on your western duds and cowboy hat as we head to Cheney for your annual professional rodeo. The show will be packed with calf roping, bronc and bull riding, and other exciting events. Meet at Cheney Rodeo Grounds, 14310 St. Rt. 904.
3610 | Sun. | 7/14 | 1:30pm-4:30pm | $31

Classy Crafts 4 Weeks | Ages 16+
Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. Meet at Sinton Senior Activity Center, 1124 W. Sinto, dining room.
3602 | Thurs. | 7/11-8/1 | 7pm-8:15pm | $44

Dessert Delight 1 Day | Ages 16+
If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokan eateries. Program fee does not include cost of food. Transportation provided from Sinton Senior Activity Center, 1124 W. Sinto, parking lot.
Tomato Street – Tiramisu, Cookie Skillet Sundaeas, Crème Brulee and more!
3609 | Wed. | 7/17 | 7pm-9pm | $12

Farmer’s Market 1 Day | Ages 18+
Come and enjoy Spokane’s Farmer’s Markets! A great summer activity where local vendors gather to display and sell goods. Fresh produce, yummy food/treats, local art and products, and music! We’ll browse the booths, eat, and take in the sights! Transportation provided from Sinton Senior Activity Center 1124 W. Sinto.
Fairwood Farmer’s Market – A place to enjoy fresh, local products while also supporting the community. Join us for food truck eats, bakery treats, kettle corn, fruits and veggies and great local artistry!
3597 | Tues. | 7/2 | 4pm-7:30pm | $15

Fine Dining 1 Day | Ages 18+
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. Price does not include cost of food. Transportation provided from Sinton Senior Activity Center, parking lot, 1124 W. Sinto.
Anthony’s – A special ‘sunset’ menu features a four-course dinner including an appetizer, your choice of chicken or steak, and dessert (the regular menu is not available). Join us for a night of fresh northwest seafood and nice outdoor seating!
3611 | Thurs. | 7/25 | 5:15pm-8:15pm | $15

Friday Night Jam 1 Day | Ages 18+
Come rock and swing at Spokane’s oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend.
Picnic & Dance – Wear your favorite red, white, and blue. TRS will be providing fried chicken. Please bring a salad or dessert to share! Meet at Mission Park South Shelter, Sharp & Superior, 1208 E Mission Ave.
3604 | Fri. | 7/12 | 6pm-9pm | $8

Friday/Saturday Fun 1 Day | Ages 18+
If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and some 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.
Pizza & Bowling – Meet us for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. Meet at North Bowl 125 W. Sinto.
3601 | Sat. | 7/20 | 1:30pm-4pm | $27

Spokane Indians Baseball & Fireworks – Tonight is a fireworks night. The Indians play the Vancouver Canadians. We will be in box seats. Bring $12 for dinner/snacks. Meet at Avista Stadium 602 N. Havana St, front gate.
3354 | Fri. | 7/26 | 6pm-9:45pm | $27

Funshine Day Camp 5 Weeks | Ages 6-21
A fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, swimming and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. Meet at Shadle Park Shelter, 4302 N. Belt.
Dinosaur week – Join us for a DINO-MITE time as we explore those who walked on this planet before us. Meet at Shadle Park. Bring a lawn chair/blanket and some snacks and get ready for a great show! Location and movie titles vary.
3607 | Sat. | 7/6 | 1pm-3pm | $23

Friday Night Jam 1 Day | Ages 18+
Come rock and swing at Spokane’s oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend.
Picnic & Dance – Wear your favorite red, white, and blue. TRS will be providing fried chicken. Please bring a salad or dessert to share! Meet at Mission Park South Shelter, Sharp & Superior, 1208 E Mission Ave.
3604 | Fri. | 7/12 | 6pm-9pm | $8

Friday/Saturday Fun 1 Day | Ages 18+
If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and some 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.
Pizza & Bowling – Meet us for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. Meet at North Bowl 125 W. Sinto.
3601 | Sat. | 7/20 | 1:30pm-4pm | $27

