



Therapeutic Recreation Services

# Winter

January – April 2019

SpokaneParks.org – Call 311 and press 3 – Outside City: 509.755.2489

CITY OF  
SPOKANE  
PARKS &  
RECREATION





# Customer Involvement Policies & Important Information

## Customer Involvement Policies

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

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

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

## Important Information

### Service Philosophy

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

### Volunteer/Staff

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

### Participant Personal Needs

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

### Medication Policy

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

### Miscellaneous Information

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

### Program Fees

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

### Process to use DDA Funding:

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

### Refund Policy

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

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

### Transportation/Paratransit Users

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

### Registration Procedure:

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

### Other Parks Programs Available to Special Populations

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

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

## Polka Dot Pottery

1 day | Ages 16+ | \$14

Avoid the winter blues by coming with us to Polka Dot Pottery do it yourself ceramic shop. Paint a piece purchased at the shop. Prices vary depending upon piece. Figurines \$11-15, Mugs are \$11-24, banks \$18-26, plates \$16 (salad)- 25 (dinner), cereal bowls \$15-18. We suggest bringing \$20-\$35. Meet at 2716 W. Northwest Blvd.

2310 | Su | 2/17  
1:30-3:30pm



## Tie-Dye Workshop

1 day | Ages 18+ | \$17

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

2286 | M | 1/7  
6:30-7:30pm



+ Discounted Skiing  
+ Volunteering  
= One Awesome Winter



Do you enjoy skiing or snowboarding and want to help improve the quality of life for people with disabilities?

Consider volunteering with Therapeutic Recreation Services.

## Volunteer Ski/Snowboard Instructor Workshops 2019

**Adaptive Volunteer Training Clinics (teaching those using adaptive pieces of equipment & methods):** Must be able to ski or snowboard independently. Need to provide own equipment. Preferred intermediate (blue run) or above skills. Dryland Clinic will be Friday January 4, 2019 6-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow clinics will be Saturday Jan 12 8:30am-4pm, Sunday Jan 13 9am-4pm. Meet at Snow Sports Chalet at Mt. Spokane. Includes 2 lift tickets, training, background check & more.

2418 | F 1/4, Sa 1/12, & Su 1/13 | \$45

**Blue Waxers Teaching those with developmental disabilities how to cross country ski.** Held at Selkirk Lodge. Includes training, background check and more. Must have a sno-park permit.

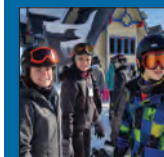
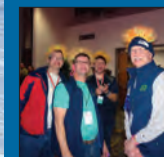
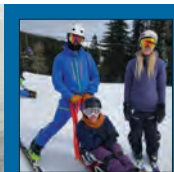
2420 | Sa 12/29 | 9:00 AM-12:00 PM | \$0

**Powderhound Volunteer Training Clinics (teaching those with developmental disabilities):** Dryland Training Wednesday November 28, 6:30-8pm at Corbin Senior Activity Center, 827 W. Cleveland. On snow training will be Saturday December 29 – Sunday December 30 9am-4pm. Lodge 1 at Mt. Spokane Ski and Snowboard Resort. Includes 2 lift tickets, training, background check & more.

2419 | W 11/28, Sa 12/29, Su 12/30 | \$45

We're also looking for volunteers to help with outings to sport events or dinners, creating crafts, or singing and dancing in a musical production.

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





# January Events

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

## Classy Crafts

4 weeks | Ages 16+ | \$44  
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.**

**2246 | Th | 1/10–1/31 | 7:00-8:15pm**

## Dessert Delight

1 day | Ages 16+ | \$12\*  
If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. *\*Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

**Prospectors** – apple pie, carrot cake, sundaes, milkshakes, chocolate rush cake

**2251 | W | 1/16 | 7:00-9:00pm**

## Drum and Dance

6 weeks | Ages 14+ | \$78  
Whether you want to dance or just drum, join us for this 'Making music and movement' class. Increase your joy in improving your ability to listen and move to music. Music Therapists will help you to play drums, rhythm instruments to live and recorded music. Make some new friends while immersing yourself in music and movement! All instruments and equipment provided. Wheelchair accessible, near bus route. **Center for Music Therapy, 1315 N. Napa**

**2252 | T | 1/15-2/19 | 4:30-5:30pm**

## Fine Dining

1 day | Ages 18+ | \$15\*  
Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. *\*Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

**Red Robin** – Burgers, Shakes, Sweet Potato Fries and more

**2253 | W | 1/9 | 6:00-9:00pm**

## 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

## 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 Chiefs Hockey** – Join us to watch the Spokane Chiefs hockey team play the Kamloops Blazers at Spokane Arena's Princess and Superhero Night. *You may purchase snacks or dinner at the game. Dinner will cost around \$12.* **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.**

**2254 | F | 1/4 | 6:30-9:30pm | \$29**

**Spokane Chiefs Hockey** – Join us to watch the Spokane Chiefs hockey team play the Vancouver Giants. *You may purchase snacks or dinner at the game. Dinner will cost around \$12.* **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.**

**2256 | F | 1/18 | 6:30-9:30pm | \$29**

## 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.**

**2019 New Year's Spectacular** – Celebrate the new year with glitz and fun. Dress up and strike a stunning pose at our photo booth (\$1 Fee).

**2257 | F | 1/11 | 7:00-9:00pm**

## Monster Jam

1 day | Ages 16+ | \$49  
Monster Jam is the incredible family-friendly experience starring twelve-foot tall, ten -thousand pound machines that will bring you to your feet. These colorful, larger than life beasts are sure to capture the heart of both young and old! We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. **Meet at Veterans Arena Entrance of Boone and Howard.**

**2272 | Su | 1/27 | 10:15am -3:15pm**

## Musical Production

8 weeks | Ages 15+ | \$43  
This year's musical will be Mama Mia Mash-Up! a selection of songs from the first and second musicals. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Meet at Ridgeview Elementary School 5610 N. Maple, Cafeteria.**

**2274 | M | 1/14-3/18 | 6:30-8:00pm | No Class 1/21, 2/18**

## Ski Day

1 day | Ages 18+ | \$49  
Come join us for fun, sun, and hopefully some powder snow at Lookout Pass. This program is for people with developmental disabilities who can ski independently, stay with a group, follow directions, and get along with others. Numbers accepted will be dependent on number of volunteer instructors. This is a great opportunity to experience a new mountain and enjoy a day of recreational skiing. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

**2494 | Sa | 1/19 | 7:30am - 5:30pm**

## Sundancers

### Squaredancing

8 weeks | Ages 15+ | \$34  
Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook.**

**Beginners** – meet the second and fourth Tuesdays of the month. January 15, 29, February 12, 26, March 12, 26.

**2291 | T | 1/15-3/26 | 6:30-8:00pm**

**Performers** – meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is January 22nd, Pick up time is 9pm.

**2292 | T | 1/8-3/26 | 6:30-8:00pm**

## Tie-Dye Workshop

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

**2286 | M | 1/7 | 6:30-7:30pm**

## Tubing Adventure

1 day | Ages 16+ | \$34  
TRS is heading to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa in the snow sports chalet. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

**2287 | Su | 1/20 | 9:45am -3:30pm**

## What's Cooking

4 weeks | Ages 16+ | \$51  
Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave. -kitchen.**

**2289 | T | 1/8-1/29 | 4:00-6:00pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Ice Skating Friday Fun Spokane Chiefs Hockey Adaptive Ski Training	5 Blue Waxers Powderhounds
6 Swimming Learn to Swim	7 Ice Skating Tie Dye Workshop	8 Squaredancing Performers Only Powerlifting What's Cooking	9 Fine Dining Red Robin	10 Powerlifting Crafts	11 NO Ice Skating Friday Night Jam New Years Celebration	12 Blue Waxers Powderhounds Adaptive Ski Training
13 Swimming Learn to Swim Adaptive Ski Training	14 Ice Skating Musical	15 Drum & Dance Squaredancing Powerlifting What's Cooking	16 Desset Delight Prospectors	17 Powerlifting Crafts	18 Ice Skating Friday Fun Spokane Chiefs Hockey	19 Blue Waxers Powderhounds Adaptive Ski
20 Swimming Learn to Swim Tubing Adventure!	21 Ice Skating NO Musical	22 Drum & Dance Squaredancing Performers Only Powerlifting What's Cooking	23 Basketball	24 Powerlifting Crafts	25 Ice Skating	26 Blue Waxers Powderhounds Adaptive Ski
27 Regional Special Olympics Ski & Snowboard Meet Swimming Learn to Swim Monster Jam	28 Ice Skating Musical	29 Drum & Dance Squaredancing Powerlifting What's Cooking	30 Basketball	31 Powerlifting Crafts		