Spokane Indians Baseball & Fireworks – Tonight is a fireworks night. The Indians play the Vancouver Canadians. We will be in box seats. Bring $12 for dinner/snacks. Meet at Avista Stadium 602 N. Havana St, front gate.
3354 | Fri. | 7/26 | 6pm-9:45pm | $27

Funshine Day Camp 5 Weeks | Ages 6-21
A fun-filled camp for those with developmental and/or physical disabilities. Campers will have the opportunity to interact and socialize with their peers through crafts, music, science experiments, books, board games, group activities, swimming and more. Fridays are field trip days to a variety of exciting locations. Each week the camp centers around a different theme. Meet at Shadle Park Shelter, 4302 N. Belt.
Dinosaur week – Join us for a DINO-MITE time as we explore those who walked on this planet before us. Meet at Shadle Park. Bring a lawn chair/blanket and some snacks and get ready for a great show! Location and movie titles vary.
3607 | Sat. | 7/6 | 1pm-3pm | $23

Water Aerobics 6 Weeks | Ages 14+
Exercise fun without the stress and pressure on joints and knees. Following directions and being comfortable in waist deep water. Care providers are welcomed. Come dressed in your suit. Bring a Towel. Meet at Witter Pool, 1300 E. Mission at Upriver Dr.
3608 | Mon. | 7/8-8/12 | 10:30am-11:15am | $31

What’s Cooking 4 Weeks | Ages 16+
Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Southside Senior Activity Center, 3151 E. 27th Ave. Kitchen
3599 | Tues. | 7/9-7/30 | 4pm-6pm | $53
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Playball</td>
<td>Tea Time for Ladies</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Movie in the Park</td>
<td>Shadle Park, Incredibles 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No Funshine Day Camp This Week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Funshine Day Camp #2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Funshine Day Camp #3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Funshine Day Camp Adult Week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Funshine Day Camp #4</td>
</tr>
</tbody>
</table>

**July 2019**

- Cheney Rodeo
- Hiking Dishman Hills
- Tie Dye Workshop

See page 4 for Adult Softball and Playball course descriptions.
<table>
<thead>
<tr>
<th>August Events</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Bingo &amp; Burgers</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Bring on the Buffalo</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Classy Crafts</em></td>
<td>4 Weeks</td>
</tr>
<tr>
<td><em>Dessert Delight</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Fine Dining</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Friday/Saturday Fun</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Scottish Highland Games</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Splash Down</em></td>
<td>1 Day</td>
</tr>
<tr>
<td><em>Wallowa Lake Camping Adventure</em></td>
<td>5 Days</td>
</tr>
<tr>
<td><em>Water Aerobics</em></td>
<td>6 Weeks</td>
</tr>
<tr>
<td><em>What’s Cooking</em></td>
<td>4 Weeks</td>
</tr>
</tbody>
</table>
City of Spokane Parks and Recreation - Therapeutic Recreation Services

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

See page 4 for Adult Softball and Playball course descriptions.

<table>
<thead>
<tr>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Paddleboarding</td>
<td>Water Aerobics</td>
<td>Cooking</td>
<td>Adult Softball Walking Fine Dining Casa de Oro</td>
<td>Crafts</td>
<td>Playball Movie in the Park A.M. Cannon, Despicable Me 3</td>
<td>Scottish Highland Games</td>
</tr>
</tbody>
</table>

Funshine Day Camp #4

<table>
<thead>
<tr>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking Indian Painted Rocks</td>
<td>Water Aerobics</td>
<td>Cooking</td>
<td>Walking Dessert Delight The Scoop</td>
<td>Crafts Bring on the Buffalo</td>
<td>Saturday Fun Bingo &amp; Burgers</td>
<td></td>
</tr>
</tbody>
</table>

Funshine Day Camp #5

<table>
<thead>
<tr>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cooking Splash Down</td>
<td>Walking</td>
<td>Crafts</td>
<td>Friday Fun Spokane Indians Storybook Princess Night</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
<th>31</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cooking</td>
<td>Walking</td>
<td>Crafts</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Wallowa Lake Camping Adventure
September Events