# February Events

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

## Classy Crafts

4 weeks | Ages 16+ | \$44  
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.**

2293 | Th | 2/7-2/28 | 7:00-8:15pm

## Day at the Theatre

1 day | Ages 16+ | \$24  
Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre (SCT) and Christian Youth Theatre (CYT) Spokane.

**"The Snow Queen"** – Be spirited away by this new musical adaptation of Hans Christian Anderson's fantastical coming-of-age adventure that inspired the hit Disney movie Frozen. Join Gerda on a dangerous and whimsical quest to save her best friend Kai before he is trapped forever in the Snow Queen's palace. Dare to enter a world where flowers sing, animals talk, and riddles yearn to be solved. **Meet at Spokane Children's Theatre, 2727 N Madelia St. #5.**

2294 | Su | 2/10 | 1:45-4:00pm

## Dessert Delight

1 day | Ages 16+ | \$12\*  
If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. *\*Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

**Yummy Ice Cream Rolls** – Experience ice cream like no other! Liquid cream is turned to ice cream on a cold plate chilled below -10F and rolled into a custom sweet treat right in front of your eyes!

2295 | W | 2/20 | 7:00-9:00pm

## Drum and Dance

6 weeks | Ages 14+ | \$78  
Whether you want to dance or just drum, join us for this 'Making music and movement' class. Increase your joy in improving your ability to listen and move to music. Music Therapists will help you to play drums, rhythm instruments to live and recorded music. Make some new friends while immersing yourself in music and movement! All instruments and equipment provided. Wheelchair accessible, near bus route. **Center for Music Therapy, 1315 N. Napa**

2252 | T | 1/15-2/19 | 4:30-5:30pm

## Eagles Basketball

1 day | Ages 16+ | \$24  
Join us as we cheer on the Eastern Eagles Men's Basketball team as they take on the University of Northern Colorado. The excitement will take place at EWU on Reese Court. *Bring suggested \$10 money for snacks or souvenirs if desired.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto-Parking Lot.**

2300 | Sa | 2/16 | 1:00-5:00pm

## Fleece Hat & Scarf Workshop

1 day | Ages 14+ | \$19  
Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. Cocoa and snacks served. **Sinto Senior Activity Center, 1124 W. Sinto.**

2302 | F | 2/15 | 6:30-8:00pm

## 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.**

**Sweetheart Dance** – Bring a sweetheart to dance with. Wear red, pink and white. Dress up and strike a pose with your friends and sweethearts at our photo booth (\$1 fee).

2303 | F | 2/8 | 7:00-9:00pm

## Friday/Saturday Fun

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

**Spokane Chiefs Hockey** – Join us watch the Spokane Chiefs hockey team play the Kelowna Rockets. *You may purchase snacks or dinner at the game. Dinner will cost around \$12.* **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.**

2304 | F | 2/1 | 6:30-9:30pm | \$29

**Spokane Chiefs Hockey** – Join us watch the Spokane Chiefs hockey team play the Kelowna Rockets for a second match-up! *You may purchase snacks or dinner at the game. Dinner will cost around \$12.* **Meet us at the Spokane Veterans Memorial Arena entrance of Boone and Howard.**

2306 | F | 2/22 | 6:30-9:30pm | \$29

## Musical Production

8 weeks | Ages 15+ | \$43  
This year's musical will be Mama Mia Mash-Up!, a selection of songs from the first and second musicals. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Meet at Ridgeview Elementary School 5610 N. Maple, Cafeteria.**

2274 | M | 1/14-3/18 | 6:30-8:00pm | No Class 1/21, 2/18

## Polka Dot Pottery

1 day | Ages 16+ | \$14  
Avoid the winter blues by coming with us to Polka Dot Pottery do it yourself ceramic shop. Paint a piece purchased at the shop. Prices vary depending upon piece. Figurines \$11-15, Mugs are \$11-24, banks \$18-26, plates \$16 (salad)- 25 (dinner), cereal bowls \$15-18. *We suggest bringing \$20-\$35.* **Meet at 2716 W. Northwest Blvd.**

2310 | Su | 2/17 | 1:30-3:30pm

## Raptor Reef

### Indoor Water Park

1 day | Ages 18+ | \$44  
Grab your swimsuit and towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

2311 | Su | 2/24 | 12:30-6:00pm

## Sundancers

### Squaredancing

8 weeks | Ages 15+ | \$34  
Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook.**

**Beginners** – meet the second and fourth Tuesdays of the month. January 15, 29, February 12, 26, March 12, 26.

2291 | T | 1/15-3/26 | 6:30-8:00pm

**Performers** – meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is February 19th, Pick up time is 9pm.

2292 | T | 1/8-3/26 | 6:30-8:00pm

## 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.

2312 | T | 2/5-2/26 | 4:00-6:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ice Skating Friday Fun Spokane Chiefs Hockey	2 Blue Waxers Powderhounds Adaptive Ski
3 Swimming Learn to Swim	4 Ice Skating Musical	5 Drum & Dance Squaredancing Performers Only Powerlifting What's Cooking	6 Basketball	7 Powerlifting Crafts	8 Ice Skating Friday Night Jam Sweetheart Dance	9 NO Blue Waxers Powderhounds Adaptive Ski
10 Blue Waxers @Langlauf Swimming Learn to Swim Day at the Theatre The Snow Queen	11 Ice Skating Musical	12 Drum & Dance Squaredancing Powerlifting What's Cooking	13 Basketball	14 Powerlifting Crafts Fine Dining Old Spaghetti Factory	15 NO Ice Skating Fleece Hat & Scarf Workshop	16 Blue Waxers NO Powderhounds NO Adaptive Ski EWU Basketball
17 Swimming Learn to Swim Polka Dot Pottery	18 Ice Skating NO Musical	19 Drum & Dance Squaredancing Performers Only Powerlifting What's Cooking	20 Basketball Dessert Delight Yummy Ice Cream Rolls	21 Powerlifting Crafts	22 Ice Skating Friday Fun Spokane Chiefs Hockey	23 Blue Waxers Powderhounds Adaptive Ski
24 Swimming Learn to Swim Raptor Reef Indoor Water Park	25 Ice Skating Musical	26 Squaredancing Powerlifting What's Cooking	27 Basketball	28 Powerlifting Crafts		



# March Events

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

## 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.**

2313 | Sa | 3/16 | 2:15-5:45pm

## Classy Crafts

4 weeks | Ages 16+ | \$44

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.

2314 | Th | 3/7-3/28 | 7:00-8:15pm

## Day at the Theatre

1 day | Ages 16+ | \$24

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre (SCT) and Christian Youth Theatre (CYT) Spokane.

**"Disney's Aladdin JR"** – Welcome to Agrabah, City of Enchantment, where every beggar has a story and every camel has a tail! All of your favorite characters are here in this stage adaptation of the Disney hit, including Aladdin, Jasmine, and of course, the Genie. Filled with magic, mayhem, and flying carpet rides, audiences' spirits will soar with excitement. **Meet at Bing Crosby Theatre, 901 W. Sprague.**

2315 | Su | 3/10 | 2:45-5:15pm

**"Arabian Nights"** – Long, long ago, in a faraway land of mystery and wonder, a cruel king listens as a beautiful princess tells him stories – magical tales of princes and fishermen, flying horses and fabulous treasures, talking animals and powerful genies. Will she find the one story that will save them both, and fill his heart with joy and love? Or is she doomed to die, and the king to remain forever alone? **Meet at Spokane Children's Theatre, 2727 N. Madelia St. #5**