Classy Crafts  4 Weeks | Ages 16+
Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. Meet at Sinto Senior Activity Center, 1124 W. Sinto, dining room.
3629 | Thurs. | 9/5-9/26 | 7pm-8:15pm | $44

Fall Lake Cruise  1 Day | Ages 18+
Cruise on majestic Lake Coeur d' Alene. Enjoy the fresh air and beautiful fall colors. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.
3631 | Sun. | 9/15 | 11am-3:30pm | $39

Friday Night Jam  1 Day | Ages 18+
Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month.
50's Theme
TBD | Fri. | 9/13 | 7pm-9pm | $7

Rail Riders  1 Day | Ages 16+
Take a trip back in time on a rail bike! Enjoy the unique experience of a four seated, pedal powered, railroad bicycle along the beautiful, scenic Pend Oreille River in Ione, WA. This round trip of 6+ miles on mostly flat rail with some slight uphill, rail riders must pedal entire way. Meet at the Wandermere Rite Aid 12420 N Division Parking Lot.
3670 | Sat. | 9/21 | 7:30am-3pm | $63

Seattle Mariners Baseball Game  2 Days | Ages 18+
Enjoy a baseball game at Safeco Field watching the Seattle mariners play the Cincinnati Reds. 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 accommodation, breakfast and lunch on return day. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.
3628 | Tues.– Wed. | Depart 9/10 at 10am | Return 9/11 at 4:30pm | $269

What’s Cooking  4 Weeks | Ages 16+
Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. Southside Senior Activity Center, 3151 E. 27th Ave. Kitchen
3625 | Tues. | 9/3-9/24 | 4pm-6pm | $53

In Memory

Patrick Lee McKinney
Patrick has been volunteering with TRS the past 6 years as the Sundancers Squaredancers Caller. He has taught the dancers new moves and selflessly shared his passion of squaredancing with the Sundancers. Every place the Sundancers performed comments were made about how talented the group was and how kind and patient the leaders were. Patrick and Nora were quite the team. We will surely miss Patrick’s positive influence on the TRS Sundancers.
Creating Your New Account

Visit SpokaneRec.org

On desktop, select Log In/Create Account in the upper left corner, then select Create Your SPOKANE Account.

On mobile devices, select Account in the upper right corner and then select Sign Up.

Fill out the required information.

To receive text alerts (i.e. class cancellations, facility closings), indicate your mobile carrier next to your cell number.

That’s it! Now you’re ready to register for our great programs!

Add additional members (spouse, children, etc) at any time in your account settings. Keep your entire household on one account!

When you’ve found a program, make sure to select the correct account member before adding it to your cart.

CIVICREC® Need help setting up your account? Just call 311!
City of Spokane Parks and Recreation Department

ACTIVITY REGISTRATION FORM

509.755.CITY (2489)
SpokaneParks.org

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

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

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

How did you hear about us?
□ Existing customer
□ TV
□ Inlander
□ Spokesman
□ Kids magazine
□ Other
□

CONTINUED
Please fill out completely and send in via phone or mail.

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

Total Program Fees:
$-

DDA will send funds.
□ Yes
□ No

Case Manager:
NAME
PHONE
EMAIL

Please contact your case manager to send us verification of payment to: abusch@spokanecity.org

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

MEDICATION INFORMATION & WAIVER
This form must be completed by all participants who require medication while attending a City of Spokane activity (referred to herein as “Participant”). Please complete the Medication Information Form & Waiver of Liability even if Participant will not take medication while at the activity. This information will help us better assist Participant with medication.

• The activity leaders will provide reminders to Participant to take medications and to safely secure medication when not in use.

• Participant must be able to take his/her own medications 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 Participant takes 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 Participant’s name, date, day, and time to take;

• Please send only the amount of medication needed for the dates of the activity. Do not send excess doses.

• If Participant has a medical insurance card, please bring it in case of emergency.