2317 | Su | 3/17 | 1:45-4:00pm

## Dessert Delight

1 day | Ages 16+ | \$12\*

If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. *\*Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot.**

**Lindaman's Gourmet** – Mocha coffee torte, red velvet cake, espresso cheesecake, and lemon bars.

2318 | W | 3/27 | 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. *\*Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

**Old Spaghetti Factory**- Ravioli, lasagna, tortellini, and spaghetti  
2320 | W | 3/20 | 6:00-9:00pm

## Friday Night Jam

1 day | Ages 18+ | \$7

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

**St. Paddy's Dance** – 'Tis the night for the luck of the Irish. Wear green and orange and pose for a picture at our photo booth (\$1).

2321 | F | 3/8 | 7:00-9:00pm

## Friday/Saturday Fun

1 day | Ages 18+ | see below

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

**"Ham on Regal"** – Ham on Regal is an original musical/comedy show written and performed by Ferris High School parents and school staff. "The Spokane secret Cryo Chambers at 'Cryo me a River' are defrosting and the patients need to be re-assimilated into current times. But there isn't enough time! Each generation is confused and dismayed as to what happened to the Hammy Days!" **Meet at Ferris High School 3020 E 37th Ave.**

2322 | F | 3/15 | 7:00-10:15pm | \$19

**Pizza and 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.**

2325 | Sa | 3/23 | 1:30-4:00pm | \$27

**Movie & Burgers** – We will head to AMC, Northtown or Village Cinema, eat dinner, then see a movie. Please bring \$12 to purchase dinner. **Meet at Sinto Senior Activity Center, 1124 W. Sinto- Parking Lot.**

2327 | F | 3/29 | 5:30-10:00pm | \$27

## Musical Production

8 weeks | Ages 15+ | \$43

This year's musical will be Mama Mia Mash-Up!, a selection of songs from the first and second musicals. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Meet at Ridgeview Elementary School 5610 N. Maple, Cafeteria.**

2274 | M | 1/14-3/18 | 6:30-8:00pm | No Class 1/21, 2/18

## Sundancers

### Squaredancing

8 weeks | Ages 15+ | \$34

Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, 4106 N. Cook- Cafeteria.**

**Beginners**- meet the second and fourth Tuesdays of the month. January 15, 29, February 12, 26, March 12, 26.

2291 | T | 1/15-3/26 | 6:30-8:00pm

**Performers**- meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is March 19th, Pick up time is 9pm.

2292 | T | 1/8-3/26 | 6:30-8:00pm

## 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.**

2328 | T | 3/5-3/26 | 4:00-6:00pm





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  <b>Winter Special Olympics</b> Blue Waxers, Spokane Blades, Powderhounds	2  <b>Adaptive Ski</b>  <b>Winter Special Olympics</b>
3  <b>Swimming Learn to Swim</b>  <b>Winter Special Olympics</b>	4  <b>Musical</b>	5  <b>Squaredancing Performers Only</b> <b>Powerlifting</b> <b>What's Cooking</b>	6  <b>Basketball</b>	7  <b>Powerlifting Crafts</b>	8  <b>Friday Night Jam St. Paddy's Dance</b>	9
10  <b>Swimming Learn to Swim</b> <b>Day at the Theater Disney's Aladdin Jr.</b>	11  <b>Musical</b>	12  <b>Squaredancing</b> <b>Powerlifting</b> <b>What's Cooking</b>	13  <b>Basketball</b>	14  <b>Powerlifting Crafts</b>	15  <b>Day at the Theater Ham on Regal</b>	16  <b>Bingo &amp; Burgers</b>
17  <b>Swimming Learn to Swim</b> <b>Day at the Theater Arabian Nights</b>	18  <b>Musical</b>	19  <b>Squaredancing Performers Only</b> <b>Powerlifting</b> <b>What's Cooking</b>	20  <b>Fine Dining Old Spaghetti Factory</b>	21  <b>Powerlifting Crafts</b>	22	23  <b>Saturday Fun Pizza &amp; Bowling</b>
24  <b>Swimming Learn to Swim</b>	25	26  <b>Squaredancing</b> <b>Powerlifting</b> <b>What's Cooking</b>	27  <b>Dessert Delight Lindaman's Gourmet</b>	28  <b>Powerlifting Crafts</b>	29  <b>Friday Fun Movie &amp; Burger</b>	30
31						

# Sports

## Basketball

**7 weeks | Ages 18+ | \$24**  
Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team. **Longfellow Elementary, 800 E. Providence- Gym. 2329 | W | 1/23-3/13 | 6:30-7:30 PM**

## Ice Skating

**8 weeks | Ages 8+ | \$69**  
Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes instruction and participation on both days. If competing in Special Olympics, must have a current AFP on file with TRS by January 2, 2019. **Eagles Ice Arena, 6321 N. Addison St. 2330 | M/F | 1/7-2/25 | 3:00-3:45pm | No Class 1/11, 2/15**

**Winter Games Wenatchee** – Must have TRS authorization for this trip.

**2486 | F-Su | 3/1-3/3 | \$45**

## Powerlifting

**21 weeks | Ages 17+ | \$106**  
For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. Must have AFP on file with TRS by March 15, 2019. **North Central High School 1600 N. Howard weight room. This is winter and spring quarter combined. 2331 | T/Th | 1/8-5/30 | 6:30-7:30 PM | No Class 4/2 & 4/4**

## Blue Dolphin Swim Team

**9 weeks | Ages 8+ | \$49\***  
For people with developmental disabilities who want to swim competitively or get a good workout. Ability to swim 75 yds without assistance and with rhythmic breathing. **Whitworth University Aquatic Center, 300 W. Hawthorne. 2332 | Su | 1/6-3/17 | 2:15-3:45 PM | No Swim 1/27, 3/10**

## Swimming

### Learn to Swim

**9 weeks | Ages 8+ | \$49**  
Learn to swim while having fun in the water. A fun way for kids of all ages with disabilities to learn good swim technique, especially if they want to be competitive later. Each swimmer is requested to have a helper get in the water to help with games and activities. There will be two levels. **Whitworth University Aquatics Center, 300 W. Hawthorne.**

**Beginner** – Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards.

**2333 | Su | 1/6-3/17 | 3:00-3:45 PM | No Swim 1/27, 3/10**

**Intermediate** – Individuals who have mastered the Beginner skills and are ready to move on. Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience.

**2334 | Su | 1/6-3/17 | 2:15-3:00 PM | No Swim 1/27, 3/10**







# 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!



# Skiing and More

## Skiing and Snowboarding Lessons – Adaptive

1 Lesson | Ages 6+ | \$53 per lesson

One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono & bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/ balance deficits and provides lessons for those with visual or sensory impairments. **We ski/ board at Mt. Spokane on Saturdays and meet at our Snow Sports Chalet at the base of chair #5.** To enroll in this class there is a separate registration form. Scholarships are available - request a form. *\*Additional fee: Equipment Rental \$8-12 per lesson.*