WAIVER OF LIABILITY:
I understand that personnel from Parks & Recreation will administer only the prescribed medication mentioned in this Medication Information Form. I hereby agree to and accept all risks and consequences that may arise in connection with my participant’s receipt, use or administration of medication.

I understand that personnel from Parks & Recreation will administer only the prescribed medication mentioned in this Medication Information Form. I hereby agree to and accept all risks and consequences that may arise in connection with my participant’s receipt, use or administration of medication. I hereby release and forever discharge any and all claims, actions, suits, causes of action or legal process, whether sounding in tort, contract, negligence, or any other legal theory, which Participant may have against the City of Spokane, its divisions, employees, and agents, their successors and assigns, for any injury or any loss or damage caused by Participant’s use of medication.

BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT’S BEHALF, AND/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT, AND ACKNOWLEDGE THAT PARTICIPANT IS BOUND BY THE TERMS OF THIS AGREEMENT.

______________________________________________________________  ___________________________________________________  ____________________
Name
Signature
Date

MEDICATION TAKEN
Type:Dosage:Time(s):
Type:Dosage:Time(s):
Type:Dosage:Time(s):
Type:Dosage:Time(s):
Type:Dosage:Time(s):
Type:Dosage:Time(s):

List any special instructions/cautions/side effects:

How did you hear about us?

CONTINUED

PARTICIPANT INFORMATION

PARENT INFORMATION

ACTIVITY REGISTRATION FORM

City of Spokane Parks and Recreation Department

SpokaneParks.org

509.755.CITY (2489)
CITY OF SPOKANE PARKS & RECREATION DEPARTMENT

WAIVER AND RELEASE OF LIABILITY

CONTINUED

MAR 2019

Emergency Contact (print) Relation Phone number
_____________________________________________________  ___________________________________________  __________________________

Signature Date
_____________________________________________________  __________________________

ADULT PARTICIPANT INFORMATION – required to complete, sign & date below

Minor – Last Name, First name, M.I. (print) Date of birth (MM-DD-YYYY)
_____________________________________________________  __________________________

MINOR PARTICIPANT INFORMATION – requires Parent/Guardian to complete, sign & date below

and personal representatives. If any part of this Agreement is deemed to be unenforceable, the remaining terms shall be in effect.

For City of Spokane Parks & Recreation staff or volunteers to obtain emergency care for Participant, I agree that neither the City of Spokane nor any

A licensed physician or other medical care provider is authorized to carry out emergency medical care for Participant which may include hospitalization, anesthesia, surgery, or injections of medication for Participant. I understand every

In case of emergency involving Participant, I understand every effort will be made to contact me. In the event I cannot be reached, I authorize a

I understand that this Agreement will apply for each and every day Participant participates in any Activity. I understand that this Agreement is a

I acknowledge that the Activity entails known and unanticipated risks that could result in physical or emotional injury, paralysis, or death to Participant

If I, the undersigned, am a Participant. If a Participant is under 18 or has a guardian, I am the Participant’s parent or legal guardian.

THIS IS A RELEASE OF LIABILITY & WAIVER OF CERTAIN LEGAL RIGHTS INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!
**Participant Personal Needs:**

- Do you have any disabilities? (be specific)

- Therapeutic Recreation staff provides leadership and supervision for the activity but are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Care providers should accompany participants who need such attendant care. Parks & Recreation staff reserves the right to mandate a care provider as a prerequisite to participation. Registration fees for care providers will vary by activity.