**Saturday Morning** – 2 Hour Lesson

2335 | Sa | 1/19 | 9:30-11:30am | \$53

2336 | Sa | 1/26 | 9:30-11:30am | \$53

2337 | Sa | 2/2 | 9:30-11:30am | \$53

2338 | Sa | 2/9 | 9:30-11:30am | \$53

| Sa | 2/16 No Lessons

2339 | Sa | 2/23 | 9:30-11:30am | \$53

2340 | Sa | 3/2 | 9:30-11:30am | \$53

**Saturday Afternoon** – 2 Hour Lesson

2341 | Sa | 1/19 | 12:30-2:30pm | \$53

2342 | Sa | 1/26 | 12:30-2:30pm | \$53

2343 | Sa | 2/2 | 12:30-2:30pm | \$53

2344 | Sa | 2/9 | 12:30-2:30pm | \$53

| Sa | 2/16 No Lessons

2345 | Sa | 2/23 | 12:30-2:30pm | \$53

2346 | Sa | 3/2 | 12:30-2:30pm | \$53

**Wednesday Afternoon** – 2 Hour Lesson – **NEW DAY!**

2516 | W | 1/23 | 1:30-3:30pm

2517 | W | 1/30 | 1:30-3:30pm

2518 | W | 2/6 | 1:30-3:30pm

2519 | W | 2/13 | 1:30-3:30pm

2520 | W | 2/20 | 1:30-3:30pm

2521 | W | 2/27 | 1:30-3:30pm

*Equipment Rental fees:*

– mono/bi sit ski/adaptive snowboard – \$12

– Ski/Snowboard, & boots rental – \$12

– Outriggers – \$8

## Nordic Skiing Lessons – Blue Waxers

3 weeks | Ages 12+ | see below

The class is designed for people with developmental disabilities. Fresh air, experience and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. To enroll in this class there is a separate registration form. Scholarships are available - request a form.

**Lessons, Transportation, & Equipment** – 2304 E. Mallon. \$199

2417 | Sa | 1/5-2/23 | 7:30am-1:30pm | No lessons 2/9

\*2/10 Langlauf Community Race-must register on own and let TRS know if taking provided transportation

**Lessons, Equipment** – Selkirk Lodge. \$145

2482 | Sa | 1/5-2/23 | 9:00am-12:00pm | No lessons 2/9

\*2/10 Langlauf Community Race-must register on own and let TRS know if taking provided transportation

**Winter Games Wenatchee** – Must have TRS authorization for this trip.

2483 | F-Su | 3/1-3/3 | \$45



## Alpine Skiing & Snowboarding Lessons – Powderhounds

6 weeks | Ages 8+ | see below

Crisp air, swishing and swooshing of skis and boards, exercise and friendships are some of the benefits experienced. This program is designed for people with developmental disabilities. Beginning to advanced downhill ski and snowboard lessons are given with a 1:1-1:3 ratio by our terrific volunteers. If taking our transportation there will be two locations. If providing own transportation, meet at Lodge #1 at Mt. Spokane. To enroll in this class there is a separate registration form. Scholarships are available-request a form.

The Powderhound program emphasizes having fun, making friends, exploring the mountain, improving skills and being safe. Each student will be assigned a buddy who will provide support and instruction as student desires. The program will provide support to those who want to compete in Special Olympics and will need to provide TRS with a current AFP by January 2, 2019. If someone is competing in another sport such as basketball or ice-skating they can still participate in the Powderhounds program.

No Class 1/19, 2/16. Special ski trip 1/19 available is listed as Ski Day.

**Lessons only** – \$162

2473 | Sa | 1/5-2/23 | 10:30am-3:00pm

**Lift Tickets, Lessons** – \$252

2474 | Sa | 1/5-2/23 | 10:30am-3:00pm

**Lift Tickets, Lessons, & Equipment Rental** – \$354

2475 | Sa | 1/5-2/23 | 10:30am-3:00pm

**Lift Tickets, Lessons, & Transportation** – \$354

2477 | Sa | 1/5-2/23 | 9:00am-5:00pm

**Lift Tickets, Lessons, Equipment Rental & Transportation** – \$444

2478 | Sa | 1/5-2/23 | 9:00am-5:00pm

**Transportation to Lodge #1 Only** – Each Trip is \$17

2487 | Sa | 1/5 | 9:00am-5:00pm

2495 | Sa | 1/12 | 9:00am-5:00pm

2496 | Sa | 1/26 | 9:00am-5:00pm

2497 | Sa | 2/2 | 9:00am-5:00pm

2498 | Sa | 2/9 | 9:00am-5:00pm

2499 | Sa | 2/23 | 9:00am-5:00pm

**Winter Games Wenatchee** – Must have TRS authorization for this trip.

2480 | F-Su | 3/1-3/3 | \$45



# ACTIVITY REGISTRATION FORM

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				
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/	/		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 – WY Spokane  
808 W. Spokane Falls Blvd.  
Spokane, WA 99201-3317

Total Program  
Fees:  
\$

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

DDA will send funds. ☐ Yes ☐ No Case Manager Name: \_\_\_\_\_ phone # \_\_\_\_\_ email: \_\_\_\_\_

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

## THERAPEUTIC RECREATION ONLY

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

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

Dietary Precautions/Foods to avoid:

Allergies: ☐ Bee/Wasp Stings ☐ Drug Allergies ☐ Food Allergies ☐ Latex Allergies Please specify:

Activity Limitations/Physical problems (if any):

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

Careprovider/Support Staff provided? ☐ Yes ☐ No

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



Therapeutic Recreation Only

**Do you have any disabilities? (be specific)**

### 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 care-provider in attendance. Registration fees for care-providers may be waived or will vary depending on the activity.

**Social Skills/Behavioral Info:**

### Participation:

- ☐ Easily
- ☐ Needs Occasional Prompting
- ☐ Needs Constant Prompting

## Needs Help Managing:

- ☐ Behavior
- ☐ Personal Space
- ☐ Emotions

**Other information:**

### Behavioral Triggers or fears:

## Mobility and Adaptive

**Do you use adaptive equipment?**

- ☐ Yes ☐ No

### Wheelchair:

- ☐ Manual ☐ Full-time
- ☐ Electric ☐ Part-time

**Check all that apply:**

- ☐ Cane/Crutches
- ☐ AFO's/Splint/braces
- ☐ Walker

**Other information:**

## Toileting:

- Financing:**
- |  |  |
|--|--|
| <input type="checkbox"/> Independent             | <input type="checkbox"/> Independent                       |
| <input type="checkbox"/> Independent w/reminders | <input type="checkbox"/> Independent w/ partial assistance |
| <input type="checkbox"/> Only with assistance    |  |

### Communication Information:

- ☐ Verbal and clearly understood
- ☐ Verbal but not clearly understood
- ☐ Non-verbal
- ☐ Uses sign language
- ☐ Uses a communication board

**Additional Personal  
Needs Information:**

## MEDICATION INFORMATION & WAIVER

## Medication Policy

This form is to be completed by all participants who require medication while attending a City of Spokane activity. This information will help us to better assist you with medications both safely and efficiently. Please 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.**

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 a medical insurance card, please bring it 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 RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Signature Date

Date \_\_\_\_\_

I am the parent or guardian of the participant and acknowledge that I have read this document and understand its contents and agree to each item noted above. I understand that, to the extent allowed by law, I am waiving my child's rights.

\_\_\_\_\_  
Signature

Date \_\_\_\_\_

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

List any special instructions/cautions/side effects:



# Fall Highlights



## In Memory of Julie Lloyd

Julie had a zest for life. She enjoyed many activities with TRS including snowshoeing, crafts, Friday Night Jam dances, and drama. Julie had talent and could light up a room with her charm. She loved her soda and wasn't bashful. We will miss her.



## Special Thanks to Fall Quarter Volunteers

### Fall Volunteers:

Dave Bentz  
Bert Caldwell  
Lisa Caldwell  
Karolyn Clark  
Madie Cortright  
Emily Crosswhite  
Erin Damrel  
Pat Garvin  
John Guevin  
Bill Johnson  
Suzanne Landby  
Patrick McKinney  
Loretta Moon  
Melanie Mottern  
Jerry Nelson  
Glendia Plott  
Jared Powell  
Michaela Powell  
Patrick Wallace



## Special Thanks to Glacier Property Solutions Inc.

A huge thanks to Dave Hageman and employees for their generous donation of a new roof on the Therapeutic Recreation services Snow Sports Chalet. Dave saw the roof needed repair and provided materials and labor to replace it. This is a wonderful gift to the community and we are forever grateful.



## Look for more exciting activities coming this spring

- Riverside State Park Overnight Campout
- Hiking
- Mama Mia Mash Up!
- Fishing Frenzy
- Gonzaga Baseball

## Therapeutic Recreation Services

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

This is not an activity of the school or school district. Distribution of this material and the use of District facilities does not constitute an endorsement or sponsorship for the event/information by the school or the district.

CITY OF  
SPOKANE  
PARKS & RECREATION  
509.755.2489  
spokaneparks.org



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

Address Service Requested