- **Social Skills/Behavioral Info:**
  - Participation:
    - □ Easily
    - □ Needs occasional prompting
    - □ Needs constant prompting
  - Needs Help Managing:
    - □ Behavior
    - □ Personal Space
    - □ Emotions

- Behavioral Triggers or fears: Other information:

- Mobility and Adaptive Equipment:
  - Do you use adaptive equipment?
    - □ Yes
    - □ No
  - Wheelchair:
    - □ Manual
    - □ Electric
    - □ Part-time
    - □ Full-time
  - Check all that apply:
    - □ Cane/Crutches
    - □ AFO's/Splint/braces
    - □ Walker
  - Other information:

- Daily Life:
  - Toileting:
    - □ Independent
    - □ Independent w/reminders
    - □ Only with assistance
  - Eating:
    - □ Independent
    - □ Independent w/partial assistance
    - □ Only with assistance
  - Communication Information:
    - □ Verbal and clearly understood
    - □ Verbal but not clearly understood
    - □ Non-verbal
    - □ Uses sign language
    - □ Uses a communication board
    - □ Needs an advocate
    - □ Use of a sign language interpreter
  - Needs Help Managing:
    - □ Behavior
    - □ Personal Space
    - □ Emotions

- Additional Personal Needs Information:

- Other:

- **General Information:**
  - General supervision is provided 15 minutes prior to class time and 15 minutes after class.
  - Additional supervision is required if care providers are present.
  - Administrative fees are required for all care providers. Fees can be provided by activity.

- **Additional Dietary Information:**
  - Allergies:
    - □ Bee/Wasp Stings
    - □ Drug Allergies
    - □ Food Allergies
    - □ Latex Allergies
  - Other (please specify)

- Activity Limitations/Physical problems (if any):

- Dietary Precautions/Foods to Avoid:

- Careprovider/Support Staff provided?
  - □ Yes
  - □ No

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

- Paratransit?
  - □ Yes
  - □ No
  - If yes, what is your rider number?

- Activity Limitations/Physical problems (if any):

- Additional Dietary Information:

- Dietery Restrictions/Foods to Avoid:

- Check one: Group Home/Institution □ In Own Home/Apartment □ Privately Home With Parent □ Other (please specify)

- The Therapeutic Recreation staff provides leadership and supervision for the activity, but are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Care providers should accompany participants who need such attendant care. Therapeutic Recreation staff reserves the right to mandate a care provider as a prerequisite to participation. Registration fees for care providers will vary by activity.
Spring Highlights

Special Thanks to our Spring Quarter Volunteers

Dave Bentz  
Steve Busch  
Doug Burke  
Bert Caldwell  
Lisa Caldwell  
Doug Callahan  
Ty Castoldi  
Karolyn Clark  
Pat Garvin  
John Guevin  
Bill Johnson  
Faith Martin  
Patrick McKinney  
Loretta Moon  
Jerry Nelson  
Glendia Plott  
Hailey Snell-Campbell  
Candice Synder  
Patrick Wallace

Extra Special Thanks to Brian Stevens of Lakeland Village for bringing School of Rock karaoke to the FNJ in April.

"I just want to mention to you that karaoke night was such a blast! Everyone was so engaged and the atmosphere was electric. The MC (Brian) was so lively and energetic that it was contagious. He seemed to know or be familiar with every song that was requested, and left very little lag time in between. He was very sensitive to everyone's needs and had time and consideration for everyone and their needs to accommodate. All the participants were so involved and happy and made to feel special.

I really think it was best best Friday dance we have ever attended. I hope we can have more of these. There was not a dead or silent moment. Garth laughed almost the whole 2 hours and the dancing all continued even during snack time which is usually down time at the dances. So much fun!

Please let's do this again and again!"

Sincerely

Linda and Garth
Meet Our New Summer Associates

Our Summer Associates from Americorps VISTA (Volunteers In Service To America) will be sharing their time and talents to benefit our campers at Funshine Day Camp.

Tammy
This is my third term of service in the AmeriCorps. I am a Veteran Journalist who formerly worked at the Pacific Northwest Inlander. When I previously served, I developed a program called Teens in Action. I absolutely love animals.

Trinity
My name is Trinity and I am a student at Whitworth University. I am majoring in Elementary Education with a plan to eventually be in administration or even create a school for minority students (specifically refugees or disabled students). I am so excited to work at Funshine Day Camp this summer because I think it is a great opportunity to expand my knowledge and meet some amazing people. I am excited to learn more about myself and those around me while working at Funshine Day Camp.

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.